**Appendix 1.** Descriptive statistics of women’s perceptions about buying and spending food habits, and perceptions about food preparation habits during the lockdown (n 2047)

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| --- | --- | --- | --- | --- |
|  | **Disagree**  n (%) | **Neither**  n (%) | **Agree**  n (%) | **No answer**  n (%) |
| **Perceptions about food expenditure and purchase** | | | | |
| I feel like I spend more money on food | 547 (26.82) | 120 (5.86) | 1437 (67.12) | 4 (0.20) |
| I feel like it has become more difficult for me to organize the budget for food | 929 (45.38) | 228 (11.14) | 874 (42.70) | 16 (0.78) |
| I feel like I had to buy more food | 491 (23.99) | 76 (3.71) | 1463 (71.47) | 17 (0.83) |
| I feel like it has become more difficult for me to go out to buy food | 393 (19.19) | 93 (4.54) | 1502 (72.94) | 68 (3.32) |
| I feel like I have used more times food delivery apps | 788 (38.49) | 115 (5.62) | 1063 (51.93) | 81 (3.96) |
| I feel like I spend more time buying food | 881 (43.04) | 198 (9.67) | 927 (45.29) | 41 (2.00) |
| I feel like I must look for more strategies to be able to make the budget work | 773 (37.76) | 244 (11.92) | 983 (48.02) | 47 (2.30) |
| I feel like I have bought more food than I really need | 987 (48.22) | 238 (11.63) | 785 (38.35) | 39 (1.81) |
| **Perceptions about food cooking and preparation** | | | | |
| I feel like I cook more than before | 368 (17.98) | 69 (3.37) | 1597 (78.02) | 13 (0.64) |
| I feel like I spend more time in the kitchen than before | 365 (17.83) | 62 (3.03) | 1609 (78.60) | 11 (0.54) |
| I feel like I can´t stop washing dishes | 482 (23.55) | 153 (7.47) | 1381 (67.46) | 31 (1.51) |
| I feel like now I have to cook different types of meals day by day | 521 (25.46) | 133 (6.50) | 1361 (66.49) | 32 (1.56) |
| I feel like I spend all day preparing food | 881 (43.04) | 280 (13.68) | 863 (42.16) | 23 (1.12) |
| I feel like I spend more time thinking about what meals to prepare | 511 (24.97) | 158 (7.72) | 1354 (66.15) | 24 (1.17) |
| I feel like I had I had to put aside my personal activities because of having to cook | 881 (43.04) | 236 (11.53) | 905 (44.21) | 25 (1.22) |
| I feel like I had to put aside my job because of having to cook | 993 (48.51) | 244 (11.92) | 744 (36.35) | 66 (3.22) |
| I feel like I have been able to balance in a good way cooking with other personal activities | 556 (27.17) | 383 (18.71) | 1069 (52.22) | 39 (1.91) |
| I feel like I have made more home-cooked meals these days | 276 (13.48) | 108 (5.28) | 1618 (79.04) | 45 (2.20) |
| I feel like I have bought more prepared meals outside the house (for example, restaurants or another) | 1601 (78.21) | 161 (7.87) | 260 (12.70) | 25 (1.22) |
| I feel like I eat healthier now | 614 (30.00) | 422 (20.62) | 978 (47.78) | 33 (1.61) |
| I feel like I'm overwhelmed by everything that needs to be done in the kitchen | 939 (45.87) | 329 (16.07) | 751 (36.69) | 28 (1.37) |