

Food and You 2 Wave 11 findings at glance: Northern Ireland



Food and You 2 is an annual official statistic survey of adults across across England, Wales and Northern Ireland, exploring food-related knowledge, attitudes and behaviours, with findings presented for Northern Ireland.

Adults in NI report high levels of **food security**...

78% were classified as food secure

22% were classified as food insecure

Groups more likely to experience food insecurity:

- Those with long-term health conditions
- Lower-income households
- More deprived and urban areas



When shopping for food...



87% check use-by dates

83% check best-before dates

Price and quality are the leading factors when choosing food



54% Price/value for money



43% Quality

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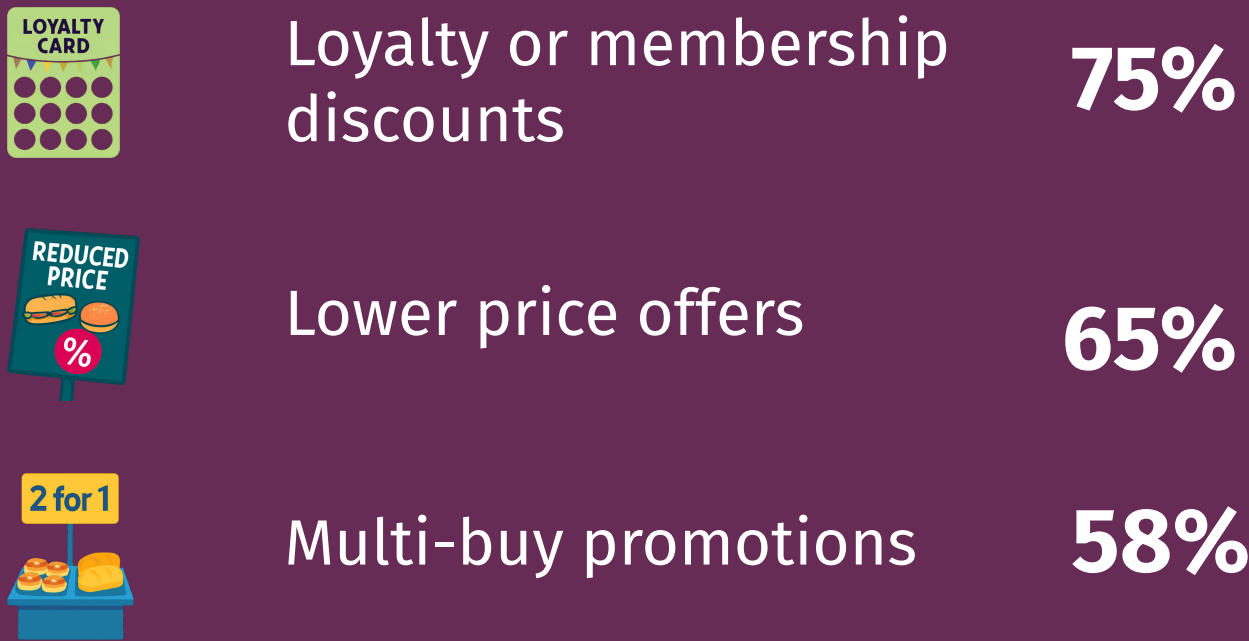


Food Standards Agency
food.gov.uk

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92% bought food or drink on promotion in the last two weeks

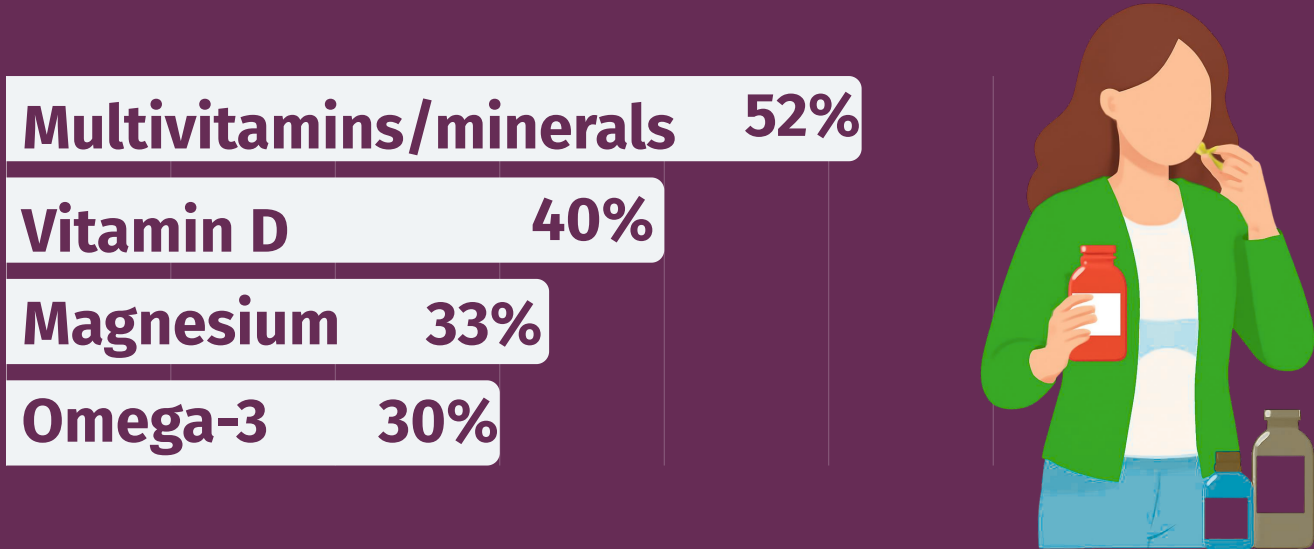
The most common promotions used were...



Food quality and previous experience were the most important factors when choosing to eat out or order takeaways.



Of those taking supplements (48%), the most commonly reported were:



68% of those who take supplements, take them for health and wellbeing