Additional file 2: Food Literacy scale generated from step 1

**Food literacy questions**

These questions explore how you plan and prepare food for you and/or your family.

This is not a test! There are no wrong answers. Just think about how you usually do things.

**How often have you done the following actions in the last month?** Please tick or circle in the box that provides the best answer for each question.

* + - 1. ***Planning and management***

What is your opinion on the following?

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| **Assessment question**  | **Likert scale**  |
| 1 | What I eat has an impact on my health and wellbeing | 1: Strongly Disagree  | 2: Somewhat disagree  | 3: Somewhat agree  | 4: Strongly Agree  |
| 2 |  How often do you think about health when deciding on what to eat  | 1: Never  | 2: Rarely  | 3: Sometimes | 4: Always |

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| 3 | Which of following food groups do you consider as a typical balanced meal  | 1: Matooke, Rice, Chicken, One banana | 2: Matooke, Rice, Beans, One banana | 3: Matooke, Rice, Greens (amaranth/ managu), One banana | 4: Matooke,Beans or chicken,Greens (amaranth/ managu), One banana | 5: Not sure |
| 4 | How often do you plan meals ahead of time?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always |
| 5 | Do you normally have a weekly menu? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 6 | How often do you plan the meals to include all food groups? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always |
| 7 | How easy is it for you to plan a meal including atleast one food from each of the food groups on a limited budget | 1: Very difficult  | 2: Somehow difficult  | 3: Somehow easy  | 4: Always easy  |
| 8 | How often do you think about vegetables when deciding what to eat?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 9 | How often do you think about fruits when deciding what to eat? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |

* + - 1. **Questions about selection**

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| 10 | How often do you make a food shopping list before going to shop?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 11 | How often do you purchase vegetables even if you have limited money? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 12 | How often do you purchase fruits, even if you have limited money?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| ***13*** |  ***On average how long do you stock up on the following food items***  |
| 13a | Leafy vegetables | 1: Do not stock (buy for immediate consumption) | 2: Daily | 3: two days | 4: three days | 5: four to five days | 6: weekly |
| 13b | Other vegetables (carrots, cucumbers, ovacado, tomatoes, eggplants etc) | 1: Do not stock (buy for immediate consumption) | 2: Daily | 3: two days | 4: three days | 5: four – five days | 6: weekly |
| 13c | Fruits  | 1: Do not stock (buy for immediate consumption)  | 2: Daily | 3: two days | 4: three days | 5: four– five days | 6: weekly |

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| ***14*** | ***How do you normally store your fruits and vegetables (multiple choices are possible)*** |
|  | 1: In a fridge  | 2: On a floor in the house | 3: In a basket | 4: on the shelves  | 5: Others specify …………………………………………… |

* + - 1. **Questions about preparation**

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| 15 | How often do you cook meals at home?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 16 | How often do you prepare vegetables at each main meal (e.g. pasted vegetables? a side dish)  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 17 | Vegetable preparation is too much work? | 1: Strongly agree | 2: Somehow agree | 3.Somehow disagree  | 4: Strongly disagree  |
| 18 | How confident do you feel about cooking a variety of healthy and tasty vegetables?  | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |
| 19 | How would you rate your ability to cook vegetables in at least three different ways? e.g. steaming, stir frying, pasting or in different dishes  | 1: Not confident l  | 2: Low  | 3: Moderate | 4: High  |
| 20 | How often do you try out new vegetable recipes?  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 21 | Rate your confidence in changing recipes (written or unwritten) to make them healthier.  | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |
| 22 | How confident are you about the hygiene of home prepared vegetables? | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |
| 23 | How confident are you that vegetables prepared at home don’t contain pesticide residues | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |
| 24 | How confident are you about the hygiene of home prepared fruits? | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |
| 25 | How confident are you that fruits prepared at home don’t contain pesticide residues | 1: Not confident  | 2: Low  | 3: Moderate | 4: High  |

