

On an average weekday, how much time do you spend preparing dinner for yourself and others in your household?



| | GENDER | | | AGE | | | REGION | | | | | VOTE IN 2021 ELECTION | | | |
|-----------------------|--------|------|--------|-------|-------|-----|--------|---------|---------|---------|--------|-----------------------|---------|----------|-----|
| | Canada | Male | Female | 18-34 | 35-54 | 55+ | BC | Alberta | SK / MB | Ontario | Quebec | Atlantic | Liberal | Conserv. | NDP |
| Less than 30 minutes | 30% | 32% | 29% | 26% | 32% | 33% | 26% | 33% | 30% | 33% | 33% | 23% | 30% | 36% | 25% |
| From 31 to 60 minutes | 59% | 57% | 60% | 65% | 56% | 55% | 62% | 59% | 62% | 58% | 53% | 63% | 59% | 56% | 64% |
| More than 60 minutes | 11% | 12% | 11% | 9% | 12% | 13% | 12% | 8% | 7% | 9% | 14% | 14% | 11% | 8% | 11% |

How familiar are you with Canada's Food Guide?



| | GENDER | | | AGE | | | REGION | | | | | VOTE IN 2021 ELECTION | | | |
|----------------------------|--------|------|--------|-------|-------|-----|--------|---------|---------|---------|--------|-----------------------|---------|----------|-----|
| | Canada | Male | Female | 18-34 | 35-54 | 55+ | BC | Alberta | SK / MB | Ontario | Quebec | Atlantic | Liberal | Conserv. | NDP |
| Very familiar | 20% | 16% | 25% | 28% | 24% | 10% | 15% | 21% | 23% | 23% | 16% | 27% | 23% | 21% | 19% |
| Moderately familiar | 45% | 42% | 48% | 42% | 47% | 46% | 43% | 44% | 36% | 45% | 49% | 45% | 47% | 43% | 52% |
| Not too familiar | 25% | 29% | 20% | 21% | 20% | 32% | 29% | 27% | 28% | 22% | 26% | 18% | 22% | 25% | 21% |
| Not familiar at all | 10% | 14% | 7% | 9% | 9% | 13% | 13% | 8% | 13% | 10% | 9% | 10% | 8% | 11% | 8% |

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



| | GENDER | | | AGE | | | REGION | | | | | VOTE IN 2021 ELECTION | | | |
|-----------------------|--------|------|--------|-------|-------|-----|--------|---------|---------|---------|--------|-----------------------|---------|----------|-----|
| | Canada | Male | Female | 18-34 | 35-54 | 55+ | BC | Alberta | SK / MB | Ontario | Quebec | Atlantic | Liberal | Conserv. | NDP |
| All the time | 5% | 5% | 6% | 9% | 5% | 2% | 4% | 4% | 6% | 5% | 7% | 5% | 6% | 7% | 5% |
| Most of the time | 30% | 27% | 34% | 34% | 33% | 26% | 26% | 25% | 26% | 35% | 30% | 35% | 32% | 31% | 36% |
| Only some of the time | 33% | 34% | 33% | 30% | 34% | 36% | 35% | 41% | 37% | 29% | 34% | 32% | 36% | 31% | 29% |
| Never | 31% | 34% | 27% | 27% | 28% | 36% | 35% | 31% | 31% | 30% | 30% | 27% | 26% | 30% | 30% |

Over the course of the past month, how often did you eat dinner at home in each of the two scenarios outlined below?



| | GENDER | | | AGE | | | REGION | | | | | VOTE IN 2021 ELECTION | | | |
|---|--------|------|--------|-------|-------|-----|--------|---------|---------|---------|--------|-----------------------|---------|----------|-----|
| | Canada | Male | Female | 18-34 | 35-54 | 55+ | BC | Alberta | SK / MB | Ontario | Quebec | Atlantic | Liberal | Conserv. | NDP |
| At the dining room, with no television | 45% | 46% | 45% | 49% | 44% | 43% | 47% | 38% | 46% | 44% | 50% | 42% | 45% | 51% | 44% |
| At a different part of the home, with the television on | 55% | 54% | 55% | 51% | 56% | 57% | 53% | 62% | 54% | 56% | 50% | 58% | 55% | 49% | 56% |