

## 2. EATING AND FOOD PREPARATION PRACTICES

### 2.1 Mealtime practices

Parents and caregivers were asked about mealtime practices and how often these occurred.

#### 2.1.1 Whether the child has her/his main meal of the day in front of the TV, computer, or PlayStation.

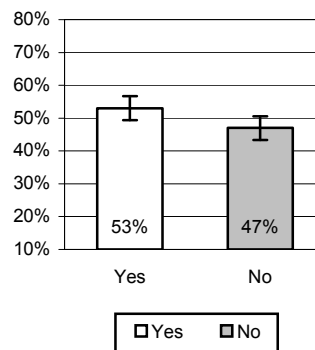
Parents and caregivers were asked if their child sometimes had her/his main meal in front of the TV, computer, or PlayStation.

The charts alongside and the tables on the following page show their answers.

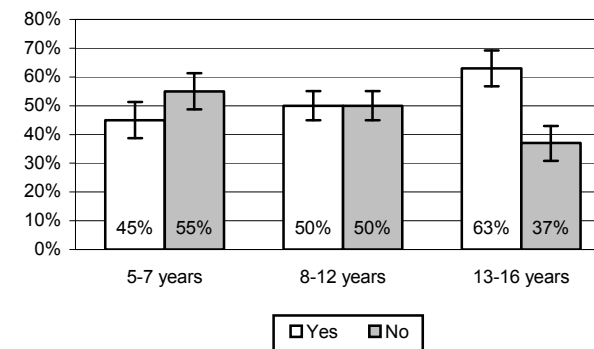
- Over one-half (53%) of parents and caregivers said that sometimes their child had her/his main meal in front of the TV, computer, or PlayStation, while 47% said that their child did not do this.
- Parents and caregivers talking about 13 to 16-year-olds were more likely to say that their child sometimes ate their main meal in front of the TV, computer, or PlayStation than parents and caregivers of younger children (63%, compared with figures of 50% for 8 to 12-year-olds and 45% for 5 to 7-year-olds).
- Parents and caregivers of European/Other ethnicity were slightly more likely than other parents and caregivers to say that their child sometimes had her/his main meal of the day in front of the TV, computer, or PlayStation (56%, compared with 43% for Maori parents and caregivers, and 50%, each, for Pacific and Asian parents and caregivers).
- There was little variation in the responses to this question by parents and caregivers living in areas with different levels of deprivation.

*Does the child sometimes have her/his main meal of the day in front of the TV, computer, or PlayStation?*

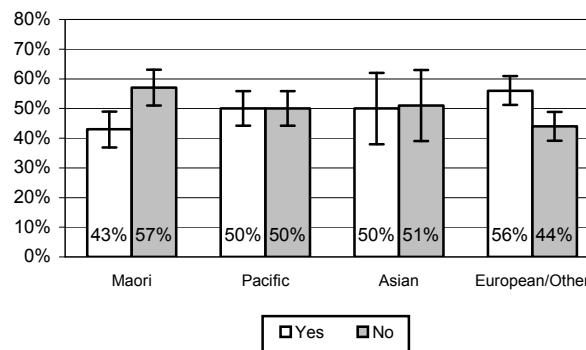
*All parents/caregivers*



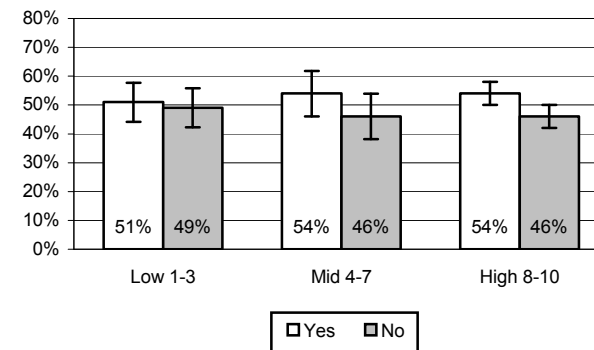
*By age of nominated child*



*By ethnicity of parents and caregivers*



*By deprivation index*



Unweighted base = 1133 – all parents/caregivers

- Female parents and caregivers were more likely than male parents and caregivers to say that their child sometimes had her/his main meal in front of the TV, computer, or PlayStation.
- Parents and caregivers aged 15 to 34 years were less likely than parents and caregivers in other age groups to say that their child sometimes had her/his main meal of the day in front of the TV, computer, or PlayStation.
- Parents and caregivers living in rural areas were less likely than those living in urban areas to say that their child had her/his main meal in front of the TV, computer, or PlayStation.
- Parents and caregivers in *1-parent families* were more likely than other parents and caregivers to say their child had her/his main meal in front of the TV, computer, or PlayStation.
- Parents and caregivers whose annual household income was less than \$20,000 were more likely than other parents and caregivers to say their child had her/his main meal in front of the TV, computer, or PlayStation.

**Does the nominated child sometimes have his/her main meal of the day in front of the TV, computer, or PlayStation?**

|             | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|-------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|             | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Yes         | 42                         | 55       | 47                                 | 54      | 56    | 45                             | 50           | 63            | 55       | 43      | 53    |
| No          | 58                         | 45       | 54                                 | 46      | 44    | 55                             | 50           | 37            | 45       | 57      | 47    |
| <b>Base</b> | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|             | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|-------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|             | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Yes         | 43                            | 50        | 50      | 56           | 66                    | 50                | 49                | 43                | 53    |
| No          | 57                            | 50        | 51      | 44           | 34                    | 50                | 51                | 57                | 47    |
| <b>Base</b> | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

|             | Household income  |            |            |              | Deprivation index |           |             | Total |
|-------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|             | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Yes         | 65                | 54         | 48         | 52           | 51                | 54        | 54          | 53    |
| No          | 35                | 46         | 52         | 48           | 49                | 46        | 46          | 47    |
| <b>Base</b> | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

### 2.1.2 Frequency with which children eat their main meal in front of the TV, computer, or PlayStation

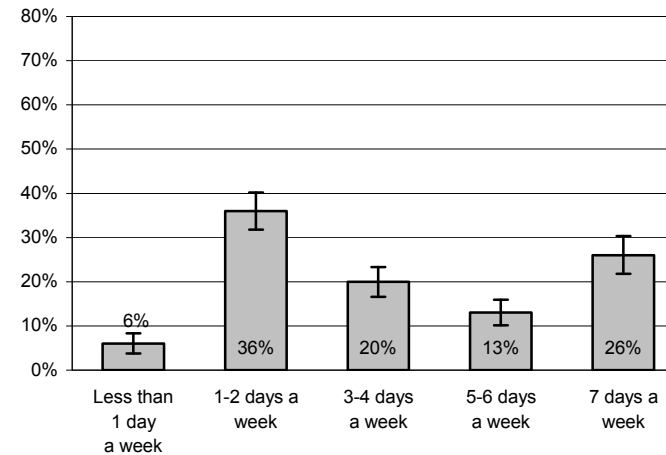
Parents and caregivers who said that their child sometimes had her/his main meal of the day in front of the TV, computer, or PlayStation were asked how often this happened. Their responses are shown in the chart alongside.

Six percent (6%) of parents and caregivers said that their child had her/his main meal of the day in front of the TV, computer, or PlayStation *less than 1 day a week*.

Over one-third (36%) of parents and caregivers said that this happened *1 to 2 days a week*, while one-fifth (20%) said that this happened *3 to 4 days a week*.

Thirteen percent (13%) of parents and caregivers said that their child had her/his main meal of the day in front of the TV, computer, or PlayStation *5 to 6 days a week*, and 26% said that this happened *everyday – 7 days a week*.

**On how many days out of 7 days of the week does [nominated child] have her/his main meal of the day in front of the TV, computer, or PlayStation?**



Unweighted base = 579 – all parents/caregivers who said that [nominated child] sometimes had her/his main meal of the day in front of the TV, computer, or PlayStation

- Parents and caregivers talking about children aged 5 to 7 years old were more likely than parents and caregivers talking about children of other ages to say that their child had their main meal in front of the TV, computer, or PlayStation 1-2 days a week.
- Maori and Pacific parents and caregivers were more likely than parents and caregivers of European/Other ethnicity, and slightly more likely than Asian parents and caregivers, to say that their child had her/his main meal of the day in front of the TV, computer, or PlayStation daily.
- Parents and caregivers living in the most deprived areas were more likely than other parents and caregivers to say their child had her/his main meal of the day in front of the TV, computer, or PlayStation daily.

***On how many days out of 7 days of the week does [nominated child] have her/his main meal of the day in front of the TV, computer, or PlayStation?***

|                        | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|------------------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                        | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Less than 1 day a week | 6                              | 4            | 7             | 3                             | 2         | 8       | 6            | 7                 | 5         | 5           | 6     |
| 1-2 days a week        | 46                             | 35           | 29            | 36                            | 30        | 40      | 36           | 45                | 29        | 31          | 36    |
| 3-4 days a week        | 12                             | 20           | 25            | 18                            | 24        | 18      | 20           | 16                | 21        | 23          | 20    |
| 5-6 days a week        | 8                              | 17           | 12            | 13                            | 11        | 6       | 14           | 11                | 19        | 9           | 13    |
| 7 days a week          | 28                             | 25           | 27            | 31                            | 33        | 28      | 24           | 22                | 26        | 32          | 26    |
| <b>Base</b>            | 155                            | 224          | 200           | 124                           | 158       | 42      | 255          | 117               | 108       | 354         | 579   |

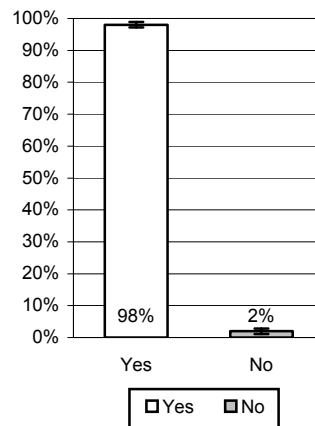
**2.1.3 Whether the child has her/his main meal of the day sitting down with the rest of the household**

Parents and caregivers were asked if their child sometimes had her/his main meal of the day sitting down with the rest of the household.

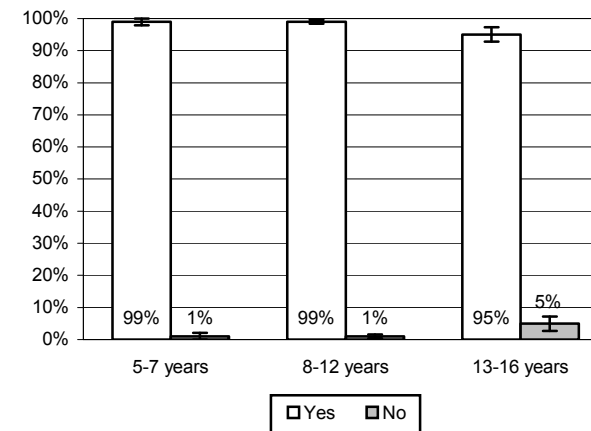
- The majority of parents and caregivers (98%) said *yes*, their child sometimes had her/his main meal of the day with the rest of the household, while 2% said *no*.
- Parents and caregivers talking about 13 to 16-year-olds were slightly less likely (95%) to say that their child sometimes had her/his main meal of the day with the rest of the household than parents and caregivers talking about 5 to 7-year-olds and 8 to 12-year-olds (99%, each).
- There was little variation in the responses to this question by parents and caregivers of different ethnicities and by those living in areas with different levels of deprivation.

