### Supplementary material

Qualitative framework for interview questions one to ten.

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| **Question 1: If you enjoyed the Ministry of Food what was the best thing about it?** |
| **Code Name** | **Description** | **Example** |
| Learning Benefits | Learning about healthy eating, how to cook, new recipes, labelling, new skills and methods, where to buy ingredients. | “the best thing was learning how to cook healthy meals for the family”“I really enjoyed it I got some good tips about cooking I didn’t know before”“learning new methods and how to cut vegetables” |
| Social benefits | Participating with friends, enjoying company, working as a group, meeting new people, the communication, working with the staff. | “I joined with a group of friends so it meant I could spend more time with them and meet new people”“I enjoyed the company of the instructors” |
| Course structure and atmosphere | Good course structure, good course content, friendliness and teaching by the staff, made easy to understand, friendly, welcoming, informal, fun. | “yes we loved it! The best thing was it was a really friendly and nice atmosphere”.“the young people running it knew exactly what to do”.“the best thing was the trainers, they were fantastic I looked forward to going every Saturday, you didn’t feel like you were learning because it was so fun”. |
| Food and Life management | Coping with a disability, affordability, learning how to budget and about food costs, confidence to cook, cooking independently. | “I’m disabled so learning how to cope with that and prepare food despite that was the best thing”“getting a new outlook on how to cook for myself instead of my family”. |
| Location benefits | Easy to get to, positioned perfectly. | “It’s one of the best things that has happened and the position is perfectly handy to get to”. |

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| **Question 2: How has the MoF helped you with cooking skills?** |
| **Code Name** | **Description** | **Example** |
| Skills within preparation | Using knives, cutting, chopping, preparing vegetables, seasoning and sauces. | “it’s taught me a lot about knife skills, I now know how to look after knifes and use them correctly for different things”.“It’s taught us both how to improve the quality of food using seasoning”. |
| Skills within cooking | Cooking without oil, using lower temperatures, new cooking alternative recipe methods. | “It’s taught me how to cook things at a lower temperature and not to use oils”.“I learned how to make basic salad dressings, poached eggs and how to cook meat properly”. |
| Food Hygiene, Health and safety. | Health and safety in the kitchen, with family, cross contamination. | “I can now make simple meals with less ingredients and how to stop cross contamination”.“I’ve also learned some things about food hygiene”. |

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| **Question 3: How has the Ministry of Food helped you with healthy eating knowledge?** |
| **Code Name** | **Description** | **Example** |
|  Learning healthier ways to cook | Using different things for fat, boiling and steaming instead of frying, how to cook healthier meals. | “I learned how to cook new recipes and cooking with healthy ways and using different things for fat”.“yes it taught me more about cooking healthy and using less fat” |
| To eat less processed and high fat, sugar, salt foods. | To eat less fried foods, eat less fat, to make sauces from jars from scratch, substituting unhealthy foods for healthier foods. | “There was a lot of leaflets and stuff that we could take and it taught me not to eat processed food, yes there was a lot of health aspects I learned”.“I’m more aware of how to replace certain foods for ones that contain less fat”. |
| How to check food labelling | How to check food labelling for used by date, added fat, salt and sugar. | “I didn’t know the difference between a sell by date and best before date, so I learned things about the labelling of food”“They teach you how to check food labelling and how to avoid excess salt and fat”. |
| Learning about nutritional value | Learning about nutritional value of fruit and vegetables, processing losses, healthy foods and meats. | “taught me the value of fruit and vegetables”.“more awareness of nutritional value and I learned more about the 5 a day campaign”“I learned more about healthy eating and what’s bad for you” |
| It Has not Helped | Already health conscious, already eat healthy. | “I already knew a lot about healthy eating and food before I went”.“Basically the same. I was already health conscious”. |

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| **Question 4: Has the MoF helped you with portion control?** |
| **Code Name** | **Description** | **Example** |
| Yes | Helped to cut down on portion sizes, reduce wastage, plan batch meals, the correct individual and family eating portions, learned about the eat well plate and correct portions of food groups. | “It helped me to plan double, so I could cook batches and freeze things to be more economical”.“yeah I learned what should be on your plate, so I learned how much should be carbohydrate, protein and fat, and the right plate size”. |
| No | Was already aware of portion control, already eat suitable portions, still find it hard, previously learnt somewhere else. | “not a lot, I think my portions were fine before the course to be honest”.“No I still find that hard.” |

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| **Question 5: Has attending the MoF improved your confidence in cooking?** |
| **Code Name** | **Description** | **Example** |
| Yes | Now have increased confidence preparing food, trying new things, applying for jobs, now cook more at home and from scratch. | “yes definitely. Knowing what to do and how to do it, like with knives means I’m much more confident to cook now”.“yes I cook more at home now than I did before because I’m more confident”. |
| No | Already confident | “Not really, I was pretty confident before”. |

