

Food on the Table

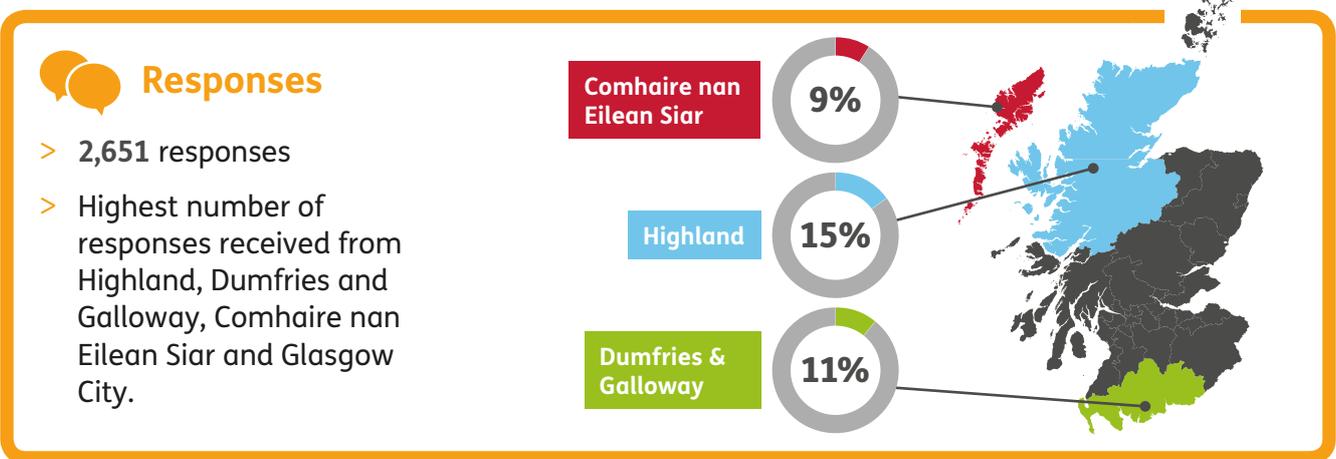


Findings from the Citizens Advice Scotland national survey on food affordability, access and availability

The *Bringing Food to the Table* research report analyses the Food on the Table survey that was completed in October 2018.

This summary highlights key findings from the Food on the Table survey.

To read the full report, please visit: cas.org.uk/foodonthetable



Respondent demographics

- > 33% respondents aged between 45–59 years
- > 73% respondents were female
- > 33% of respondents had a disability or long-term health condition

Household food insecurity

In the past year:

- > 45% survey respondents have worried about running out of food before there was money to buy more
- > 40% of people had experienced running out of food, without enough money to buy more
- > 23% of people have had to skip meals, so that their children could eat
- > 21% of people have gone a whole day without eating because they had no money or food

What do respondents regularly buy?

- > 98% regularly buy milk
- > 96% regularly buy dried pasta, tea bags and bread/rolls
- > 83% regularly buy fresh vegetables
- > 75% regularly buy cakes/biscuits

What would respondents like to buy, but they can't afford?

- > 33% would like to buy fresh fish, but they can't afford to
- > 20% would like to buy fresh fruit, but they can't afford to
- > 23% would like to buy cakes/biscuits, but they can't afford to
- > 22% would like to buy fresh meat, but they can't afford to



The unaffordable diet

- > Cost plays a considerable role in food choices, the rankings attached to regularly purchased food are an almost exact reverse of those attached to affordability.
- > There are more 'healthy' items in the *Top 10 most unaffordable foods*, than there are 'treat' items
- > In terms of availability, all of the *Top 10 least available items* can be considered as 'healthy', including fresh, tinned and frozen vegetables.



Employment status

- > **50%** respondents were in some type of employment (full-time, part-time or self-employed)
- > **20%** respondents were retired
- > **13%** unable to work due to ill health/disability
- > **9%** were unemployed



Household composition

- > **39%** respondents had children in their household
- > **29%** respondents lived alone
- > **26%** respondents lived with their partner



Access to food

- > **65%** respondents used in-town supermarkets/large supermarkets
- > **32%** respondents used small supermarkets (Metro; Local)
- > **28%** respondents used local corner shop
- > **14%** used home delivery services
- > Over half respondents (**53%**) travelled to stores using their own car, while one-fifth (**20%**) walked
- > Only a small proportion travelled to stores by bus (**9%**) or used home delivery services (**7%**) so had no need to travel for grocery shopping

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