

Access issues and behavioural change
<i>"Delivery meant food didn't last as long as I couldn't select it. Also, I was often stuck with one delivery every 2-3 weeks and fresh fruit and veg tends not to last that long"</i>
<i>"Shopping for food was done less regularly and fresh fruit and vegetables did not last the whole time between shopping trips"</i>
<i>"I was ordering online from a supermarket and the fruit and vegetables picked by them for delivery were of poor quality and put me off eating fruit"</i>
<i>"Shops are more expensive and fresh food goes off too quick so I am unlikely to buy unless I want it that day".</i>
<i>"I had no work during lockdown and wasn't furloughed, so money was an issue".</i>
<i>"Less money and more afraid of the fruit market so haven't bought from commercial stores".</i>
<i>"during lockdown I put on a lot of weight as I was eating a lot as I was bored"</i>
<i>"The lockdown period and the current period have been very stressful due to the economic impact on businesses and this has often meant turning to unhealthy comfort food"</i>
<i>"I can't be bothered to cook anymore because I care less about my appearance now I don't have to go anywhere"</i>
<i>"During lockdown and now we have been feeling lazy and seemed to prefer ready cooked meals and takeaways rather than preparing fresh food"</i>
<i>"wasn't following my normal routine every day so habits changed"</i>
Abundance of resources and successful change

<p><i>“my sister was doing my shopping and she brought me more, the children were home all the time and they love home-made soups and smoothies, as well as fresh fruit and Greek yoghurt, without the school run and after school clubs I had more time to cook properly”</i></p>
<p><i>“My partner was around to help out with the children. Now he’s back at work I easily forget to snack on fruit and eat meals if my days are busy”</i></p>
<p><i>“We started to grow our own vegetables. Plus we had apples in the garden. So this upped our veg consumption”</i></p>
<p><i>“During lockdown we were walking to local farm shop and buying more fruit. During lockdown we walked to get shopping so bought as much healthy food we could carry. Now we drive to supermarkets so can get whatever we want”.</i></p>
<p><i>“More time and energy to put an effort into eating well and looking after my health and wellbeing, which can sometimes otherwise be lower down in my day-to-day list of priorities”</i></p>
<p><i>“I think I was more conscious of being healthy and wanting to boost my immune system”</i></p>
<p><i>“More motivated to eat healthy to try and combat COVID-19”</i></p>
<p><i>“I had a reality check when I stepped on the scales and realised I needed to improve my diet. My nutribullet was the best lockdown purchase I made. I now start my day with a breakfast smoothie rather than chocolate and my weight is going down and I feel much better”</i></p>
<p><i>“I got fed up of eating junk food and try to eat healthier to improve my mental health”.</i></p>
<p><i>“most takeaways were shit during lockdown so only option was to cook”</i></p>

<p><i>“during lockdown we had to plan our shopping trips more thoroughly and therefore it was easier to buy more veggies and fruit. we were influenced by the trend of getting more healthy so we ate better”.</i></p>
<p>Lockdown behavioural spill over and distress</p>
<p><i>“My motivation has dropped since earlier in the year, lockdown has caused a lot of mental health issues to me personally”</i></p>
<p><i>“Started to go back to the gym but it is hard breaking the lockdown habits”</i></p>
<p><i>“We have not yet returned to a pre-lockdown state”.</i></p>
<p><i>“I don't like having to go shopping wearing a mask so am less likely to nip into a supermarket for a top up shop when I've run out of fruit. I used to buy more expensive types of fruit when they were reduced at the end of the day and it is now harder to do that as supermarkets are offering less reductions. And working from home makes me want to snack on less healthy foods when I get bored”</i></p>
<p><i>“More treats and snacks now to try and get a boost. Wrong thing to do, but difficult to resist”</i></p>
<p>Improved access and increased health consciousness</p>
<p><i>“I am comfortable visiting supermarkets more often, so I buy more fresh produce”</i></p>
<p><i>“I have continued to order food online, and so have been able to continue the eating habits started during lockdown. Also, I am still working from home, so have the opportunity to plan and cook meals in a better way”</i></p>
<p><i>“Gone back to gym and PT sessions so eating healthier”</i></p>
<p>Weight loss followed by weight gain</p>

<i>"I had a lot more time to exercise/focus on my body during lockdown so lost weight and gained muscle"</i>
<i>"I am busier after lockdown and am paying less attention to diet"</i>
Overall weight gain
<i>"Depression, anxiety due to lockdown. Now total lack of motivation, no money, no exercise. Vicious cycle of depression and comfort eating then weight gain filled by guilt and more comfort eating. I know what I should eat but I can't afford to do it. Then fat shamed by society so can't see the point of trying anymore"</i>
<i>"More time without purpose and boredom"</i>
<i>"I have baked a lot more and made cakes! I have also increased the amount of alcohol I drink and look forward to " opening time" for a glass of wine I have watched more television and therefore been sitting more frequently I have not been able to swim my 30 lengths twice a week"</i>
<i>"Struggle with emotions which causes me to snack and rubbish food"</i>
<i>"Both me and my husband were juggling working from home and childcare. If usually do exercise on my way from work/ before picking kids up but felt time was always being used with work/ childcare/ housework and not much left in between"</i>
<i>"Less activity than normal due to shielding and boredom eating"</i>
Weight control
<i>"Eating healthier as I was home cooking more or less all my food consumption. So I was able to manage all the ingredients that went into preparing my food. Also I tried to reduce carb intake, which proved very helpful in weight loss"</i>

"I was trying to lose weight before lockdown, then comfort ate at the beginning of lockdown but then decided to get back on track especially as being overweight can hinder you if you catch covid 19"

"I have been cycling to work and back since i went back after lock down to avoid public transport"

"I believe less meals out and nights out drinking has also helped me lose weight"

"Partly anxiety causing appetite loss and also cutting right down on drinking and snacking less"