**Does the child sometimes have her/his main meal of the day sitting down with yourself or other members of the household?**

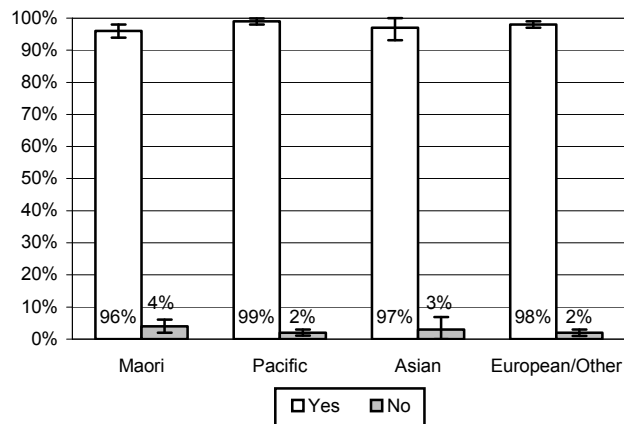
*All parents/caregivers*



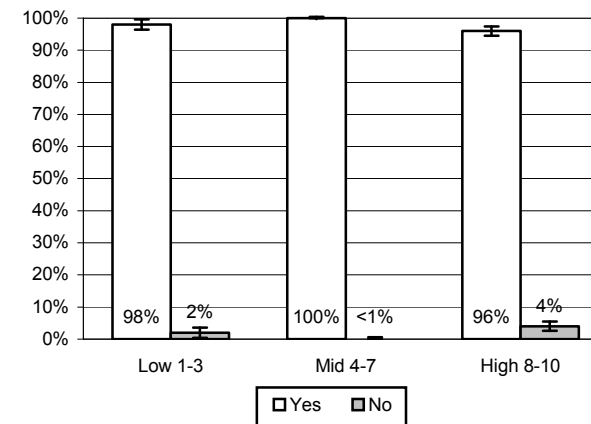
*By age of nominated child*



*By ethnicity of parents and caregivers*



*By deprivation index*



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers in *2-parent families* and those in *extended families* were slightly more likely than those in *other households* to say that their child had her/his main meal with the rest of the household.

**Does the child sometimes have her/his main meal of the day sitting down with yourself or other members of the household?**

|             | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|-------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|             | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Yes         | 98                         | 98       | 97                                 | 99      | 97    | 99                             | 99           | 95            | 97       | 100*    | 98    |
| No          | 2                          | 2        | 3                                  | 1       | 3     | 1                              | 1            | 5             | 3        | <1      | 2     |
| <b>Base</b> | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|             | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|-------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|             | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Yes         | 96                            | 99        | 97      | 98           | 97                    | 99                | 99                | 92                | 98    |
| No          | 4                             | 2         | 3       | 2            | 3                     | 2                 | 1                 | 8                 | 2     |
| <b>Base</b> | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

|             | Household income  |            |            |              | Deprivation index |           |             | Total |
|-------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|             | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Yes         | 96                | 98         | 97         | 99           | 98                | 100*      | 96          | 98    |
| No          | 4                 | 2          | 3          | 1            | 2                 | <1        | 4           | 2     |
| <b>Base</b> | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

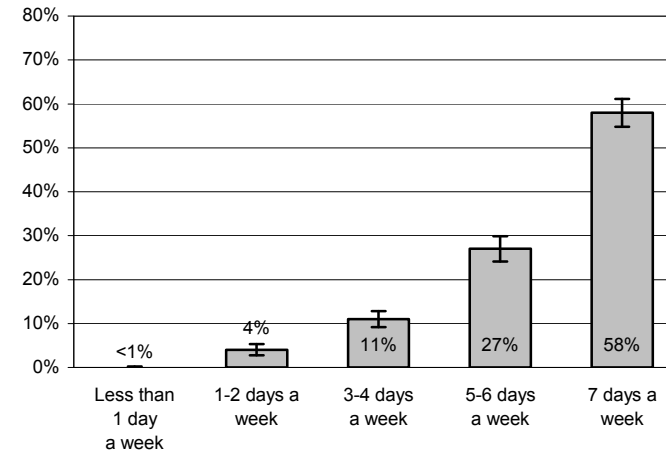
\* The figure for "Yes" is rounded to 100, although a small proportion of parents and caregivers said "No" to this question.

### 2.1.4 Frequency with which children eat their main meal sitting down with the rest of the household

Parents and caregivers who said that their child sometimes had her/his main meal of the day with the rest of the household were asked how often this occurred. Their responses are shown in the chart alongside.

- Less than one percent (<1%) of parents and caregivers said that their child had her/his main meal with the rest of the household *less than 1 day a week*, while 4% said that this occurred *1 to 2 days a week*.
- Just over one-tenth (11%) of parents and caregivers said that their child had her/his main meal of the day sitting down with the rest of the household *3 to 4 days a week*, and over one-quarter (27%) said this happened *5 to 6 days a week*.
- Almost three-fifths (58%) of parents and caregivers said that their child had her/his main meal with the rest of the household everyday – *7 days a week*.

### Frequency with which child has main meal sitting down with the rest of the household



Unweighted base = 1103 – all parents/caregivers who said that [nominated child] sometimes had her/his main meal of the day with the rest of the household.

- Parents and caregivers talking about children aged 5 to 7 years were more likely than parents and caregivers talking about older children to say their child had her/his main meal with the rest of the household daily.
- Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say that their child had her/his main meal sitting down with the rest of the household daily.
- Parents and caregivers living in the least deprived areas were less likely than those living in more deprived areas to say that their child had her/his main meal with the rest of the household 3-4 days a week.

***On how many days does [nominated child] have her/his main meal of the day sitting down with yourself or other members of the household?***

|                        | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|------------------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                        | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Less than 1 day a week | -                              | <1           | 1             | <1                            | -         | -       | <1           | <1                | -         | <1          | <1    |
| 1-2 days a week        | 2                              | 3            | 6             | 2                             | 6         | 2       | 4            | 3                 | 4         | 3           | 4     |
| 3-4 days a week        | 9                              | 10           | 14            | 12                            | 18        | 8       | 10           | 7                 | 13        | 14          | 11    |
| 5-6 days a week        | 20                             | 25           | 35            | 25                            | 17        | 14      | 30           | 27                | 28        | 24          | 27    |
| 7 days a week          | 70                             | 62           | 42            | 61                            | 58        | 75      | 55           | 61                | 55        | 58          | 58    |
| <b>Base</b>            | 341                            | 446          | 315           | 275                           | 323       | 76      | 427          | 223               | 198       | 681         | 1102  |

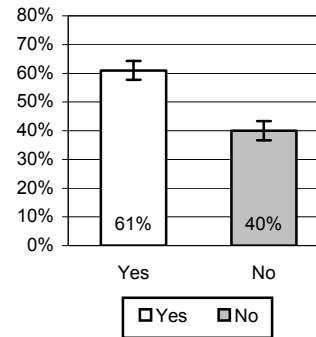
### 2.1.5 Whether the household has the main meal in front of the TV, watching a programme, DVD, or tape

Parents and caregivers were asked if the household sometimes had the main meal in front of the TV, watching a programme, DVD, or tape.

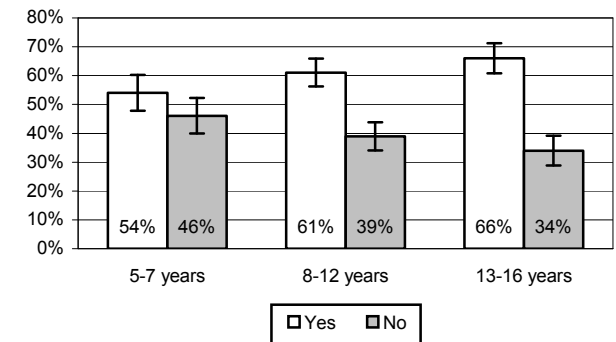
- Just over three-fifths (61%) of parents and caregivers said *yes*, the household sometimes had the main meal in front of the TV, watching a programme, DVD, or tape, while two-fifths (40%) said *no*.
- Parents and caregivers talking about 13 to 16-year-olds were more likely (66%) to say that the household sometimes had the main meal watching the TV than parents and caregivers of younger children (the corresponding figures were 61% for parents and caregivers of 8 to 12-year-olds and 54% for those of 5 to 7-year-olds).
- Parents and caregivers of European/Other ethnicity were more likely than Maori and Pacific parents and caregivers, and slightly more likely than Asian parents and caregivers, to say that the household sometimes had the main meal of the day while watching the TV (64%, compared with figures of 53% for Maori parents and caregivers, 54% for Pacific parents and caregivers, and 60% for Asian parents and caregivers).
- There was little variation in the proportion of parents and caregivers living in areas of different levels of deprivation that said that the household sometimes had the main meal in front of the TV.

**Does the household sometimes have the main meal in front of the TV, watching a programme, DVD, or tape?**

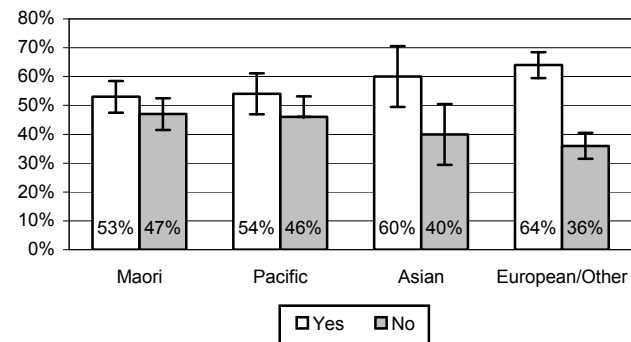
*All parents/caregivers*



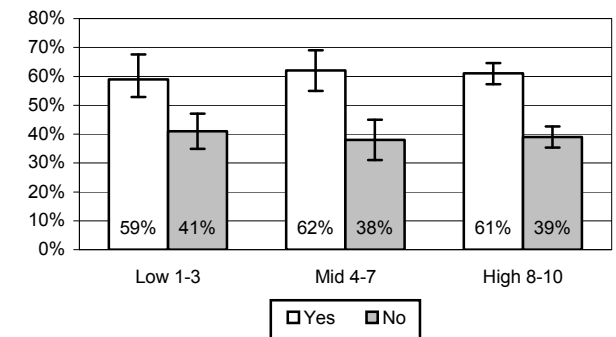
*By age of nominated child*



*By ethnicity of parents and caregivers*



*By deprivation index*



Unweighted base = 1133 – all parents/caregivers

- Male parents and caregivers were slightly less likely than female parents and caregivers to say that the household sometimes had the main meal in front of the TV, watching a programme, DVD, or tape.
- Parents and caregivers aged 45 years and over were more likely to say this happened than those aged 15 to 34 years.
- Parents and caregivers living in rural areas were less likely than those living in urban areas to say that the household sometimes had the main meal while watching the TV.
- Parents and caregivers living in *1-parent families* were more likely than parents and caregivers in all other types of household to say that the household sometimes had the main meal watching the TV.

