# **Supplementary Material**

## Table S1 Food literacy initial item pool

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| **Domain 1: Plan and Manage (24 items)** |
| **Component 1.1 Prioritise time and money for food** |
| 1. Compared to other daily tasks, food shopping takes up too much of my time
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Compared to other daily tasks, cooking or preparing food takes up too much of my time
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I try to purchase a variety of different types of food even if it costs more
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know how to allocate money so I always have some money for food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Compared to other daily tasks, planning what food to buy or eat takes up too much of my time
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often eat food I’d prefer not to because I’ve run out of time to buy or prepare the food I’d prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I always try to have enough money set aside to feed the people I’m responsible for
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Compared to other daily tasks, eating takes up too much of my time
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 1.2 Plan food intake (formally and informally) so that food can be regularly accessed through some source, irrespective of changes in circumstances or environment** |
| 1. I often plan meals ahead
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I always plan what to buy when I shop for food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to adapt my plans for what to eat even if my living circumstances change
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When I go out, I think about whether I should take food with me
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often prepare meals in advance to be eaten outside the home
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often shop with specific meals in mind
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to adapt my plans for what to eat, even if something unexpected happens in the short term
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 1.3 Make feasible food decisions which balance food needs (e.g. nutrition, taste, hunger) with available resources (time, money, skills, equipment)** |
| 1. I know how much money I spend on food in an average week
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often compare prices before I buy food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I try to get the best food for the best price
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When food shopping, I compare prices between similar products in order to get the best value
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When food shopping, I plan to take advantage of promotions
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often plan how much food to buy before I go shopping
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Even if I don’t have my normal amount of time, I can still eat the food I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Even if I don’t have my normal equipment, I can still eat the food I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I use the time, money, skills and kitchen equipment I have to eat the food I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Domain 2: Select (26 items)** |
| **Component 2.1 Access food through multiple sources and know the advantages and disadvantages of these** |
| 1. I try to purchase a variety of different types of food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I consider the environmental impact of the foods I eat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I consider the ethical impact of the foods I eat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When I’m eating out, it’s of great value to me that I can find the food I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I find the foods I prefer to eat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When I’m in a new place, I find the foods I prefer to eat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I find the foods that align with my values
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I find the foods I can afford
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When I’m in a new place, I find the foods that align with my values
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 2.2 Determine what is in a food product and where it came from** |
| 1. I know where to look for information on what’s in fresh foods
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The ingredients in packaged food products is important to me when deciding what foods to buy
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I try to buy fresh food that is currently in season in my country
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When eating out, I can make a judgement on what’s in the food I’ve selected
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know where to look for information on what’s in packaged foods
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. It’s easy to know what country different foods come from
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I compare the kilojoules, fat, sugar or salt content on food products to guide what I buy
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know what’s in food that I buy if I’m food shopping
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The social, environmental, economic impact of different foods influences what food I buy
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know what’s in food I could buy if I’m eating out\*
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 2.3 Judge the quality of food** |
| 1. I can predict what fresh foods will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can predict what processed or convenience foods will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can predict what foods will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can predict what fresh food I’ve never come across before will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can predict what processed or convenience food I’ve never come across before will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can predict what foods I’ve never come across before will be like before I buy it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agreef. Not sure/I don’t want to answer |
| 1. I read the expiry date information on food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Domain 3: Prepare (33 items)** |
| **Component 3.1 Make a good tasting meal form whatever is available. This includes being able to prepare commonly available foods, efficiently use common pieces of kitchen equipment, and having sufficient repertoire of skills to adapt recipes (written or unwritten) to experiment with food and ingredients** |
| 1. I am able to prepare and eat the food I prefer even if something unexpected happens in the short term
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The food I eat on a typical day needs to be easy to prepare
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I keep leftover food to eat at another time
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I have the skills to prepare and cook affordable foods that I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Knowing how to cook is of great value to me
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to cook from simple, staple ingredients
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I can prepare a meal using fresh or minimally processed ingredients
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When preparing food, I am confident about substituting alternative ingredients
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I do not like to cook or prepare food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| I am confident…1. Using a kitchen knife
2. Measuring out ingredients
3. Mixing and stirring foods
4. Peeling fruits and vegetables
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to prepare the food I prefer even if my living circumstances change
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know how to find information about preparing different foods
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When preparing food, I know what to do when something goes wrong
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am confident preparing food from the ingredients I have on hand
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When preparing food, I am confident about substituting with cheaper alternatives
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I have the skills to prepare and cook the foods I prefer
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to prepare food that I prefer without a recipe
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **3.2 Apply basic principles of safe food hygiene and handling** |
| 1. I wash or peel fruit and vegetables before eating them
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. After handling raw meat, poultry or fish, I wash my hands
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Once I’ve thawed meat, I never refreeze it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I store raw meat separate from cooked meat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I use the same equipment for raw and cooked meat
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I wipe down the kitchen surfaces before and after meals are prepared
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know how to store fruits and vegetables for best freshness and food safety
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I always store meats and dairy at low temperatures
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Before handling food, I wash my hands
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I use the storage information instructions on packaged foods
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I understand the storage and expiry information on packaged food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I use the storage and expiry date information on food when deciding whether to eat it
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I measure the temperature of meat to see whether it is cooked enough
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Domain 4: Eat (33 items)** |
| **Component 4.1 Understanding food has an impact on personal wellbeing** |
| 1. The type of food I eat influences my health
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The type of food I eat influences my wellbeing
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I know what foods to eat to keep me healthy
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The type of food I eat influences whether I will experience particular illnesses
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I understand what foods to eat to prevent diet related chronic disease (such as heart disease)
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to find reliable information on foods for the prevention or management of a disease or condition
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I am able to use food/nutritional based dietary guidelines to improve my health
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 4.2 Demonstrate self-awareness of the need to personally balance food intake. This influences knowing foods to include for good health, foods to restrict for good health and appropriate portion size and frequency** |
| 1. It is easy to understand food and nutritional messages from government
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. The nutritional content of food products is important to me when deciding what foods to buy
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I make a conscious effort to try and eat healthily
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When deciding what to eat, I think about healthy choices
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I use the nutritional label on food products to guide my purchases
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| To maximise your health, should you enjoy or limit the following foods;1. Vegetables
2. Fruits
3. Sugary foods and drinks
4. Wholegrains
5. Processed meats
6. Water
7. Milk, yoghurt, cheese
8. Foods with saturated fats
9. Foods with added salt
 | 1. Enjoy
2. Limit
3. Not sure/I don’t want to answer
 |
| 1. At certain times of the day, I get hungry because I am used to eating then
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Sometimes when I start eating, I just can’t seem to stop
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When I am with someone who is overeating, I normally overeat too
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| **Component 4.3 Join in and eat in a social way** |
| 1. I am comfortable eating with other people
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Eating with other people is about more than just food
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. In my household, people often eat at different times
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. Eating brings people together in an enjoyable way
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. When eating with other people, it is of great value to me to eat at a table
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I often eat together with other people
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. If I’m with other people, it is of great value to me to eat together
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I eat while I’m going from place to place
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |
| 1. I usually do other things while eating, such as reading, working, studying, using an electronic device or watching television
 | a. Strongly disagreeb. Disagreec. Neutrald. Agreee. Strongly agree |