Exploring the impact of COVID-19 pandemic on college students’ Food Choice Motives in Greece

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Supplementary material

**Table S1. Questionnaire food choice motives after COVID-19 era undelying the selection of foods by Greek students**

**Part 1. DEMOGRAPHICS**

|  |
| --- |
| 1. Gender |
| Male |
| Female |

|  |
| --- |
| 2. Age |
| 18-20 |
| 20-25 |
| 25-30 |
| 30-35 |

|  |
| --- |
| 3. Civil state |
| Single |
| Married |
| Divorced |
|  |
| 4. Job situation |
| Employed student |
| Student exclusively |
|  |
|  |
| 5. Residency |
| NORTH GREECE (regions of Macedonia – Thrace) |
| WEST GREECE (region of Epirus – Aitoloakarnania prefecture) |
| CENTRAL GREECE (including Athens) |
| SOUTH GREECE (region of Peloponnese) |
| ISLANDS |

**Part 2. YOUR PREFERENCE REGARDING THE HEALTH OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Contains a lot of vitamins and minerals | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Keeps you healthy | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Is high in proteins and fiber | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 3. YOUR PREFERENCE REGARDING THE CONVENIENCE OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Takes no time to prepare | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Is easy to prepare | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Can be cooked very simply | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 4. YOUR PREFERENCE REGARDING THE SENSORY APPEAL OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Looks nice | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Has a pleasant texture | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Tastes good | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 5. YOUR PREFERENCE REGARDING THE NUTRITIONAL QUALITY OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Contains no artificial ingredients | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Contains natural ingredients | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Contains no additives | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 6. YOUR PREFERENCE REGARDING THE ETHICAL CONCERN OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Has the region of origin clearly marked | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Is packed in an environmentally friendly way | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Respect the environment | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 7. YOUR PREFERENCE REGARDING THE WEIGHT CONTROL OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Is low in calories | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Is low in fat | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Helps me control my weight | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 8. YOUR PREFERENCE REGARDING THE MOOD & STRESS OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Keeps me awake / alert | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Cheers me up | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Helps me to cope with life | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 9. YOUR PREFERENCE REGARDING THE FAMILIARITY OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the TRADITIONAL FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Is familiar | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Is what I usually eat | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Is like the food I ate when I was a child | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 10. YOUR PREFERENCE REGARDING THE PRICE OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | oderately important | Quite important | Very important |
| 1. Is good value for money | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Is cheap | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Is not expensive | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

**Part 11. YOUR PREFERENCE REGARDING SHOPPING FREQUENCY AND BEHAVIOR OF THE FOODS in the POST COVID-19 era**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How important is for you the FOOD you eat | Not at all important | Less important | Moderately important | Quite important | Very important |
| 1. Purchased from supermarket | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 2. Purchased by the local market and grocery | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 3. Purchased online | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 4. Purchased every week | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 5. Purchased every two weeks or more | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 6. Cooked at home | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 7. Purchased by delivery | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 8. Be eaten at a restaurant or fast food | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 9. Be prepared as a fast food | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |
| 10. Is a “value for money” commodity | |  | | --- | |  |   1 | |  | | --- | |  |   2 | |  | | --- | |  |   3 | |  | | --- | |  |   4 | |  | | --- | |  |   5 |