**Does the household sometimes have the main meal in front of the TV, watching a programme, DVD, or tape?**

|             | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|-------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|             | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Yes         | 55                         | 62       | 55                                 | 61      | 64    | 54                             | 61           | 66            | 63       | 52      | 61    |
| No          | 45                         | 38       | 45                                 | 39      | 36    | 46                             | 39           | 34            | 37       | 48      | 40    |
| <b>Base</b> | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|             | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|-------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|             | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Yes         | 53                            | 54        | 60      | 64           | 70                    | 59                | 59                | 48                | 61    |
| No          | 47                            | 46        | 40      | 36           | 30                    | 42                | 41                | 52                | 40    |
| <b>Base</b> | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

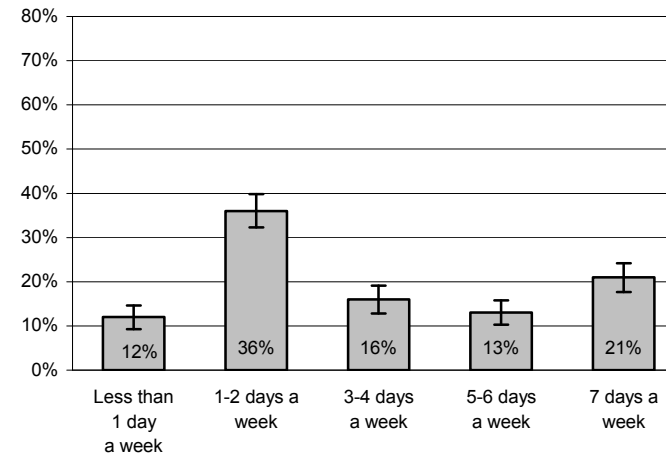
|             | Household income  |            |            |              | Deprivation index |           |             | Total |
|-------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|             | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Yes         | 65                | 58         | 61         | 60           | 59                | 62        | 61          | 61    |
| No          | 35                | 42         | 39         | 40           | 41                | 38        | 39          | 40    |
| <b>Base</b> | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

### 2.1.6 Frequency with which the household has the main meal in front of the TV

Parents and caregivers who said that the household sometimes had the main meal while watching a TV programme, DVD, or tape were asked how often this happened.

- Just over one-tenth (12%) of parents and caregivers said that the household had the main meal while watching the TV *less than 1 day a week*.
- Over one-third (36%) of parents and caregivers said this happened *1 to 2 days a week*, while one-sixth (16%) said that the household had the main meal watching the TV *3 to 4 days a week*.
- Thirteen percent (13%) said the household had the main meal in front of TV, watching a programme, DVD, or tape, *5 to 6 days a week*.
- The remaining one-fifth (21%) of parents and caregivers said this happened *daily – 7 days a week*.

**About how many days a week does the household have the main meal while watching a programme, DVD, or tape?**



Unweighted base = 654 – all parents and caregivers who said that sometimes the household had the main meal while watching a programme, DVD or tape.

- Parents and caregivers talking about 5 to 7-year-olds were more likely to say that the household had the main meal while watching the TV *1 to 2 days a week* than parents and caregivers talking about older children.
- Pacific parents and caregivers were more likely than parents and caregivers of other ethnicities to say that the household had the main meal while watching the TV daily.
- Parents and caregivers living in the most deprived areas were more likely than those from other areas to say that the household had the main meal while watching the TV daily – *7 days a week*.

***About how many days a week does the household have the main meal while watching a programme, DVD, or tape?***

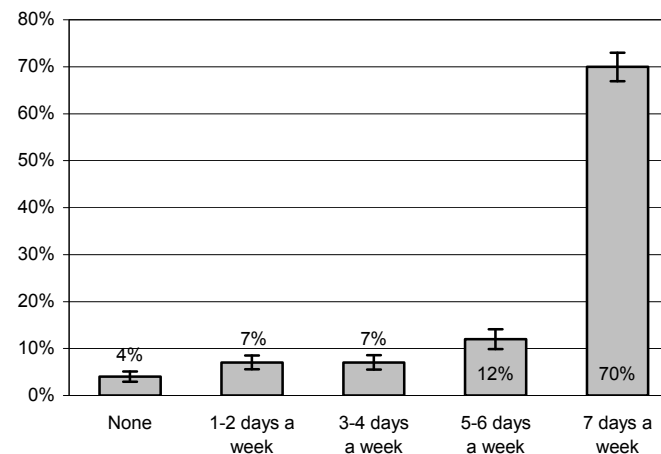
|                        | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|------------------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                        | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Less than 1 day a week | 15                             | 13           | 10            | 10                            | 9         | 14      | 13           | 15                | 13        | 9           | 12    |
| 1-2 days a week        | 41                             | 36           | 33            | 34                            | 33        | 35      | 38           | 38                | 37        | 34          | 36    |
| 3-4 days a week        | 12                             | 14           | 22            | 22                            | 20        | 19      | 14           | 16                | 16        | 16          | 16    |
| 5-6 days a week        | 9                              | 14           | 14            | 8                             | 5         | 5       | 16           | 14                | 16        | 9           | 13    |
| 7 days a week          | 22                             | 21           | 19            | 26                            | 32        | 26      | 17           | 15                | 18        | 30          | 22    |
| <b>Base</b>            | 185                            | 264          | 205           | 150                           | 168       | 47      | 289          | 136               | 126       | 392         | 654   |

### 2.1.7 Frequency with which children have a sit-down breakfast

Parents and caregivers were asked on how many days of the week their child had a sit-down breakfast rather than a snack on the run. The chart alongside and the table on the following page show their answers.

- Four percent (4%) of parents and caregivers said that their child did not have a sit-down breakfast on any day of the week.
- Seven percent (7%) of parents and caregivers said that their child had a sit-down breakfast, rather than a snack on the run, *1-2 days a week*, and 7% said this happened *3-4 days a week*.
- Just over one in ten (12%) parents and caregivers said that, rather than having a snack on the run, their child had a sit-down breakfast *5-6 days a week*, while seven out of ten (70%) parents and caregivers said this occurred daily – *7 days a week*.

### Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down breakfast rather than a snack on the run?



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers talking about children aged 13 to 16 years were less likely than parents and caregivers talking about younger children to say that their child had a sit-down breakfast, rather than a snack on the run, daily.
- Pacific parents and caregivers were less likely to say that their child had a sit-down breakfast daily than parents and caregivers of other ethnicities.
- Parents and caregivers living in the least deprived areas were more likely to say that their child had a sit-down breakfast, rather than a snack on the run, *7 days a week* and less likely to say that this happened *1-2 days a week* than other parents and caregivers.

***Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down breakfast rather than a snack on the run?***

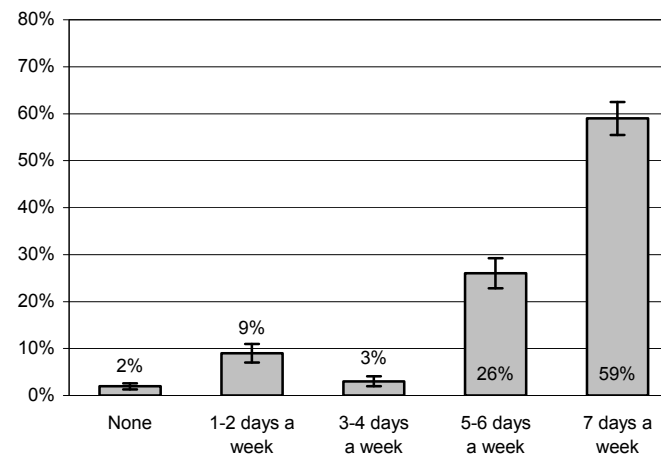
|                 | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|-----------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                 | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| None            | <1                             | 3            | 9             | 5                             | 8         | -       | 4            | 2                 | 3         | 8           | 4     |
| 1-2 days a week | 3                              | 4            | 14            | 7                             | 15        | 12      | 5            | 3                 | 8         | 9           | 7     |
| 3-4 days a week | 4                              | 7            | 10            | 9                             | 19        | 5       | 5            | 3                 | 9         | 11          | 7     |
| 5-6 days a week | 11                             | 11           | 15            | 12                            | 16        | 8       | 13           | 12                | 13        | 13          | 12    |
| 7 days a week   | 83                             | 74           | 52            | 67                            | 42        | 76      | 74           | 81                | 67        | 59          | 70    |
| <b>Base</b>     | 346                            | 454          | 333           | 287                           | 330       | 78      | 437          | 228               | 199       | 706         | 1133  |

### 2.1.8 Frequency with which children have a sit-down lunch

Parents and caregivers were asked on how many days of the week their child had a sit-down lunch, rather than a snack on the run.

- Two percent (2%) of parents and caregivers said that their child did not have a sit-down lunch on any of the *7 days of the week*.
- Nine percent (9%) of parents and caregivers said that their child had a sit-down lunch, rather than a snack on the run, *1-2 days a week*, while 3% said this happened *3-4 days a week*.
- Just over one-quarter (26%) of parents and caregivers said that their child had a sit-down lunch *5-6 days a week* and almost three-fifths (59%) said this happened daily – *7 days a week*.

***Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down lunch rather than a snack on the run?***



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers talking about children aged 5 to 7 years were more likely to say that their child had a sit-down lunch, rather than a snack on the run, *7 days a week* than parents and caregivers talking about older children.
- Pacific parents and caregivers were less likely than parents and caregivers of other ethnicities to say that their child had a sit-down lunch *7 days a week*.
- Parents and caregivers living in the least deprived areas were more likely to say this happened daily than those living in the most deprived areas.

***Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down lunch rather than a snack on the run?***

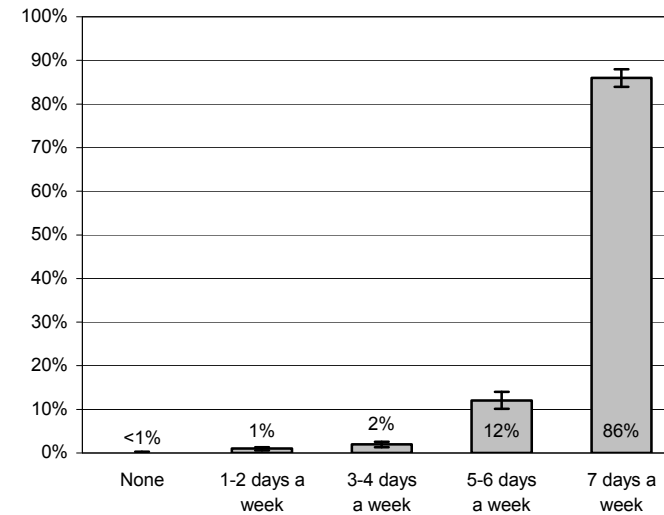
|                 | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|-----------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                 | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| None            | 1                              | 1            | 4             | 4                             | 3         | <1      | 1            | <1                | 1         | 4           | 2     |
| 1-2 days a week | 5                              | 9            | 14            | 9                             | 21        | 23      | 6            | 7                 | 9         | 13          | 9     |
| 3-4 days a week | 1                              | 3            | 6             | 4                             | 6         | -       | 3            | 1                 | 2         | 6           | 3     |
| 5-6 days a week | 22                             | 28           | 28            | 28                            | 23        | 8       | 29           | 26                | 28        | 24          | 26    |
| 7 days a week   | 71                             | 59           | 46            | 55                            | 46        | 66      | 60           | 65                | 58        | 51          | 59    |
| <b>Base</b>     | 346                            | 454          | 333           | 287                           | 330       | 78      | 437          | 228               | 199       | 706         | 1133  |

### 2.1.9 Frequency with which children have a sit-down evening meal

Parents and caregivers were asked on how many days of the week their child had a sit-down evening meal rather than a snack on the run.

- Less than 1% of parents and caregivers said that their child did not have a sit-down evening meal on any day of the week.
- One percent (1%) of parents and caregivers said that their child had a sit-down evening meal, rather than a snack on the run, *1-2 days a week*, while 2% said this happened *3-4 days a week*.
- Just over one-tenth (12%) of parents and caregivers said that, rather than having a snack on the run, their child had a sit-down evening meal *5-6 days a week*.
- The majority (86%) of parents and caregivers said that their child had a sit-down evening meal, rather than a snack on the run, daily – *7 days a week*.

***Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down evening meal rather than a snack on the run?***



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers talking about children aged 5 to 7-years were more likely than parents and caregivers talking about children aged 13 to 16 years to say that their child had a sit-down evening meal daily.
- Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say that their child had a sit-down evening meal 7 days a week.
- Parents and caregivers living in the least deprived areas were less likely to say that their child had a sit-down meal 5 to 6 days a week, and slightly more likely to say that their child had a sit-down meal daily, than those living in the most deprived areas.

***Taking all 7 days of the week, on how many out of the 7 days does [nominated child] have a sit-down evening meal rather than a snack on the run?***

|                 | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|-----------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|                 | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| None            | -                              | <1           | 1             | <1                            | <1        | -       | <1           | 1                 | -         | <1          | <1    |
| 1-2 days a week | <1                             | <1           | 1             | 1                             | 2         | -       | <1           | 1                 | -         | 1           | 1     |
| 3-4 days a week | 1                              | 1            | 3             | 3                             | 4         | 1       | 1            | 1                 | 1         | 3           | 2     |
| 5-6 days a week | 9                              | 12           | 16            | 15                            | 14        | 1       | 13           | 10                | 13        | 15          | 12    |
| 7 days a week   | 90                             | 87           | 80            | 81                            | 80        | 98      | 85           | 89                | 86        | 81          | 86    |
| <b>Base</b>     | 346                            | 454          | 333           | 287                           | 330       | 78      | 437          | 228               | 199       | 706         | 1133  |

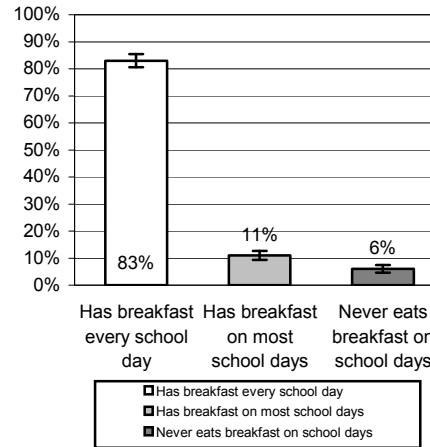
### 2.1.10 Frequency with which children eat breakfast at home on school days

Parents and caregivers were asked how often their child ate breakfast at home on school days. Their answers are shown in the charts alongside and in the tables on the following pages.

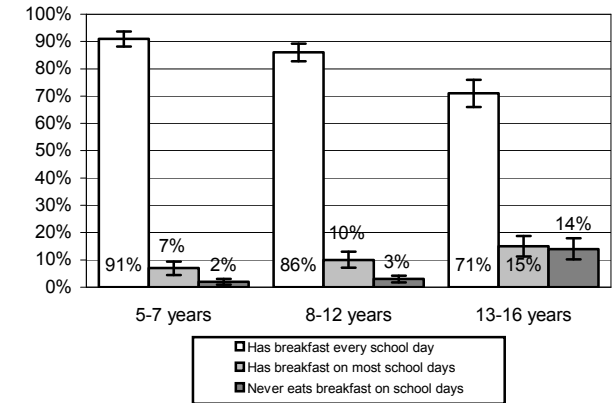
- The majority (83%) of parents and caregivers said that their child had *breakfast every school day*. Just over one-tenth (11%) of parents and caregivers said that their child had *breakfast on most school days*. The remaining 6% of parents and caregivers said that their child *never ate breakfast on school days*.
- Parents and caregivers talking about children aged 5 to 7 years were more likely (91%) than those talking about children aged 13 to 16 years (71%), and slightly more likely than those talking about children aged 8 to 12 years (86%), to say that their child had *breakfast every school day*.
- Pacific parents and caregivers were less likely than parents and caregivers of other ethnicities to say that their child had *breakfast every school day* (60%, compared with figures of 74% for Maori, 88% for parents and caregivers of European/Other ethnicity, and 89% for Asian parents and caregivers). Conversely, Pacific parents and caregivers were more likely (12%) than Maori (8%), European/Other (5%), and Asian parents and caregivers (4%) to say that their child *never ate breakfast on school days*.
- Parents and caregivers living in the least deprived areas were more likely than those living in other areas to say that their child had *breakfast every school day* (94% of parents and caregivers from the least deprived areas said this, compared with 82% and 71%, respectively, of those from areas of mid-deprivation and those from the most deprived areas).

### How often does [nominated child] usually eat breakfast at home on school days?

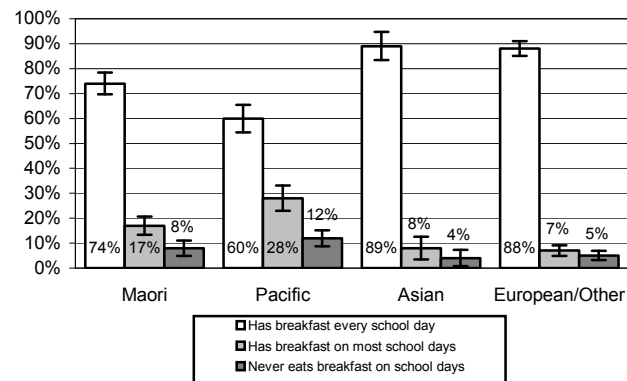
All parents/caregivers



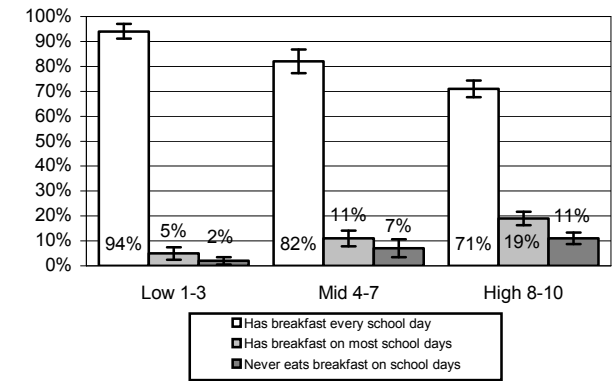
By age of nominated child



By ethnicity of parents and caregivers



By deprivation index



Unweighted base = 1133 – all parents/caregivers

- Female parents and caregivers were slightly more likely than male parents and caregivers to say that their child *never ate breakfast on school days*.
- Parents and caregivers aged 45 years and over were less likely than those aged 15 to 34 years to say that their child had *breakfast on most school days*.
- Parents and caregivers living in *other households* were more likely than those living in other types of household to say that their child *never eats breakfast on school days*.

**How often does [nominated child] usually eat breakfast at home on school days?**

|                                     | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|-------------------------------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|                                     | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Has breakfast every school day      | 89                         | 83       | 80                                 | 84      | 83    | 91                             | 86           | 71            | 83       | 85      | 83    |
| Has breakfast on most school days   | 9                          | 11       | 13                                 | 11      | 8     | 7                              | 10           | 15            | 11       | 9       | 11    |
| Never eats breakfast on school days | 3                          | 7        | 6                                  | 5       | 9     | 2                              | 3            | 14            | 6        | 6       | 6     |
| <b>Base</b>                         | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|                                     | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|-------------------------------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|                                     | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Has breakfast every school day      | 74                            | 60        | 89      | 88           | 83                    | 85                | 74                | 73                | 83    |
| Has breakfast on most school days   | 17                            | 28        | 8       | 7            | 11                    | 11                | 13                | 10                | 11    |
| Never eats breakfast on school days | 8                             | 12        | 4       | 5            | 7                     | 5                 | 13                | 17                | 6     |
| <b>Base</b>                         | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

- Parents and caregivers whose annual household income was *less than \$20,000* were slightly less likely to say that their child had *breakfast every school day*, and more likely to say that their child *had breakfast on most school days*, than parents and caregivers with higher household incomes.

**How often does [nominated child] usually eat breakfast at home on school days?**

|                                     | Household income  |            |            |              | Deprivation index |           |             | Total |
|-------------------------------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|                                     | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Has breakfast every school day      | 72                | 79         | 85         | 87           | 94                | 82        | 71          | 83    |
| Has breakfast on most school days   | 18                | 14         | 10         | 7            | 5                 | 11        | 19          | 11    |
| Never eats breakfast on school days | 10                | 7          | 5          | 6            | 2                 | 7         | 11          | 6     |
| <b>Base</b>                         | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

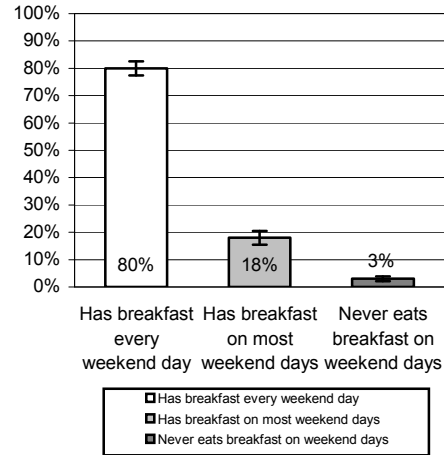
### 2.1.11 Frequency with which children eat breakfast at home on weekend days

Parents and caregivers were asked how often their child ate breakfast at home on weekend days.