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| **Question 6: Do you think the MOF course has changed your cooking and eating habits at home and with friends / family? What changes have you made?** |
| **Response** | **Code Name** | **Description** | **Example** |
| Yes | Eat more healthily | Eat more healthily, more balanced meals, fresh ingredients, fruit and vegetables, and less fat, ready meals, takeaways, processed and fried food. | “Yes definitely don’t eat ready meals anymore and myself and my dad don’t get takeaways now, we made our own pizzas because they showed us how”. |
| Cook and prepare more healthily | Use healthier oils, no longer use fat or oil, cook more from scratch, no longer add sugar and salt, use lower heat. | “I add very little fat and oil now, whereas previously I thought fat made food delicious”“yes I am cooking more from scratch rather than ready meals”. |
| Greater awareness | Check food labelling and packaging. Now eat breakfast. | “yes we don’t eat a lot of fat now and I look at packaging and teach my children to look at packaging for saturated fat”. |
| No | Age and experience | Older age less likely to change and find recipes to basic so have not provoked change | “I’m 64 so not really”.“Not really because the recipes were basic and I’m quite advanced”. |
| Prior knowledge | Already ate healthily or cooked from scratch. | “We haven’t changed because we already eat healthy and we already cook everything from scratch”. |

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| **Question 7: Apart from food and nutrition were there any other benefits to attending the MoF course?** |
| **Response** | **Code Name** | **Description** | **Example** |
| Yes | Social Aspects | Meeting new people, getting to know others, socialising with other members and staff, working as a group, having a hobby. | “Meeting others and getting to know other peoples diets and problems, helped me understand”.“socialising and meeting new people from different walks of life”. |
| Food Access and Mobility. | Access to Leeds market and the city centre, getting out of the house. | “Getting out the house, sometimes you tend to stay at home but the MoF got me out of the house. It’s also near the market, so it meant I would do my shopping there after and spend more time out and about”. |
| Confidence | Confidence in health and safety, more confident to learn and cook. | “My confidence has improved a lot and now I’m really excited about cooking meals from scratch”. |
| No | No other benefits | Just cooking, food and nutritional benefits. | “No, mainly just cooking”.“for me in particular no but I did enjoy the course”. |

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| **Question 8: Did you enjoy working in a group and meeting new people?** |
| **Response** | **Code Name** | **Description** | **Example** |
| Yes | Easier to learn | Was easier to learn in a group, more fun, could help others and copy others. | “ it was easier to work in a group”“Yes that was a really good bit because you could help people who were struggling beside you”. |
| Socialising | Meeting new different people, socialising and chatting with members and staff. | “yeah before I was really shy so working with people meant I had to start conversations”.“yes it was lovely, everyone was lovely and we met every Saturday morning”. |
| No | Age Barrier | Age groups of participants were too skewed. | “Not really they were a lot older than me”. |
| Social Barrier | Different levels of mental and physical abilities. | “Out of all the people there on average there was only myself and one other person who I could understand” |

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| **Question 9: Has attending a MOF course changed your attitude to shopping in Leeds Market – will you visit the market the same, less or more than before attending the course?** |
| **Response** | **Code Name** | **Description** | **Example** |
| Yes | Sourcing ingredients | Can buy ingredients, food shopping. | “Yes I do because they gave us a tour and told us about a fish stall, so I now get my fish there and organic eggs, vegetables and fresh spices”. |
| No | Distance | Live too far away | “I don’t go very much because I live far away”. |
| Negative Opinions | Don’t like the market, the stalls, people. | “No I don’t like Leeds market there are a lot of rough people around there and I do my shopping on my own so it’s intimidating”. |
| The same | Always shopped there. | “I still use it the same”.“I have always shopped in the market so just the same”. |

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| **Question 10: What could the MoF do better or Change?** |
| **Code Name** | **Description** | **Example** |
| More Menus/recipes | More different methods and recipes, seasonal recipes, cultural recipes, vegetarian options, deserts and sweet options. | “More varied menus, it was all savoury so more puddings because I’ve got a sweet tooth so healthy sweets. But it was just fantastic 100/10”.“I think some people would like more specialist courses like Italian food, Mexican food and a good idea would be more vegetarian options too”. |
| Be more advanced/ follow on courses | Too basic, wanted more advanced classes and more follow on coursed | “the course was too basic for me. There were people there who had never cooked before”.“I wanted to do a follow on course that was a bit more experienced”. |
| Nothing | No changes needed at all. | “I think it was really amazing and to such a high standard, so it would just be to maintain that standard”.“I don’t think you can improve on perfection, I really can speak more highly of it”. |
| Time period | Longer courses, more flexible timetables. | “not really sure to be honest maybe if it was a bit longer”.“I don’t know, maybe more classes and different time tables, times and flexible options”. |
| To learn more | To learn about things around cooking, storage, seasoning | “I would of liked more advice about cooking on a budget”.“an addition class on storage, what can be put in the fridge etc. Everyone was pretty keen”. |
| Advertisement | To be better advertised, to be contacted more after for updates. | “the MoF had all my email and contact numbers but it was up to me to keep checking if there was any changes and new recipes”“The MoF also need to improve publicity because I’m trying to get people to go but not many people know about it. There are only a few leaflets in the market”. |