Table S2. Associations between students’ motives on food consumption regarding health, sensory appeal, nutritional quality and ethical concers and the sociodemographic variables.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | | | Age | | | Civil State | | | Job Situation | | | Resedency | | |
|  | X2\* | V \*\* | *P* \*\*\* | X2 | V | *p* | X2 | V | *p* | X2 | V | *p* | X2 | V | *p* |
| **PREFERENCE REGARDING THE HEALTH OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Contains a lot of vitamins and minerals |  |  |  | 27.718 | 0.096 | 0.006 | 24.482 | 0.110 | 0.002 |  |  |  | 26.400 | 0.081 | 0.049 |
| **PREFERENCE REGARDING THE SENSORY APPEAL OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Looks nice | 23.090 | 0.151 | 0.000 |  |  |  | 21.841 | 0.104 | 0.005 |  |  |  |  |  |  |
| Has a pleasant texture | 27.539 | 0.165 | 0.000 | 28.081 | 0.096 | 0.005 |  |  |  |  |  |  |  |  |  |
| Tastes good | 16.256 | 0.126 | 0.003 | 24.731 | 0.090 | 0.016 |  |  |  |  |  |  |  |  |  |
| **PREFERENCE REGARDING THE NUTRITIONAL QUALITY OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Contains no artificial ingredients | 16.226 | 0.126 | 0.004 | 62.366 | 0.144 | 0.000 | 40.749 | 0.142 | 0.000 | 17.615 | 0.132 | 0.001 | 28.570 | 0.084 | 0.027 |
| Contains natural ingredients | 13.608 | 0.116 | 0,009 | 44.855 | 0.122 | 0.000 | 40.962 | 0.143 | 0.001 |  |  |  |  |  |  |
| Contains no additives |  |  |  | 72.496 | 0.155 | 0.000 | 47.248 | 0.153 | 0.000 | 11.357 | 0.106 | 0.023 | 29.269 | 0.085 | 0.022 |
| **PREFERENCE REGARDING THE ETHICAL CONCERN OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Has the region of origin clearly marked | 12.491 | 0.111 | 0.014 | 68.238 | 0.150 | 0.000 | 36.048 | 0.134 | 0.000 | 13.051 | 0.114 | 0.011 |  |  |  |
| It is packed in an environmentally friendly way | 33.856 | 0.182 | 0.000 |  |  |  |  |  |  |  |  |  |  |  |  |
| Respect the environment | 31.613 | 0.176 | 0.000 |  |  |  |  |  |  |  |  |  |  |  |  |
| \* chi‐square test, \*\* Cramer’s coefficient, \*\*\* level of significance of 5%: *p* < 0.05. | | | | | | | | | | | | | | | |

Table S3. Associations between students’ motives on food consumption regarding weight control, mood and stress, familiarity, price and shopping frequency and behiavior and the sociodemographic variables.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | | | Age | | | Civil State | | | Job Situation | | | Residency | | |
|  | X2\* | V \*\* | *P* \*\*\* | X2 | V | *p* | X2 | V | *p* | X2 | V | *p* | X2 | V | *p* |
| **PREFERENCE REGARDING THE WEIGHT CONTROL OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| It is low in calories | 10.588 | 0.102 | 0.032 | 26.295 | 0.093 | 0.010 | 16.443 | 0.090 | 0.036 |  |  |  |  |  |  |
| It is low in fat | 9.528 | 0.097 | 0.049 | 23.835 | 0.089 | 0.021 |  |  |  |  |  |  |  |  |  |
| Helps me control my weight |  |  |  | 24.972 | 0.091 | 0.015 |  |  |  |  |  |  |  |  |  |
| **PREFERENCE REGARDING THE MOOD & STRESS OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Keeps me awake / alert |  |  |  |  |  |  |  |  |  |  |  |  | 26.958 | 0.082 | 0.042 |
| Cheers me up | 12.296 | 0.110 | 0.015 |  |  |  |  |  |  |  |  |  |  |  |  |
| **PREFERENCE REGARDING THE FAMILIARITY OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the TRADITIONAL FOOD you eat | | | | | | | | | | | | | | | |
| It is familiar | 11.604 | 0.107 | 0.021 |  |  |  |  |  |  |  |  |  |  |  |  |
| **PREFERENCE REGARDING THE PRICE OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| It is cheap | 13.397 | 0.115 | 0.009 |  |  |  |  |  |  | 10.025 | 0.100 | 0.040 | 30.673 | 0.087 | 0.015 |
| **PREFERENCE REGARDING SHOPPING FREQUENCY AND BEHAVIOR OF THE FOODS in the POST COVID-19 era** | | | | | | | | | | | | | | | |
| How important is for you the FOOD you eat | | | | | | | | | | | | | | | |
| Purchased every week |  |  |  | 33.852 | 0.106 | 0.001 |  |  |  |  |  |  |  |  |  |
| Purchased every two weeks or more |  |  |  |  |  |  |  |  |  |  |  |  | 30.963 | 0.088 | 0.014 |
| Cooked at home | 17.740 | 0.132 | 0.001 | 28.694 | 0.097 | 0.040 |  |  |  | 14.882 | 0.121 | 0.005 |  |  |  |
| Purchased by delivery |  |  |  | 21.485 | 0.084 | 0.044 |  |  |  |  |  |  |  |  |  |
| It is a “value for money” commodity |  |  |  |  |  |  | 21.782 | 0.104 | 0.005 |  |  |  | 28.485 | 0.084 | 0.028 |
| \* chi‐square test, \*\* Cramer’s coefficient, \*\*\* level of significance of 5%: *p* < 0.05. | | | | | | | | | | | | | | | |