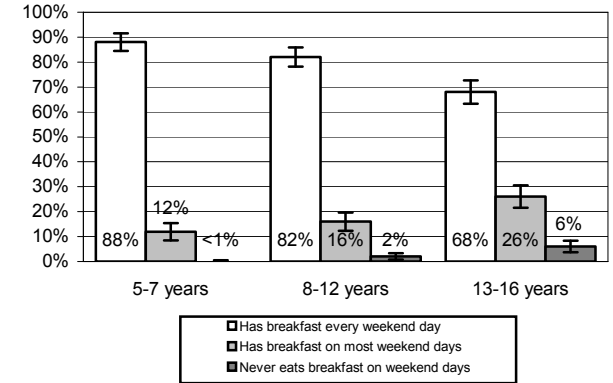
- The majority (80%) of parents and caregivers said that their child had *breakfast every weekend day*. Just under one-fifth (18%) of parents and caregivers said that their child had *breakfast on most weekend days*. The remaining 3% of parents and caregivers said that their child *never ate breakfast on weekend days* at home.
- Parents and caregivers talking about 13 to 16-year-olds were less likely (68%) than parents and caregivers talking about younger children to say that their child had breakfast at home every weekend day (82% of parents and caregivers talking about 8 to 12-year-olds said this, as did 88% of those talking about 5 to 7-year-olds).
- Asian parents and caregivers and those of European/Other ethnicity were more likely (84% and 82%, respectively) to say that their child had *breakfast every weekend day* than Maori and Pacific parents and caregivers (74% and 71%, respectively).
- Parents and caregivers living in the least deprived areas were more likely than those living in other areas to say that their child had *breakfast every weekend day* (87%, compared with figures of 78% for those living in areas of mid-deprivation and 72% for those living in the most deprived areas).

### How often does [nominated child] usually eat breakfast at home on weekend days?

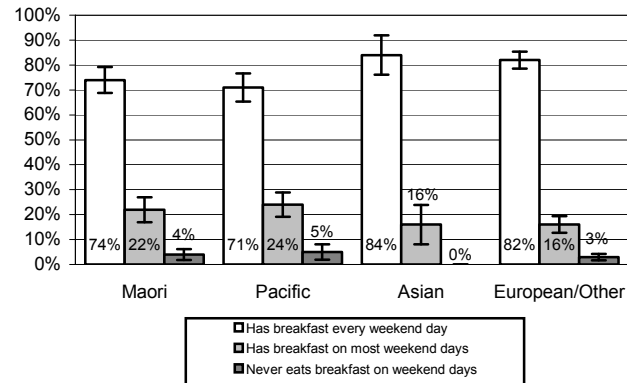
All parents/caregivers



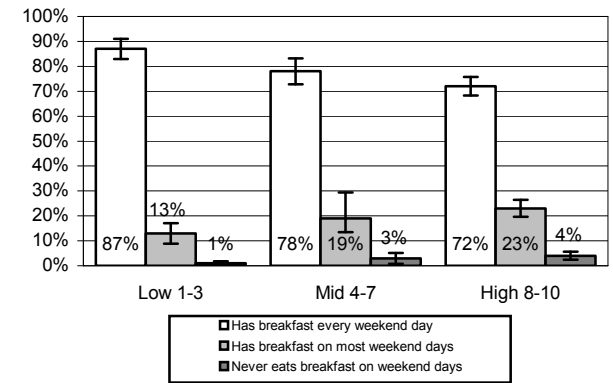
By age of nominated child



By ethnicity of parents and caregivers



By deprivation index



Unweighted base = 1133 – all parents/caregivers

- Male parents and caregivers were more likely than female parents and caregivers to say that their child had *breakfast on most weekend days*.
- Parents and caregivers living in urban areas were more likely to say that their child had *breakfast on most weekend days*, and slightly less likely to say their child had *breakfast every weekend day*, than parents and caregivers living in rural areas.
- Parents and caregivers from *2-parent families* were more likely than those from *1-parent families* to say that their child had *breakfast every weekend day*.

**How often does [nominated child] usually eat breakfast at home on weekend days?**

|                                      | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|--------------------------------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|                                      | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Has breakfast every weekend day      | 76                         | 80       | 80                                 | 79      | 80    | 88                             | 82           | 68            | 78       | 84      | 80    |
| Has breakfast on most weekend days   | 22                         | 17       | 17                                 | 18      | 18    | 12                             | 16           | 26            | 19       | 12      | 18    |
| Never eats breakfast on weekend days | 2                          | 3        | 3                                  | 3       | 2     | <1                             | 2            | 6             | 2        | 4       | 3     |
| <b>Base</b>                          | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|                                      | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|--------------------------------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|                                      | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Has breakfast every weekend day      | 74                            | 71        | 84      | 82           | 71                    | 83                | 76                | 74                | 80    |
| Has breakfast on most weekend days   | 22                            | 24        | 16      | 16           | 26                    | 14                | 24                | 21                | 18    |
| Never eats breakfast on weekend days | 4                             | 5         | -       | 3            | 3                     | 3                 | 1                 | 4                 | 3     |
| <b>Base</b>                          | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

- Parents and caregivers whose annual household income was *less than \$20,000* were more likely than those with higher household incomes to say that their child *never ate breakfast on weekend days* at home.

**How often does [nominated child] usually eat breakfast at home on weekend days?**

|                                      | Household income  |            |            |              | Deprivation index |           |             | Total |
|--------------------------------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|                                      | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Has breakfast every weekend day      | 72                | 78         | 75         | 84           | 87                | 78        | 72          | 80    |
| Has breakfast on most weekend days   | 20                | 19         | 24         | 14           | 13                | 19        | 23          | 18    |
| Never eats breakfast on weekend days | 8                 | 3          | 1          | 2            | 1                 | 3         | 4           | 3     |
| <b>Base</b>                          | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

## 2.2 Extent to which food is taken to school from home

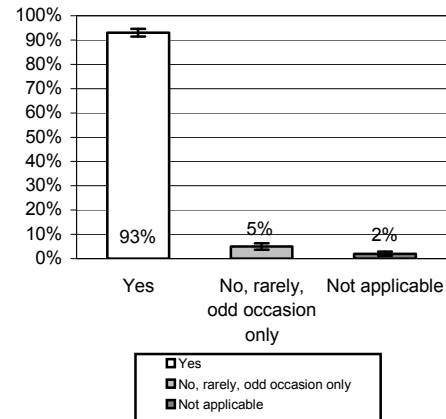
### 2.2.1 Whether the child takes food or drink to school from home

Parents and caregivers were asked if their child took food or drink to school from home. Their answers are shown in the charts alongside and in the tables on the following page.

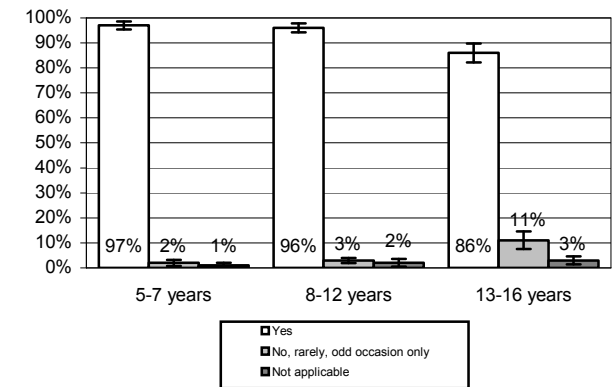
- The majority (93%) of parents and caregivers said that their child took food or drink to school from home, while 5% said *no, rarely, odd occasion only*. For the remaining 2% of parents and caregivers the question was *not applicable* (for example, because their child was home-schooled).
- Parents and caregivers talking about children aged 13 to 16 years were less likely than parents and caregivers talking about younger children to say that their child took food or drink to school from home (86%, compared with 96% and 97%, respectively, for parents and caregivers talking about 8 to 12-year-olds and 5 to 7-year-olds).
- Pacific parents and caregivers were less likely (85%) to say this happened than parents and caregivers of other ethnicities (the corresponding figures were 91% for Maori, 94% for parents and caregivers of European/Other ethnicity, and 97% for Asian parents and caregivers).
- Parents and caregivers living in the least deprived areas were more likely (98%) than those living in the most deprived areas (89%) to say that their child took food or drink to school from home.

## Does [nominated child] take food or drink to school from home on any of the 5 school days in the week?

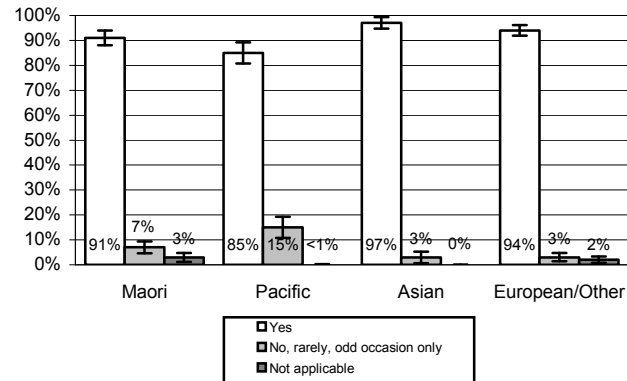
All parents/caregivers



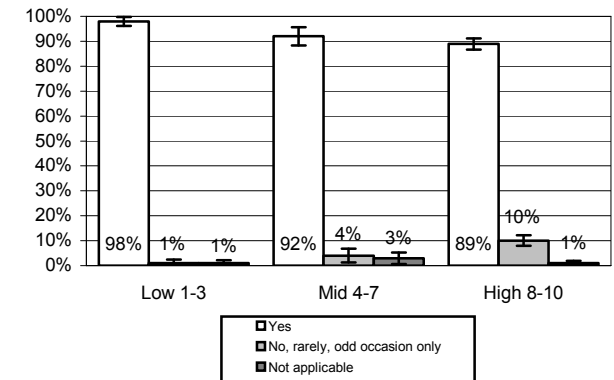
By age of nominated child



By ethnicity of parents and caregivers



By deprivation index



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers aged 45 years and over were slightly less likely than younger parents and caregivers to say that their child took food or drink to school from home.
- The proportion of parents and caregivers who said that their child took food or drink to school from home was similar regardless of their gender, household composition and household income, and whether they lived in urban or rural areas.

