

Food and You 2

Food and You 2 is our official statistic survey that measures people's self-reported knowledge, attitudes and behaviour relating to food safety and other food-related behaviours.

If you have received a letter inviting you to take part in the Food and You 2 survey, please visit the [survey website](#).

What is Food and You 2?

Food and You 2 is our official statistic survey with adults (aged 16 or over) in England, Wales and Northern Ireland. The survey measures people's self-reported knowledge, attitudes and behaviour relating to food safety and other food-related behaviours.

The research is conducted approximately every 6 months using a 'push-to-web' method. This means that participants are initially sent a letter via post inviting them to take part in an online survey. Participants are also given the option of completing a paper version of the questionnaire.

The first wave of data collection began in July 2020.

Topics covered in Food and You 2

Food and You 2 covers topics such as food safety in the home, food shopping, eating out and takeaways, food security, concerns about food, and trust in the FSA and food supply chain.

Some questions are asked in every wave of the survey, whereas others are asked less frequently for example every year or every 2 years.

The following table provides a list of the topics covered and when findings on each topic were last published:

Module	Topics covered	Frequency	Latest available data
About you and your household	<ul style="list-style-type: none">• Dietary preferences and food hypersensitivities (prevalence and diagnosis)• Shopping and cooking responsibilities• Demographic and household information	6 months	Food and You 2 - Wave 8

Module	Topics covered	Frequency	Latest available data
Food you can trust	<ul style="list-style-type: none"> • Awareness and trust in FSA • Confidence in food safety and authenticity • Confidence in the food supply chain 	6 months	Food and You 2 - Wave 8
Food concerns	<ul style="list-style-type: none"> • Concerns about food 	6 months	Food and You 2 - Wave 8
Food security	<ul style="list-style-type: none"> • Food insecurity prevalence (USDA food security module) • Changes people have made for financial reasons 	6 months	Food and You 2 - Wave 8
Food shopping	<ul style="list-style-type: none"> • Food purchasing behaviour • Confidence in allergen information • Awareness and actions taken in response to food and allergy alerts • Attitudes towards animal welfare, provenance and the environmental impact of food 	12 months	Food and You 2 - Wave 7
Eating out and the Food Hygiene Rating Scheme (FHRS)	<ul style="list-style-type: none"> • Attitudes and behaviour relating to eating out and ordering takeaways • Awareness and use of FHRS 	12 months	Food and You 2 - Wave 8

Module	Topics covered	Frequency	Latest available data
Eating at home (core)	<ul style="list-style-type: none"> • Food safety knowledge and behaviour in the home (core questions) 	12 months	Food and You 2 - Wave 8
Eating at home (deep dive)	<ul style="list-style-type: none"> • Food safety knowledge and behaviour in the home 	24 months	Food and You 2 - Wave 5
Food hypersensitivities (deep dive)	<ul style="list-style-type: none"> • Detailed questions on food hypersensitivities 	Ad-hoc	Food and You 2 - Wave 6
Healthy eating (Northern Ireland only)	<ul style="list-style-type: none"> • Healthy eating including knowledge (for example government guidance) attitudes and behaviour 	24 months	Food and You 2 - Wave 7
Emerging issues (deep dive)	<ul style="list-style-type: none"> • Sustainable diets and purchasing behaviour • Consumption and perceptions of meat alternatives 	24 months	Food and You 2 - Wave 8

Publications

Food and You 2 official statistic reports

The main report, technical report and data for each wave can be found at the following links:

- [Food and You 2: Wave 8](#)
- [Food and You 2: Wave 7](#)
- [Food and You 2 - Wave 6](#)
- [Food and You 2 - Wave 5](#)
- [Food and You 2 - Wave 4](#)
- [Food and You 2 - Wave 3](#)
- [Food and You 2 - Wave 2](#)
- [Food and You 2 - Wave 1](#)

Secondary analysis reports

Food and You 2 trends

- [Food and You 2: 2020-2023 trends](#)

Food Hygiene Rating Scheme

- [Food Hygiene Rating Scheme \(FHRS\) Food and You 2: Wave 8](#)
- [Food Hygiene Rating Scheme \(FHRS\) Food and You 2: Wave 6](#)
- [Food Hygiene Rating Scheme \(FHRS\) Food and You 2: Wave 4](#)
- [Food Hygiene Rating Scheme \(FHRS\) Food and You 2: Wave 2](#)

Country specific secondary analysis: Northern Ireland and Wales

- [Food and You 2: Northern Ireland Wave 7-8 Key Findings](#)
- [Food and You 2: Northern Ireland Wave 5-6 Key Findings](#)
- [Food and You 2: Northern Ireland Wave 3-4 Key Findings](#)
- [Food and You 2: Northern Ireland and Wales Specific Wave 1-2 Key Findings](#)
- [Food Security in Northern Ireland Wave 1 \(PDF\)](#)

Data tables, data set, and data user guide

[Food and You 2 Survey](#)

SPSS data and survey materials (accessed via the UK Data Service)

[Food and You 2: Waves 1 to 6, 2020 to 2023](#)

Future publications

Report	Date
Food and You 2: 2020-2024 trends	Early 2025
Food and You 2: Wave 9 Key findings	Spring 2025

Related research

- [Consumer Insights tracker: Food Standards Agency](#)

Contact details

You can contact the Food and You 2 team using the following email address:

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