Exploring the impact of COVID-19 pandemic on college students’ Food Choice Motives in Greece

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Supplementary material

**Table S1. Questionnaire food choice motives after COVID-19 era undelying the selection of foods by Greek students**

**Part 1. DEMOGRAPHICS**

|  |
| --- |
| 1. Gender |
| Male |
| Female |

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| --- |
| 2. Age |
| 18-20 |
| 20-25 |
| 25-30 |
| 30-35 |

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| --- |
| 3. Civil state |
| Single |
| Married |
| Divorced |
|  |
| 4. Job situation |
| Employed student |
| Student exclusively |
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|  |
| 5. Residency |
| NORTH GREECE (regions of Macedonia – Thrace) |
| WEST GREECE (region of Epirus – Aitoloakarnania prefecture) |
| CENTRAL GREECE (including Athens)  |
| SOUTH GREECE (region of Peloponnese)  |
| ISLANDS  |

**Part 2. YOUR PREFERENCE REGARDING THE HEALTH OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Contains a lot of vitamins and minerals |

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| 2. Keeps you healthy |

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| 3. Is high in proteins and fiber |

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**Part 3. YOUR PREFERENCE REGARDING THE CONVENIENCE OF THE FOODS in the POST COVID-19 era**

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| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Takes no time to prepare |

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| 2. Is easy to prepare |

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| 3. Can be cooked very simply |

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**Part 4. YOUR PREFERENCE REGARDING THE SENSORY APPEAL OF THE FOODS in the POST COVID-19 era**

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| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Looks nice |

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| 2. Has a pleasant texture |

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| 3. Tastes good |

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**Part 5. YOUR PREFERENCE REGARDING THE NUTRITIONAL QUALITY OF THE FOODS in the POST COVID-19 era**

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| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Contains no artificial ingredients |

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| 2. Contains natural ingredients |

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| 3. Contains no additives |

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**Part 6. YOUR PREFERENCE REGARDING THE ETHICAL CONCERN OF THE FOODS in the POST COVID-19 era**

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| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Has the region of origin clearly marked |

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| 2. Is packed in an environmentally friendly way |

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| 3. Respect the environment |

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**Part 7. YOUR PREFERENCE REGARDING THE WEIGHT CONTROL OF THE FOODS in the POST COVID-19 era**

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| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Is low in calories |

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| 2. Is low in fat |

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| 3. Helps me control my weight |

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**Part 8. YOUR PREFERENCE REGARDING THE MOOD & STRESS OF THE FOODS in the POST COVID-19 era**

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| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Keeps me awake / alert |

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| 2. Cheers me up |

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| 3. Helps me to cope with life |

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**Part 9. YOUR PREFERENCE REGARDING THE FAMILIARITY OF THE FOODS in the POST COVID-19 era**

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| How important is for you the TRADITIONAL FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Is familiar |

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| 2. Is what I usually eat |

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| 3. Is like the food I ate when I was a child |

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**Part 10. YOUR PREFERENCE REGARDING THE PRICE OF THE FOODS in the POST COVID-19 era**

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| How important is for you the FOOD you eat  | Not at all important | Less important  |  oderately important | Quite important | Very important |
| 1. Is good value for money |

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| 2. Is cheap |

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| 3. Is not expensive |

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**Part 11. YOUR PREFERENCE REGARDING SHOPPING FREQUENCY AND BEHAVIOR OF THE FOODS in the POST COVID-19 era**

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| How important is for you the FOOD you eat  | Not at all important | Less important  | Moderately important | Quite important | Very important |
| 1. Purchased from supermarket |

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| 2. Purchased by the local market and grocery |

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| 3. Purchased online |

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| 4. Purchased every week |

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| 5. Purchased every two weeks or more |

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| 6. Cooked at home |

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| 7. Purchased by delivery |

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| 8. Be eaten at a restaurant or fast food |

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| 9. Be prepared as a fast food  |

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| 10. Is a “value for money” commodity  |

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Table S2. Associations between students’ motives on food consumption regarding health, sensory appeal, nutritional quality and ethical concers and the sociodemographic variables.