**Does [nominated child] take food or drink to school from home on any of the 5 school days in the week?**

|                               | Gender of parent/caregiver |          | Age of parent/caregiver (in years) |         |       | Parent/caregiver of child aged |              |               | Location |         | Total |
|-------------------------------|----------------------------|----------|------------------------------------|---------|-------|--------------------------------|--------------|---------------|----------|---------|-------|
|                               | Male %                     | Female % | 15-34 %                            | 35-44 % | 45+ % | 5-7 years %                    | 8-12 years % | 13-16 years % | Urban %  | Rural % | %     |
| Yes                           | 90                         | 94       | 95                                 | 95      | 89    | 97                             | 96           | 86            | 94       | 92      | 93    |
| No, rarely, odd occasion only | 10                         | 4        | 4                                  | 4       | 7     | 2                              | 3            | 11            | 5        | 5       | 5     |
| Not applicable                | <1                         | 2        | 1                                  | 1       | 4     | 1                              | 2            | 3             | 2        | 3       | 2     |
| <b>Base</b>                   | 156                        | 939      | 342                                | 479     | 307   | 346                            | 454          | 333           | 933      | 200     | 1133  |

|                               | Ethnicity of parent/caregiver |           |         |              | Household composition |                   |                   |                   | Total |
|-------------------------------|-------------------------------|-----------|---------|--------------|-----------------------|-------------------|-------------------|-------------------|-------|
|                               | Maori %                       | Pacific % | Asian % | Euro/Other % | 1-parent family %     | 2-parent family % | Extended family % | Other household % | %     |
| Yes                           | 91                            | 85        | 97      | 94           | 91                    | 94                | 93                | 92                | 93    |
| No, rarely, odd occasion only | 7                             | 15        | 3       | 3            | 7                     | 4                 | 7                 | 8                 | 5     |
| Not applicable                | 3                             | <1        | -       | 2            | 2                     | 2                 | -                 | -                 | 2     |
| <b>Base</b>                   | 287                           | 330       | 78      | 437          | 253                   | 645               | 156               | 79                | 1133  |

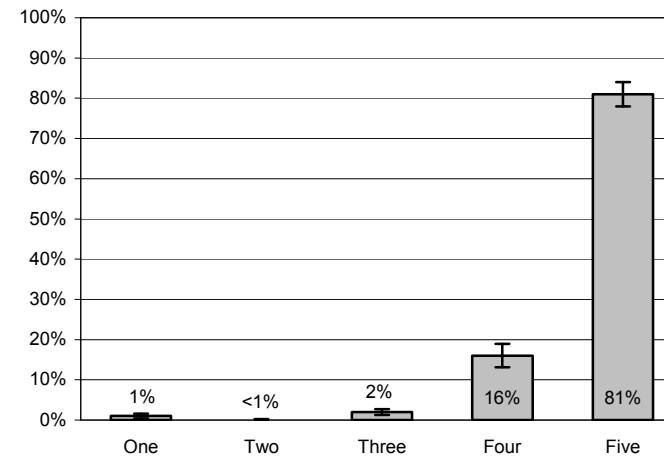
|                               | Household income  |            |            |              | Deprivation index |           |             | Total |
|-------------------------------|-------------------|------------|------------|--------------|-------------------|-----------|-------------|-------|
|                               | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| Yes                           | 92                | 91         | 95         | 94           | 98                | 92        | 89          | 93    |
| No, rarely, odd occasion only | 5                 | 7          | 3          | 5            | 1                 | 4         | 10          | 5     |
| Not applicable                | 3                 | 2          | 3          | 1            | 1                 | 3         | 1           | 2     |
| <b>Base</b>                   | 180               | 322        | 224        | 368          | 228               | 199       | 706         | 1133  |

## 2.2.2 Frequency with which children take food or drink to school from home

Parents and caregivers who said that their child took food or drink to school from home were asked how often this happened.

- One percent (1%) of parents and caregivers said that their child took food or drink to school from home on one out of five school days, while less than one percent (<1%) said this happened on two school days.
- Two percent (2%) of parents and caregivers said that their child did this on three school days, and one-sixth (16%) said this happened on four out of five school days.
- The majority (81%) of parents and caregivers said that their child took food or drink to school from home every day – five school days.

*How many school days out of 5 would [nominated child] usually take food or drink to school, from home?*



Unweighted base = 1016 – all parents/caregivers who said that their child took food or drink to school from home

- Parents and caregivers talking about 5 to 7-year-olds were less likely than parents and caregivers talking about 8 to 12-year-olds to say that their child took food or drink to school from home on four school days.
- Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say that their child took food or drink to school from home on every (five) school day.
- Parents and caregivers living in areas of mid-deprivation were slightly more likely than parents and caregivers living in the least and most deprived areas to say that their child took food and drink to school from home every day.

**How many school days out of 5 would [nominated child] usually take food or drink to school, from home?**

|             | Parent/caregiver of child aged |              |               | Ethnicity of parent/caregiver |           |         |              | Deprivation index |           |             | Total |
|-------------|--------------------------------|--------------|---------------|-------------------------------|-----------|---------|--------------|-------------------|-----------|-------------|-------|
|             | 5-7 years %                    | 8-12 years % | 13-16 years % | Maori %                       | Pacific % | Asian % | Euro/Other % | Low 1-3 %         | Mid 4-7 % | High 8-10 % | %     |
| One         | 1                              | <1           | 2             | 1                             | <1        | 4       | <1           | 1                 | 1         | 1           | 1     |
| Two         | <1                             | <1           | 1             | 1                             | 3         | -       | -            | -                 | -         | 1           | <1    |
| Three       | 1                              | 2            | 3             | 3                             | 8         | 1       | 1            | 1                 | -         | 5           | 2     |
| Four        | 13                             | 18           | 16            | 13                            | 17        | 4       | 19           | 19                | 14        | 15          | 16    |
| Five        | 84                             | 79           | 80            | 82                            | 72        | 91      | 80           | 79                | 86        | 78          | 81    |
| <b>Base</b> | 333                            | 424          | 259           | 255                           | 277       | 73      | 410          | 222               | 183       | 611         | 1016  |

## 2.3 Food and cooking preparation practices

Parents and caregivers were asked about the extent to which they used selected food preparation and cooking practices in their homes.

### 2.3.1 Frequency of using selected food preparation methods

Parents and caregivers were asked about the frequency with which they used selected food preparation methods. The table alongside shows the overall responses for each of these different methods.

- **Trim the fat off meat, including corned beef** – almost one-half (45%) of parents and caregivers said they did this *always*, while just over one-fifth (22%) said that they did this *most of the time*.
- **Remove the skin from chicken** – more than one-third (35%) of parents and caregivers said they did this *rarely or never*, while just under one-third (30%) of parents and caregivers said they did this *always*.
- **Cook with oil or margarine, rather than butter or lard** – six out of ten (60%) parents and caregivers said this happened *always*.
- **Drain the fat off canned corned beef** – three-quarters (75%) of parents and caregivers said *they didn't cook or eat this*, while one-tenth (10%) said they drained the fat off canned corned beef *always*.
- **Skim the fat off boiled meat** – over one-third (36%) of parents and caregivers said they *didn't cook or eat this* type of food. Over one-third (35%) of parents and caregivers said they skimmed the fat off boiled meat *always*.

*When you prepare and cook food at home, how often do you:*

|   | Always<br>% | Most of<br>the time<br>% | Some of<br>the time<br>% | Rarely<br>or never<br>% | Don't cook or<br>eat this<br>% |
|---|-------------|--------------------------|--------------------------|-------------------------|--------------------------------|
| Trim the fat off meat, including corned beef            | 45          | 22                       | 13                       | 15                      | 5                              |
| Remove the skin from chicken                            | 30          | 16                       | 16                       | 35                      | 3                              |
| Cook with oil or margarine, rather than butter or lard* | 60          | 22                       | 12                       | 5                       | 1                              |
| Drain the fat off canned corned beef                    | 10          | 3                        | 4                        | 8                       | 75                             |
| Skim the fat off boiled meat                            | 35          | 11                       | 7                        | 12                      | 36                             |
| <b>Base</b>   | 1133        |                          |                          |                         |                                |

\* This method may be considered a cooking, rather than a food preparation, method, but it is included in this section as parents and caregivers were given the option of saying they *don't cook or eat this*.

### 2.3.1.1 Frequency of using selected food preparation methods – by age of child

The table alongside shows how often parents and caregivers said certain food preparation methods were used in the home, for each of the three children's age groups.

- **Trim the fat off meat, including corned beef** – parents and caregivers talking about 5 to 7-year-olds were more likely than parents and caregivers talking about older children to say they did this *rarely or never*.
- **Remove the skin from chicken** – parents and caregivers talking about 5 to 7-year-olds were less likely to say this happened *always* than parents and caregivers talking about older children. They also were less likely than parents and caregivers of 8 to 12-year-olds to say they removed the skin from the chicken *some of the time*.
- **Cook with oil or margarine, rather than butter or lard** – parents and caregivers talking about 5 to 7-year-olds were more likely than those talking about 13 to 16-year-olds, and slightly more likely than those talking about 8 to 12-year-olds, to say this happened *most of the time*.
- **Drain the fat off canned corned beef** – the responses of parents and caregivers were similar regardless of the age of the child.
- **Skim the fat off boiled meat** – parents and caregivers talking about 8 to 12-year-olds were more likely than parents and caregivers talking about 5 to 7-year-olds, and slightly more likely than those talking about 13 to 16-year-olds, to say this happened *always*. Parents and caregivers talking about 5 to 7-year-olds were more likely to say this happened *rarely or never* than parents and caregivers talking about 13 to 16-year-olds.

### When you prepare and cook food at home, how often do you:

|  | Parent/caregiver of child 5-7 years old |                    |                    |                   |                       | Parent/caregiver of child 8-12 years old |                    |                    |                   |                       | Parent/caregiver of child 13-16 years old |                    |                    |                   |                       |
|--|---|--------------------|--------------------|-------------------|-----------------------|--|--------------------|--------------------|-------------------|-----------------------|---|--------------------|--------------------|-------------------|-----------------------|
|  | Always %                                | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always %                                 | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always %                                  | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % |
| Trim the fat off meat, including corned beef           | 42                                      | 22                 | 12                 | 19                | 5                     | 45                                       | 22                 | 14                 | 13                | 6                     | 47  | 22                 | 12                 | 14                | 4                     |
| Remove the skin from chicken                           | 26                                      | 15                 | 19                 | 37                | 4                     | 31                                       | 17                 | 14                 | 35                | 3                     | 33  | 15                 | 17                 | 33                | 2                     |
| Cook with oil or margarine, rather than butter or lard | 57                                      | 25                 | 12                 | 6                 | 1                     | 59                                       | 21                 | 13                 | 6                 | 1                     | 65  | 19                 | 11                 | 4                 | 2                     |
| Drain the fat off canned corned beef                   | 9                                       | 2                  | 5                  | 7                 | 77                    | 10                                       | 4                  | 3                  | 9                 | 75                    | 12  | 3                  | 3                  | 7                 | 74                    |
| Skim the fat off boiled meat                           | 28                                      | 11                 | 8                  | 15                | 39                    | 40                                       | 10                 | 6                  | 12                | 33                    | 35  | 13                 | 6                  | 9                 | 36                    |
| <b>Base</b>  | 346                                     |                    |                    |                   |                       | 454                                      |                    |                    |                   |                       | 333                                       |                    |                    |                   |                       |

### 2.3.1.2 Frequency of using selected food preparation methods – by ethnicity of parents and caregivers

The table alongside shows how often selected food preparation methods were used in the home, by the ethnicity of parents and caregivers.

