

Poll conducted by Research Co. on Food in Canada - June 9, 2020

Since the start of the COVID-19 pandemic, are you consuming each of the following foods more or less than you did before?



	GENDER			AGE			REGION					
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic
Meat												
More than before	9%	11%	8%	16%	9%	5%	8%	8%	10%	11%	11%	5%
About the same as before	73%	73%	74%	65%	75%	78%	73%	79%	76%	72%	73%	73%
Less than before	15%	14%	16%	14%	14%	17%	18%	12%	12%	14%	15%	20%
Not sure	2%	2%	2%	5%	2%	0%	1%	1%	1%	3%	2%	2%
Poultry												
More than before	13%	13%	13%	15%	13%	12%	13%	10%	10%	16%	14%	9%
About the same as before	75%	75%	75%	65%	76%	81%	76%	79%	79%	73%	70%	82%
Less than before	10%	10%	9%	14%	9%	7%	11%	10%	9%	9%	11%	9%
Not sure	3%	2%	3%	7%	2%	0%	1%	1%	2%	2%	5%	1%
Fish and Shellfish												
More than before	9%	10%	8%	10%	9%	7%	8%	5%	6%	10%	8%	12%
About the same as before	69%	67%	70%	61%	69%	74%	66%	74%	82%	65%	67%	70%
Less than before	19%	18%	19%	22%	18%	16%	21%	18%	10%	21%	20%	14%
Not sure	4%	5%	4%	7%	4%	2%	5%	3%	3%	4%	5%	4%
Fruits												
More than before	24%	22%	25%	32%	21%	20%	21%	26%	23%	28%	21%	21%
About the same as before	65%	67%	63%	54%	68%	70%	68%	64%	73%	61%	65%	69%
Less than before	10%	9%	10%	11%	9%	9%	9%	10%	2%	10%	12%	9%
Not sure	2%	2%	1%	3%	2%	0%	3%	0%	2%	1%	2%	2%
Vegetables												
More than before	24%	22%	25%	30%	22%	20%	28%	21%	18%	27%	21%	20%
About the same as before	68%	68%	68%	60%	68%	74%	63%	73%	78%	66%	66%	70%
Less than before	7%	7%	6%	8%	7%	5%	7%	6%	2%	5%	10%	8%
Not sure	2%	2%	1%	3%	2%	1%	3%	0%	2%	1%	2%	2%
Legumes												
More than before	14%	14%	15%	21%	12%	12%	13%	10%	9%	16%	20%	7%
About the same as before	71%	70%	73%	61%	73%	77%	68%	71%	81%	70%	69%	73%
Less than before	9%	11%	7%	9%	10%	8%	12%	8%	7%	8%	8%	14%
Not sure	6%	6%	5%	9%	5%	4%	7%	10%	4%	7%	2%	6%

Since the start of the COVID-19 pandemic, are you preparing each of the following foods at home more or less than you did before?



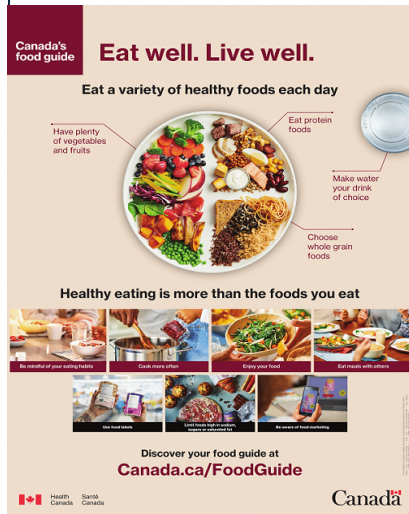
	Canada	GENDER		AGE			REGION					DIET		
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Vegan / Vegetarian / Pescatarian	Omnivore
Baking bread at home														
More than before	21%	18%	24%	30%	22%	15%	24%	23%	6%	27%	22%	15%	34%	19%
About the same as before	59%	61%	58%	49%	64%	63%	56%	68%	75%	53%	56%	68%	47%	62%
Less than before	11%	12%	10%	12%	9%	14%	10%	6%	10%	14%	13%	8%	12%	11%
Not sure	8%	9%	7%	9%	6%	9%	11%	4%	10%	7%	8%	10%	8%	8%
Baking desserts (such as cakes or cookies) at home														
More than before	29%	21%	36%	39%	30%	20%	31%	35%	14%	33%	24%	31%	30%	28%
About the same as before	58%	63%	52%	47%	58%	65%	56%	56%	72%	53%	58%	58%	50%	59%
Less than before	9%	10%	8%	8%	8%	12%	7%	7%	7%	10%	12%	8%	15%	8%
Not sure	5%	6%	4%	6%	4%	4%	7%	2%	7%	4%	5%	3%	5%	5%