* + - 1. **Eating behaviours**

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| 26 | How many portions of vegetables is ministry of health and world health organisation is recommending people to eat? (a portion = 3 heaped table spoons or 1 handful) | 1: two or more portions a day  | 2: one portion a day  | 3: five portions a week  | 4: three portions a week  | 5: one portion a week | 6: Not sure |
| 27 | How many portions of fruits ministry of health and world health organisation is recommending people to eat? (1 portion of fruit is equal to 1 medium piece of banana, orange, mango or a slice of watermelon or pineapple) | 1: two or more portions a day | 2: one portion a day  | 3: five portions a week  | 4: three portions a week  | 5: one portion a week | 6: Not sure |

***28: Please indicate how often you consume at least one portion of fruits***

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| 1 portion of fruit is equal to 1 banana , orange, mango or a slice of watermelon or pineapple  | See the source imageWhat is a portion – 1 banana mango |

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| 1: Once in a month  | 2: one time a week  | 3: two times a week | 4: three times a week  | 5: four times a week  | 6: five times a week  | 7: six times a week | 8: one time a day  | 9: two or more times a day  |

***29: Please indicate how often you consume at least one portion of leafy vegetables***

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| Four heaped tablespoons (one handful) of cooked green leafy veggies like cabbage, Sukuma wiki, spinach,  | What is a portion – 4 heaped table spoons or 1 handful |

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| 1: Once in a month  | 2: one time a week  | 3: two times a week | 4: three times a week  | 5: four times a week  | 6: five times a week  | 7: six times a week | 8: one time a day  | 9: two or more times a day  |

***30: Please indicate how often you consume at least one portion of vegetables other than leafy vegetables***

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| Three heaped tablespoons (one handful) of vegetables like sliced carrots, cucumber, green pepper, eggplant, mixed vegetables  | What is a portion – 3 heaped table spoons or 1 handful |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1: Once in a month  | 2: one time a week  | 3: two times a week | 4: three times a week  | 5: four times a week  | 6: five times a week  | 7: six times a week | 8: one time a day  | 9: two or more times a day  |

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| ***31*** | ***How easy is it for you to eat fruits and vegetables when you find yourself in the following situations***  |
| 31a | When at work  | 1: Very difficult  | 2: Somewhat difficult  | 3: Somewhat easy  | 4: Always easy  |
| 31b | When traveling | 1: Very difficult  | 2: Somewhat difficult  | 3: Somewhat easy  | 4: Always easy  |
| 31c | When you experience time pressure  | 1: Very difficult  | 2: Somewhat difficult  | 3: Somewhat easy  | 4: Always easy  |
| 32 | How often do you pack fruits when going to work? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 33 | How often do you pack vegetables when going to work? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 34 | How often do you eat vegetables as snacks (between meals)? e.g. avocado, carrots, tomatoes, cucumbers | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 35 | How often do you eat fruits as a snack (in between meals)? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |

* + - 1. ***Nutrition information***

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| 36 | When you have questions on what food to eat for better health, do you know where to ﬁnd this information? | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 37 | There is a lot of information available on healthy eating today. How well do you manage to choose the information relevant to you?  | 1: Very difficult  | 2: Somewhat difficult  | 3: Somewhat easy  | 4: Always easy  |
| ***38*** | ***In general, how often do you use (listen and value) the sources of nutritional information below?*** |
| 38a | Nutrition advice from family members  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38b | Nutrition advice from friends and peers  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38c | TV or radio program on nutrition | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38d | Self -proclaimed nutrition experts on streets  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38e | Health workers (doctors)  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38f | Nutritionists  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 38g | Social media (WhatsApp, face book, you tube)  | 1: Never  | 2: Rarely  | 3: Sometimes  | 4: Always  |
| 39 | How easy is it for you to judge if healthy eating information shared on various platforms can be trusted?  | 1: Very difficult  | 2: Somewhat difficult  | 3: Somewhat easy  | 4: Always easy  |