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| --- | --- | --- | --- | --- | --- |
|  | Gender | Age | Civil State | Job Situation | Resedency |
|   | X2\* | V \*\* | *P* \*\*\* | X2 | V  | *p* | X2 | V  | *p* | X2 | V  | *p* | X2 | V  | *p* |
| **PREFERENCE REGARDING THE HEALTH OF THE FOODS in the POST COVID-19 era**  |
| How important is for you the FOOD you eat  |
| Contains a lot of vitamins and minerals |   |  |  | 27.718 | 0.096 | 0.006 | 24.482 | 0.110 | 0.002 |   |  |  | 26.400 | 0.081 | 0.049 |
| **PREFERENCE REGARDING THE SENSORY APPEAL OF THE FOODS in the POST COVID-19 era** |
| How important is for you the FOOD you eat  |
| Looks nice | 23.090 | 0.151 | 0.000 |   |  |  | 21.841 | 0.104 | 0.005 |   |  |  |   |  |  |
| Has a pleasant texture | 27.539 | 0.165 | 0.000 | 28.081 | 0.096 | 0.005 |   |  |  |   |  |  |   |  |  |
| Tastes good | 16.256 | 0.126 | 0.003 | 24.731 | 0.090 | 0.016 |   |  |  |   |  |  |   |  |  |
| **PREFERENCE REGARDING THE NUTRITIONAL QUALITY OF THE FOODS in the POST COVID-19 era**  |
| How important is for you the FOOD you eat  |
| Contains no artificial ingredients | 16.226 | 0.126 | 0.004 | 62.366 | 0.144 | 0.000 | 40.749 | 0.142 | 0.000 | 17.615 | 0.132 | 0.001 | 28.570 | 0.084 | 0.027 |
| Contains natural ingredients | 13.608 | 0.116 | 0,009 | 44.855 | 0.122 | 0.000 | 40.962 | 0.143 | 0.001 |   |  |  |   |  |  |
| Contains no additives |   |  |  | 72.496 | 0.155 | 0.000 | 47.248 | 0.153 | 0.000 | 11.357 | 0.106 | 0.023 | 29.269 | 0.085 | 0.022 |
| **PREFERENCE REGARDING THE ETHICAL CONCERN OF THE FOODS in the POST COVID-19 era** |
| How important is for you the FOOD you eat   |
| Has the region of origin clearly marked | 12.491 | 0.111 | 0.014 | 68.238 | 0.150 | 0.000 | 36.048 | 0.134 | 0.000 | 13.051 | 0.114 | 0.011 |   |  |  |
| It is packed in an environmentally friendly way | 33.856 | 0.182 | 0.000 |   |  |  |   |  |  |   |  |  |   |  |  |
| Respect the environment | 31.613 | 0.176 | 0.000 |   |  |  |   |  |  |   |  |  |   |  |  |
|  \* chi‐square test, \*\* Cramer’s coefficient, \*\*\* level of significance of 5%: *p* < 0.05. |

Table S3. Associations between students’ motives on food consumption regarding weight control, mood and stress, familiarity, price and shopping frequency and behiavior and the sociodemographic variables.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Gender | Age | Civil State | Job Situation | Residency |
|  | X2\* | V \*\* | *P* \*\*\* | X2 | V  | *p* | X2 | V  | *p* | X2 | V  | *p* | X2 | V  | *p* |
| **PREFERENCE REGARDING THE WEIGHT CONTROL OF THE FOODS in the POST COVID-19 era**  |
| How important is for you the FOOD you eat  |
| It is low in calories | 10.588 | 0.102 | 0.032 | 26.295 | 0.093 | 0.010 | 16.443 | 0.090 | 0.036 |   |  |  |   |  |  |
| It is low in fat | 9.528 | 0.097 | 0.049 | 23.835 | 0.089 | 0.021 |   |  |  |   |  |  |   |  |  |
| Helps me control my weight |   |  |  | 24.972 | 0.091 | 0.015 |   |  |  |   |  |  |   |  |  |
| **PREFERENCE REGARDING THE MOOD & STRESS OF THE FOODS in the POST COVID-19 era** |
| How important is for you the FOOD you eat   |
| Keeps me awake / alert |   |  |  |   |  |  |   |  |  |   |  |  | 26.958 | 0.082 | 0.042 |
| Cheers me up | 12.296 | 0.110 | 0.015 |   |  |  |   |  |  |   |  |  |   |  |  |
| **PREFERENCE REGARDING THE FAMILIARITY OF THE FOODS in the POST COVID-19 era** |
| How important is for you the TRADITIONAL FOOD you eat  |
| It is familiar | 11.604 | 0.107 | 0.021 |   |  |  |   |  |  |   |  |  |   |  |  |
| **PREFERENCE REGARDING THE PRICE OF THE FOODS in the POST COVID-19 era**  |
| How important is for you the FOOD you eat  |
| It is cheap | 13.397 | 0.115 | 0.009 |   |  |  |   |  |  | 10.025 | 0.100 | 0.040 | 30.673 | 0.087 | 0.015 |
| **PREFERENCE REGARDING SHOPPING FREQUENCY AND BEHAVIOR OF THE FOODS in the POST COVID-19 era**  |
| How important is for you the FOOD you eat  |
| Purchased every week |   |  |  | 33.852 | 0.106 | 0.001 |   |  |  |   |  |  |   |  |  |
| Purchased every two weeks or more |   |  |  |   |  |  |   |  |  |   |  |  | 30.963 | 0.088 | 0.014 |
| Cooked at home | 17.740 | 0.132 | 0.001 | 28.694 | 0.097 | 0.040 |   |  |  | 14.882 | 0.121 | 0.005 |   |  |  |
| Purchased by delivery |   |  |  | 21.485 | 0.084 | 0.044 |   |  |  |   |  |  |   |  |  |
| It is a “value for money” commodity  |   |  |  |   |  |  | 21.782 | 0.104 | 0.005 |   |  |  | 28.485 | 0.084 | 0.028 |
|  \* chi‐square test, \*\* Cramer’s coefficient, \*\*\* level of significance of 5%: *p* < 0.05. |