On an average weekday, how much time do you spend preparing dinner for yourself and others in your household since the start of the COVID-19 pandemic?



	Canada	GENDER		AGE			REGION					DIET		
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Vegan / Vegetarian / Pescatarian	Omnivore
Less than 30 minutes	36%	42%	30%	33%	35%	39%	33%	29%	44%	30%	44%	36%	30%	37%
From 31 to 60 minutes	56%	52%	60%	59%	57%	53%	62%	60%	51%	62%	47%	53%	61%	55%
More than 60 minutes	8%	6%	10%	8%	9%	8%	6%	11%	5%	8%	9%	10%	9%	8%

How familiar are you with Canada's Food Guide?



	GENDER						AGE						REGION						DIET		
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Vegan / Vegetarian / Pescatarian	Omnivore							
Very familiar	17%	15%	20%	22%	19%	13%	14%	20%	9%	22%	19%	11%	33%	15%							
Moderately familiar	49%	43%	55%	47%	51%	48%	51%	49%	49%	45%	47%	60%	43%	50%							
Not too familiar	24%	31%	18%	19%	24%	29%	26%	23%	31%	23%	23%	24%	18%	26%							
Not familiar at all	10%	12%	7%	11%	7%	11%	8%	9%	11%	10%	11%	5%	6%	10%							

When choosing what you eat in an average week, how often do you follow the recommendations of Canada's Food Guide?



	GENDER			AGE			REGION						DIET	
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Vegan / Vegetarian / Pescatarian	Omnivore
All the time	6%	6%	5%	8%	7%	3%	3%	5%	4%	9%	5%	3%	14%	4%
Most of the time	35%	34%	37%	42%	35%	31%	39%	29%	27%	38%	39%	29%	48%	33%
Only some of the time	30%	29%	31%	28%	31%	31%	29%	34%	30%	27%	28%	41%	22%	32%
Never	29%	31%	27%	22%	28%	35%	28%	32%	39%	26%	28%	28%	16%	31%

Would you say you have personally gained weight or lost weight during the COVID-19 pandemic?



	GENDER		AGE			REGION						DIET		
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic	Vegan / Vegetarian / Pescatarian	Omnivore
Gained a lot of weight during the pandemic	5%	5%	5%	6%	7%	2%	3%	8%	5%	5%	7%	2%	7%	5%
Gained some weight during the pandemic	26%	23%	28%	30%	27%	22%	30%	24%	27%	24%	25%	28%	25%	26%
Stayed about the same	52%	54%	50%	43%	50%	60%	53%	55%	56%	51%	49%	53%	46%	53%
Lost a little weight during the pandemic	12%	13%	11%	15%	12%	11%	10%	10%	10%	13%	13%	15%	18%	11%
Lost a lot of weight during the pandemic	2%	1%	2%	1%	1%	3%	2%	1%	1%	1%	3%	1%	3%	1%
Not sure	3%	3%	4%	5%	3%	3%	3%	2%	1%	5%	4%	1%	2%	3%