

Changing Habits

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Off-Campus, Self-Catered Accommodations Food Trends

Demographics

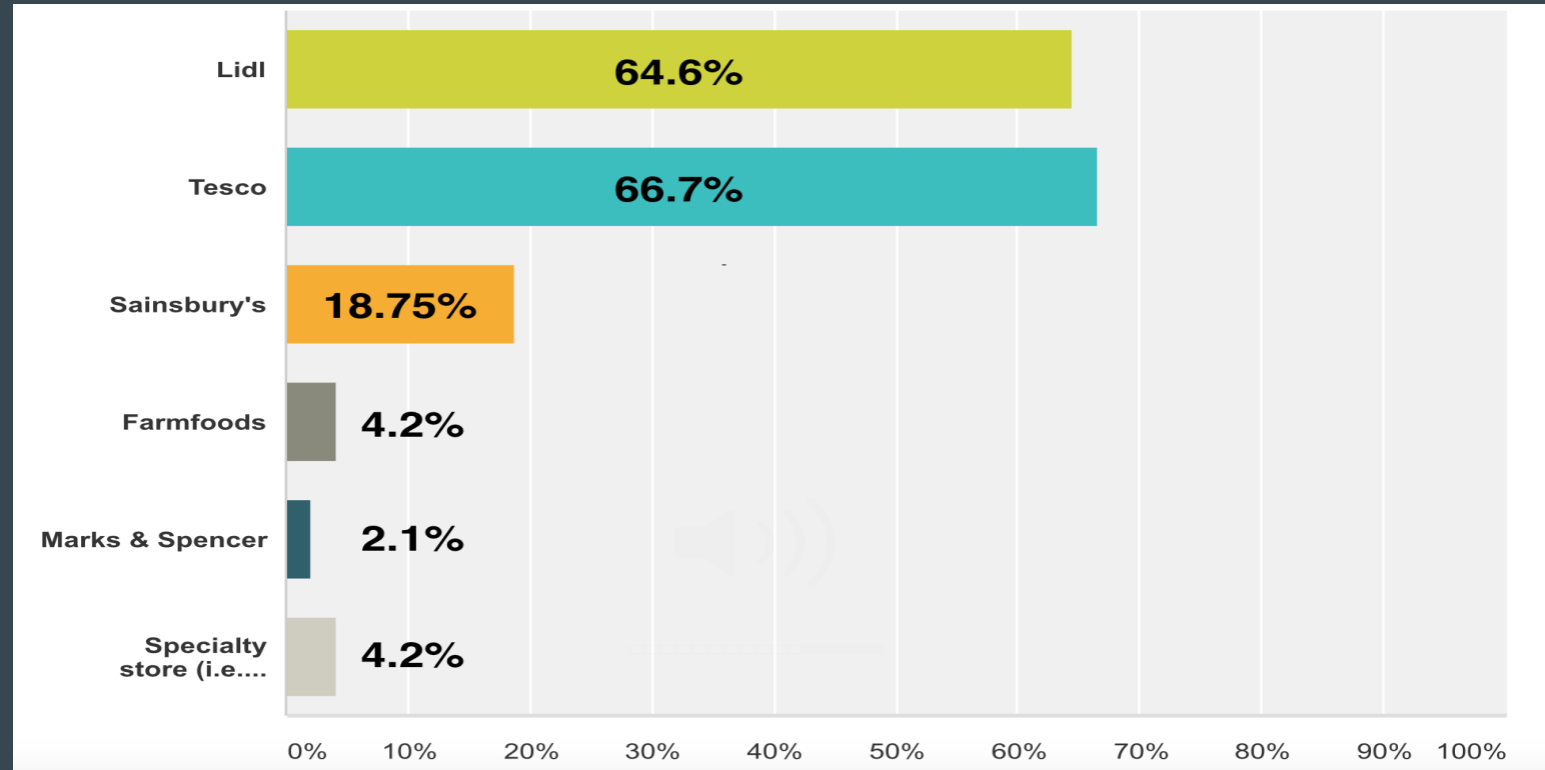
47 respondents