- **Trim the fat off meat, including corned beef** – Asian parents and caregivers and those of European/Other ethnicity were more likely than Pacific and Maori parents and caregivers to say they did this *always*. Maori parents and caregivers were more likely than other parents and caregivers to say this happened *rarely or never*.
- **Remove the skin from chicken** – Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say they did this *always*. Maori parents and caregivers were more likely than other parents and caregivers to say this happened *rarely or never*.
- **Cook with oil or margarine, rather than butter or lard** – Pacific parents and caregivers were less likely than other parents and caregivers to say they did this *always*. Parents and caregivers of European/Other ethnicity were less likely than parents and caregivers of other ethnicities to say they did this *some of the time*.

### When you prepare and cook food at home, how often do you:

|  | Maori    |                    |                    |                   |                       | Pacific  |                    |                    |                   |                       |
|--|----------|--------------------|--------------------|-------------------|-----------------------|----------|--------------------|--------------------|-------------------|-----------------------|
|  | Always % | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always % | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % |
| Trim the fat off meat, including corned beef           | 24       | 25                 | 13                 | 35                | 4                     | 37       | 24                 | 23                 | 14                | 2                     |
| Remove the skin from chicken                           | 16       | 13                 | 13                 | 57                | 2                     | 27       | 14                 | 27                 | 30                | 1                     |
| Cook with oil or margarine, rather than butter or lard | 51       | 26                 | 16                 | 6                 | 1                     | 39       | 25                 | 27                 | 6                 | 3                     |
| Drain the fat off canned corned beef                   | 10 (24)  | 5 (12)             | 5 (12)             | 20 (51)           | 60                    | 29 (34)  | 12 (14)            | 19 (22)            | 25 (30)           | 14                    |
| Skim the fat off boiled meat                           | 28 (34)  | 12 (14)            | 13 (15)            | 30 (36)           | 17                    | 37 (39)  | 20 (21)            | 16 (17)            | 21 (22)           | 7                     |
| <b>Base</b>  | 287      |                    |                    |                   |                       | 330      |                    |                    |                   |                       |

|  | Asian    |                    |                    |                   |                       | Euro/Other |                    |                    |                   |                       |
|--|----------|--------------------|--------------------|-------------------|-----------------------|------------|--------------------|--------------------|-------------------|-----------------------|
|  | Always % | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always %   | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % |
| Trim the fat off meat, including corned beef           | 52       | 10                 | 17                 | 3                 | 17                    | 50         | 23                 | 10                 | 12                | 4                     |
| Remove the skin from chicken                           | 64       | 1                  | 10                 | 17                | 8                     | 29         | 19                 | 17                 | 32                | 3                     |
| Cook with oil or margarine, rather than butter or lard | 70       | 13                 | 13                 | 1                 | 2                     | 64         | 21                 | 8                  | 6                 | 1                     |
| Drain the fat off canned corned beef                   | 12 (56)  | 2 (12)             | 4 (20)             | 3 (16)            | 79                    | 7 (58)     | 1 (10)             | 1 (9)              | 3 (23)            | 88                    |
| Skim the fat off boiled meat                           | 42 (66)  | 10 (16)            | 7 (12)             | 5 (8)             | 36                    | 35 (64)    | 10 (17)            | 4 (7)              | 7 (12)            | 45                    |
| <b>Base</b>  | 78       |                    |                    |                   |                       | 437        |                    |                    |                   |                       |

- **Drain the fat off canned corned beef** – most parents and caregivers of European/Other ethnicity (88%) and most Asian (79%) and Maori (60%) parents and caregivers said that they did **not** cook or eat canned corned beef. In contrast, most (86%) Pacific parents and caregivers said that they did cook and eat canned corned beef. The figures in brackets in the table on the previous page, therefore, show how often parents and caregivers in each of the four ethnic groups who said they **did** cook/eat canned corned beef said they drained the fat off this type of food.

Based on these figures, Maori and Pacific parents and caregivers were less likely than Asian parents and caregivers and those of European/Other ethnicity to say they did this *always* and more likely to say that they *rarely or never* drained the fat off canned corned beef.

- **Skim the fat off boiled meat** – Asian parents and caregivers (36%) and those of European/Other ethnicity (45%) were more likely than Maori (17%) and Pacific (7%) parents and caregivers to say they did **not** cook or eat boiled meat. The figures in brackets in the table on the previous page, therefore, show how often parents and caregivers in each of the four ethnic groups who said they **did** cook/eat boiled meat said they skimmed the fat off this type of food.

Based on these figures, Maori and Pacific parents and caregivers were less likely than Asian parents and caregivers and those of European/Other ethnicity to say they did this *always* and more likely to say this happened *rarely or never*.

### 2.3.1.3 Frequency of using selected food preparation methods – by deprivation index

The table alongside shows how often selected food preparation methods were used in the home, by the deprivation index of the area that parents and caregivers lived in.

- **Trim the fat off meat, including corned beef** – parents and caregivers living in the most deprived areas were less likely than other parents and caregivers to say they did this *always*.
- **Remove the skin from chicken** – parents and caregivers living in the most deprived areas were more likely than other parents and caregivers to say that they did this *rarely or never*.
- **Cook with oil or margarine, rather than butter or lard** – parents and caregivers living in the most deprived areas were less likely than those living in less deprived areas to say they did this *always*.
- **Drain the fat off canned corned beef** – parents and caregivers living in the least deprived areas (88%) and areas of mid-deprivation (84%) were more likely than those living in the most deprived areas (53%) to say that they did **not** cook or eat canned corned beef. The figures in brackets in the table, therefore, show how often parents and caregivers living in each of the three areas who said they **did** cook/eat canned corned beef said they drained the fat off this type of food.

Based on these figures, parents and caregivers living in the most deprived areas and areas of mid-deprivation were less likely than those living in the least deprived areas to say they *always* drained the fat off canned corned beef, and more likely to say that they did this *rarely or never*.

### When you prepare and cook food at home, how often do you:

|  | Deprivation index 1-3 |                    |                    |                   |                       | Deprivation index 4-7 |                    |                    |                   |                       | Deprivation index 8-10 |                    |                    |                   |                       |
|--|-----------------------|--------------------|--------------------|-------------------|-----------------------|-----------------------|--------------------|--------------------|-------------------|-----------------------|------------------------|--------------------|--------------------|-------------------|-----------------------|
|  | Always %              | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always %              | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % | Always %               | Most of the time % | Some of the time % | Rarely or never % | Don't cook/eat this % |
| Trim the fat off meat, including corned beef           | 51                    | 24                 | 11                 | 10                | 5                     | 48                    | 21                 | 11                 | 16                | 5                     | 34                     | 21                 | 17                 | 21                | 6                     |
| Remove the skin from chicken                           | 30                    | 20                 | 20                 | 26                | 4                     | 37                    | 14                 | 12                 | 35                | 3                     | 24                     | 12                 | 16                 | 45                | 3                     |
| Cook with oil or margarine, rather than butter or lard | 64                    | 22                 | 9                  | 4                 | 1                     | 64                    | 21                 | 10                 | 4                 | 1                     | 52                     | 21                 | 17                 | 7                 | 2                     |
| Drain the fat off canned corned beef                   | 6 (53)                | 2 (13)             | 3 (23)             | 2 (13)            | 88                    | 7 (41)                | 1 (7)              | 1 (4)              | 8 (48)            | 84                    | 18 (38)                | 6 (14)             | 8 (16)             | 16 (32)           | 53                    |
| Skim the fat off boiled meat                           | 35 (63)               | 9 (17)             | 5 (10)             | 6 (10)            | 45                    | 37 (60)               | 8 (12)             | 6 (10)             | 11 (18)           | 38                    | 32 (41)                | 16 (21)            | 9 (12)             | 20 (26)           | 23                    |
| <b>Base</b>  | 228                   |                    |                    |                   |                       | 199                   |                    |                    |                   |                       | 706                    |                    |                    |                   |                       |

- **Skim the fat off boiled meat** – parents and caregivers living in the least deprived areas (45%) and areas of mid-deprivation (38%) were more likely than those living in the most deprived areas (23%) to say that they did **not** cook or eat boiled meat. The figures in brackets in the table, therefore, show how often parents and caregivers living in each of the three areas who said they **did** cook/eat boiled meat said they skimmed the fat off this type of food.

Based on these figures, parents and caregivers living in the most deprived areas were less likely than those living in other areas to say that they skimmed the fat off boiled meat *always* and more likely to say that they did this *rarely or never*.

### 2.3.2 Frequency of using selected cooking practices

Parents and caregivers were asked how often they used selected cooking practices. The table alongside shows the overall responses for each of these different practices.

- **Fry or deep fry food rather than grill or bake** – more than six out of ten (61%) parents and caregivers said they did *this rarely or never*, and almost three out of ten (29%) said *some of the time*.
- **Cook or use low fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk** – just over one-quarter (27%) of parents and caregivers said they did this *always*, and just over one-quarter (27%) said they did this *most of the time*.
- **Add salt to food** – more than one-quarter (28%) of parents and caregivers said they did this *always*, while just over one-quarter (26%) of parents and caregivers said they did this *some of the time*, and another 26% said *rarely or never*.
- **Use sweeteners, rather than sugar** – the majority (85%) of parents and caregivers said they did *this rarely or never*.
- **Add butter, margarine or a sauce to vegetables** – almost one-half (45%) of parents and caregivers said they did this *some of the time*, and more than one-third (36%) of parents and caregivers said this happened *rarely or never*.

### When you prepare and cook food at home, how often do you:

|  | Always % | Most of the time % | Some of the time % | Rarely or never % |
|--|----------|--------------------|--------------------|-------------------|
| Fry or deep fry food rather than grill or bake   | 3        | 8                  | 29                 | 61                |
| Cook or use low-fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk | 27       | 27                 | 24                 | 23                |
| Add salt to food   | 28       | 20                 | 26                 | 26                |
| Use sweeteners, rather than sugar  | 3        | 3                  | 10                 | 85                |
| Add butter, margarine or a sauce to vegetables   | 8        | 12                 | 45                 | 36                |
| <b>Base</b>  | 1133     |                    |                    |                   |

### 2.3.2.1 Frequency of using selected cooking practices – by age of child

The table alongside shows how often selected cooking practices were used in the home, for each of the three children's age groups.

- **Fry or deep fry food rather than grill or bake** – the responses of parents and caregivers were similar regardless of the age of the child.
- **Cook or use low fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk** – parents and caregivers talking about 13 to 16-year-olds were more likely than other parents and caregivers to say this happened *always*. Parents and caregivers talking about 5 to 7-year-olds were more likely than those talking about 13 to 16-year-olds, and slightly more likely than those talking about 8 to 12-year-olds, to say they did this *rarely or never*.
- **Add salt to food** – parents and caregivers talking about 5 to 7-year-olds were less likely to say they did this *always*, and more likely to say they did this *some of the time*, than parents and caregivers talking about older children.
- **Use sweeteners, rather than sugar** – the responses of parents and caregivers were similar regardless of the age of the child.
- **Add butter, margarine or a sauce to vegetables** – parents and caregivers talking about children aged 13 to 16 years were less likely than other parents and caregivers to say they did this *rarely or never*.