40 full-time undergraduates, 7 visiting students

5 Nicholson Street, Kincaid's Court, Shrubhill, Robertson's Close

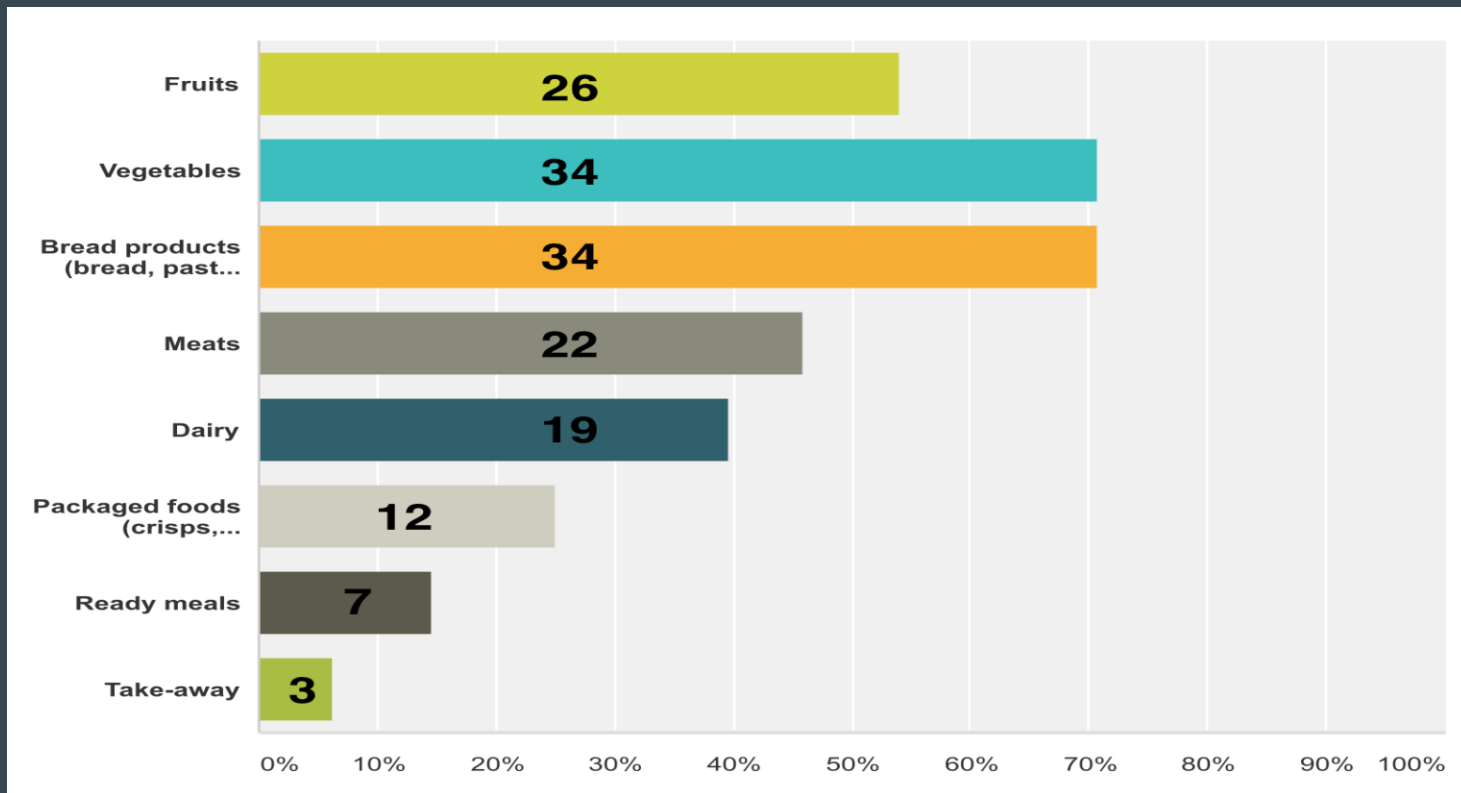
Brand preferences

“Where do you most often shop for groceries?”



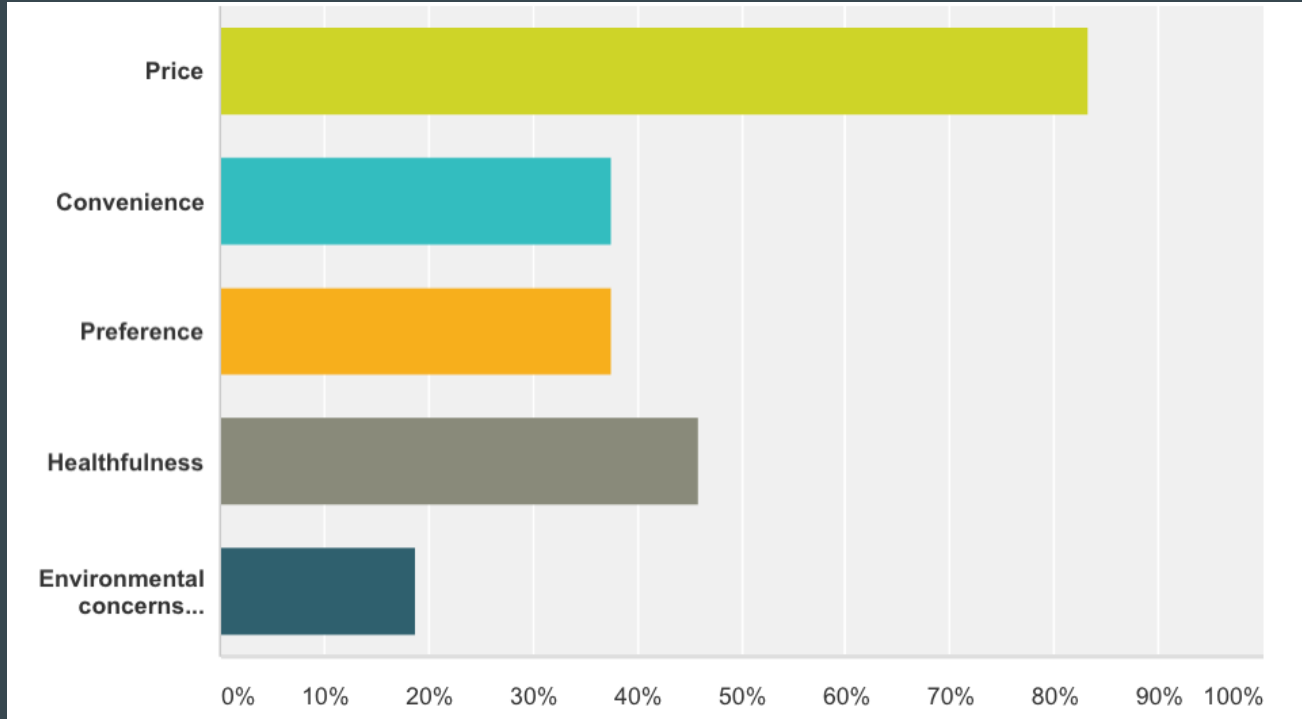
Food preferences

“What type of products do you tend to buy most often?”