### When you prepare and cook food at home, how often do you:

|  | Parent/caregiver of child 5-7 years old |                    |                    |                   | Parent/caregiver of child 8-12 years old |                    |                    |                   | Parent/caregiver of child 13-16 years old |                    |                    |                   |
|--|---|--------------------|--------------------|-------------------|--|--------------------|--------------------|-------------------|---|--------------------|--------------------|-------------------|
|  | Always %                                | Most of the time % | Some of the time % | Rarely or never % | Always %                                 | Most of the time % | Some of the time % | Rarely or never % | Always %                                  | Most of the time % | Some of the time % | Rarely or never % |
| Fry or deep fry food rather than grill or bake   | 2                                       | 6                  | 29                 | 63                | 4  | 9                  | 30                 | 58                | 3   | 8                  | 27                 | 62                |
| Cook or use low-fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk | 18                                      | 27                 | 26                 | 29                | 26                                       | 28                 | 21                 | 24                | 37  | 24                 | 24                 | 16                |
| Add salt to food   | 23                                      | 20                 | 34                 | 24                | 30                                       | 19                 | 23                 | 28                | 30  | 21                 | 22                 | 27                |
| Use sweeteners, rather than sugar  | 1                                       | 3                  | 9                  | 87                | 3  | 2                  | 9                  | 86                | 3   | 3                  | 11                 | 82                |
| Add butter, margarine or a sauce to vegetables   | 8                                       | 11                 | 42                 | 39                | 5  | 12                 | 44                 | 38                | 10  | 11                 | 48                 | 31                |
| <b>Base</b>  | 346                                     |                    |                    |                   | 454                                      |                    |                    |                   | 333                                       |                    |                    |                   |

### 2.3.2.2 Frequency of using selected cooking practices – by ethnicity

The table alongside shows how often selected cooking practices were used in the home, by the ethnicity of parents and caregivers.

- **Fry or deep fry food rather than grill or bake** – parents and caregivers of European/Other ethnicity were more likely than Asian and Pacific parents and caregivers, and slightly more likely than Maori parents and caregivers, to say they did this *rarely or never*.
- **Cook or use low fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk** – Maori parents and caregivers were more likely to say they did this *rarely or never* than other parents and caregivers.
- **Add salt to food** – Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say they did this *always*.
- **Use sweeteners, rather than sugar** – Pacific parents and caregivers were less likely than other parents and caregivers to say this happened *rarely or never*.
- **Add butter, margarine or a sauce to vegetables** – Asian parents and caregivers were more likely than other parents and caregivers to say they did this *rarely or never*. Maori parents and caregivers were more likely than parents and caregivers of other ethnicities to say that they did this *always*.

### When you prepare and cook food at home, how often do you:

|  | Maori    |                    |                    |                   | Pacific  |                    |                    |                   |
|--|----------|--------------------|--------------------|-------------------|----------|--------------------|--------------------|-------------------|
|  | Always % | Most of the time % | Some of the time % | Rarely or never % | Always % | Most of the time % | Some of the time % | Rarely or never % |
| Fry or deep fry food rather than grill or bake   | 3        | 8                  | 30                 | 59                | 5        | 14                 | 44                 | 37                |
| Cook or use low-fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk | 14       | 16                 | 27                 | 43                | 19       | 25                 | 31                 | 24                |
| Add salt to food   | 33       | 16                 | 25                 | 26                | 49       | 19                 | 24                 | 8                 |
| Use sweeteners, rather than sugar  | 1        | 2                  | 10                 | 88                | 5        | 7                  | 23                 | 65                |
| Add butter, margarine or a sauce to vegetables   | 17       | 18                 | 47                 | 18                | 9        | 14                 | 38                 | 38                |
| <b>Base</b>  | 287      |                    |                    |                   | 330      |                    |                    |                   |

|  | Asian    |                    |                    |                   | Euro/Other |                    |                    |                   |
|--|----------|--------------------|--------------------|-------------------|------------|--------------------|--------------------|-------------------|
|  | Always % | Most of the time % | Some of the time % | Rarely or never % | Always %   | Most of the time % | Some of the time % | Rarely or never % |
| Fry or deep fry food rather than grill or bake   | 11       | 16                 | 40                 | 33                | 1          | 6                  | 24                 | 69                |
| Cook or use low-fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk | 32       | 33                 | 18                 | 18                | 31         | 29                 | 22                 | 18                |
| Add salt to food   | 63       | 19                 | 12                 | 5                 | 18         | 21                 | 29                 | 33                |
| Use sweeteners, rather than sugar  | 9        | 4                  | 13                 | 75                | 2          | 2                  | 8                  | 89                |
| Add butter, margarine or a sauce to vegetables   | 5        | 9                  | 32                 | 54                | 6          | 10                 | 47                 | 38                |
| <b>Base</b>  | 78       |                    |                    |                   | 437        |                    |                    |                   |

### 2.3.2.3 Frequency of using selected cooking practices – by deprivation index

The table alongside shows how often certain cooking practices were used in the home, by the deprivation index of the area that parents and caregivers lived in.

- **Fry or deep fry food rather than grill or bake** – parents and caregivers living in the most deprived areas were more likely to say they did this *some of the time*, and less likely to say they did this *rarely or never*, than other parents and caregivers.
- **Cook or use low fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk** – parents and caregivers living in the most deprived areas were more likely to say this happened *rarely or never*, and less likely to say this happened *always*, than parents and caregivers living in less deprived areas.
- **Add salt to food** – parents and caregivers living in the most deprived areas were more likely than other parents and caregivers to say they did this *always*.
- **Use sweeteners, rather than sugar** – parents and caregivers living in the least deprived areas and those living in areas of mid-deprivation were more likely to say they did this *rarely or never* than those living in the most deprived areas.
- **Add butter, margarine or a sauce to vegetables** – parents and caregivers in the least deprived areas were more likely than those living in other areas to say that they did this *rarely or never*. Parents and caregivers from areas of mid-deprivation were more likely than other parents and caregivers to say they did this *some of the time*.

### When you prepare and cook food at home, how often do you:

|  | Deprivation index 1-3 |                    |                    |                   | Deprivation index 4-7 |                    |                    |                   | Deprivation index 8-10 |                    |                    |                   |
|--|-----------------------|--------------------|--------------------|-------------------|-----------------------|--------------------|--------------------|-------------------|------------------------|--------------------|--------------------|-------------------|
|  | Always %              | Most of the time % | Some of the time % | Rarely or never % | Always %              | Most of the time % | Some of the time % | Rarely or never % | Always %               | Most of the time % | Some of the time % | Rarely or never % |
| Fry or deep fry food rather than grill or bake   | 1                     | 6                  | 25                 | 68                | 5                     | 8                  | 27                 | 61                | 3                      | 9                  | 35                 | 52                |
| Cook or use low-fat foods, eg, Lite, reduced fat products, low-fat milk, or low-fat coconut milk | 30                    | 32                 | 25                 | 14                | 32                    | 24                 | 21                 | 23                | 19                     | 23                 | 24                 | 34                |
| Add salt to food   | 19                    | 20                 | 35                 | 26                | 29                    | 22                 | 21                 | 29                | 38                     | 18                 | 20                 | 24                |
| Use sweeteners, rather than sugar  | 3                     | 1                  | 8                  | 88                | 1                     | 3                  | 9                  | 88                | 3                      | 4                  | 14                 | 79                |
| Add butter, margarine or a sauce to vegetables   | 6                     | 10                 | 41                 | 43                | 7                     | 9                  | 52                 | 33                | 11                     | 16                 | 42                 | 31                |
| <b>Base</b>  | 228                   |                    |                    |                   | 199                   |                    |                    |                   | 706                    |                    |                    |                   |

## 2.4 Expenditure on food

### 2.4.1 Overall Summary

Parents and caregivers were asked how much money their household usually spent each week on food and beverages. They were asked to include all expenditure, including food and drink bought from supermarkets, markets, dairies, takeaway outlets, and petrol station shops. The table alongside shows the household's weekly spend per person by the age of parents and caregivers, by their ethnicity, and by their household income.

- Four out of ten (40%) parents and caregivers said that their household spend each week on food and beverages was over \$50 per person. Just under one-quarter (23%) of parents and caregivers said their household spend each week on food and beverages was in the range \$41-50 per person. Just under one fifth (19%) said it was in the range \$31-40 per person, and a slightly smaller proportion (16%) said their household spend each week on food and beverages was in the range \$1-30 per person.
- Parents and caregivers aged 45 years and over were less likely than younger parents and caregivers to say their household spent \$31-40 per person each week on food and beverages. Parents and caregivers aged 15 to 34 years were less likely than older parents and caregivers to say their household spent over \$50 per person on food and beverages each week.
- Asian parents and caregivers and, in particular, those of European/Other ethnicity were less likely than Maori and Pacific parents and caregivers to say they spent \$1-30 per person on food and beverages each week. Parents and caregivers of European/Other ethnicity were more likely than Maori, Asian and, in particular, Pacific parents and caregivers to say their household spend each week on food and beverages was more than \$50 per person.

*Amount of money their household usually spends each week on food and beverages (per person)*

|                    | Age of parent/caregiver (in years) |         |       | Ethnicity of parent/caregiver* |           |         |              | Household income  |            |            |              | Total |
|--------------------|------------------------------------|---------|-------|--------------------------------|-----------|---------|--------------|-------------------|------------|------------|--------------|-------|
|                    | 15-34 %                            | 35-44 % | 45+ % | Maori %                        | Pacific % | Asian % | Euro/Other % | Less than \$20k % | \$20-40k % | \$40-60k % | Over \$60k % | %     |
| \$1-30             | 29                                 | 14      | 11    | 30                             | 44        | 14      | 9            | 39                | 26         | 13         | 7            | 16    |
| \$31-40            | 27                                 | 20      | 14    | 22                             | 24        | 24      | 17           | 23                | 24         | 24         | 14           | 19    |
| \$41-50            | 24                                 | 25      | 18    | 24                             | 17        | 25      | 23           | 22                | 21         | 29         | 21           | 23    |
| \$51+              | 19                                 | 40      | 55    | 23                             | 13        | 31      | 50           | 16                | 28         | 33         | 57           | 40    |
| Don't know/refused | 1                                  | 1       | 2     | 1                              | 2         | 6       | <1           | 1                 | -          | 1          | -            | 1     |
| <b>Base</b>        | 342                                | 479     | 307   | 287                            | 330       | 78      | 437          | 180               | 322        | 224        | 368          | 1133  |

\* Column totals may exceed 100% due to multiple ethnicities.

- Parents and caregivers whose annual household income was between \$40,000-\$60,000 and, in particular, those whose annual income was over \$60,000 were less likely than those whose annual income was less than \$40,000 to say their household spend each week on food and beverages was *\$1-30 per person*. Parents and caregivers whose annual household income was over \$60,000 were more likely than other parents and caregivers to say their household spend each week on food and beverages was *over \$50 per person*.