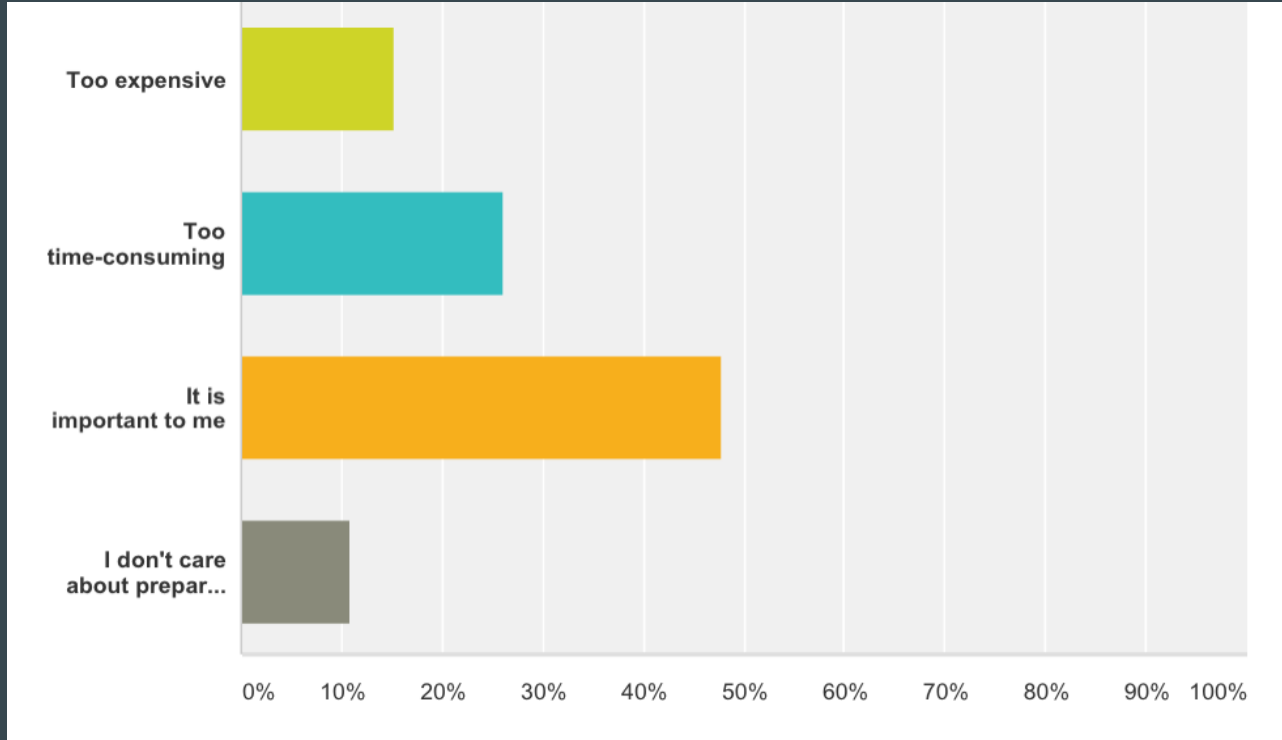
Finding Factors

“What factors most strongly influence your purchasing decisions?”

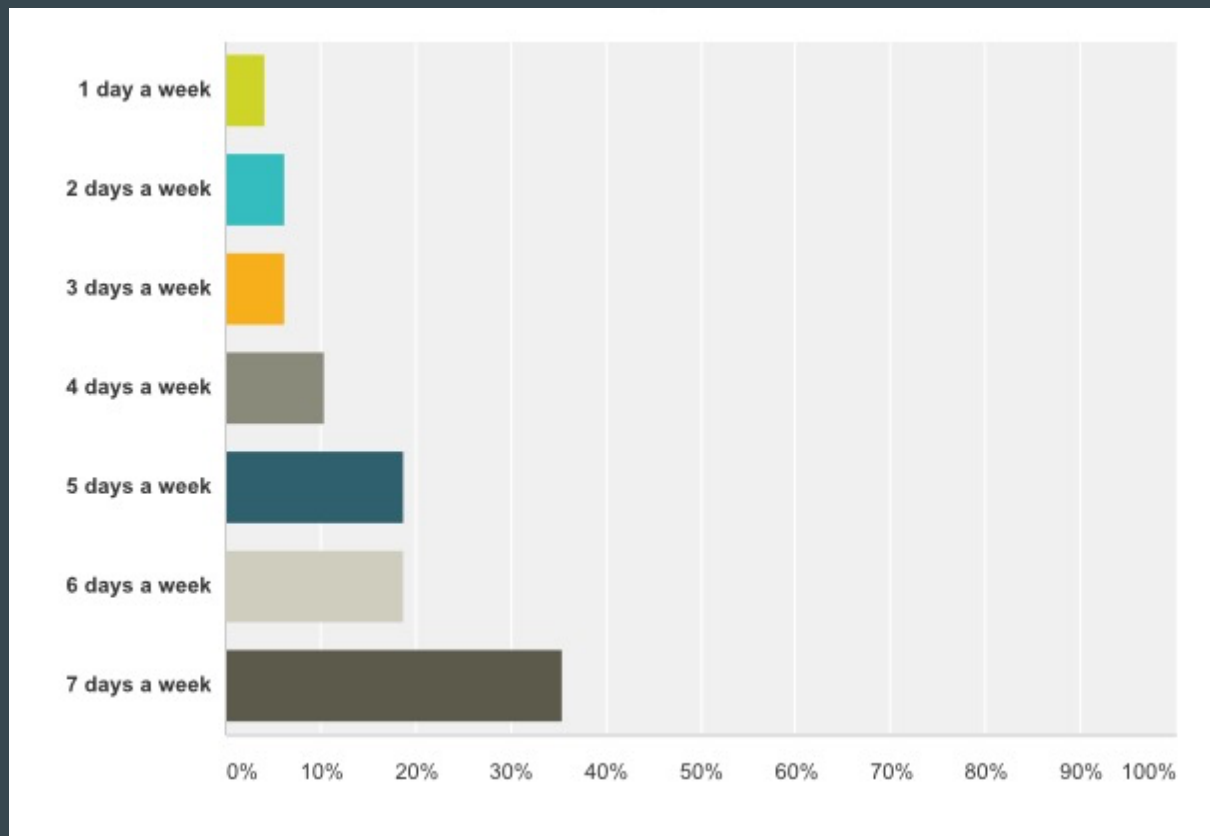


Preparation

“How do you feel about buying fresh, separate ingredients and cooking at home?”

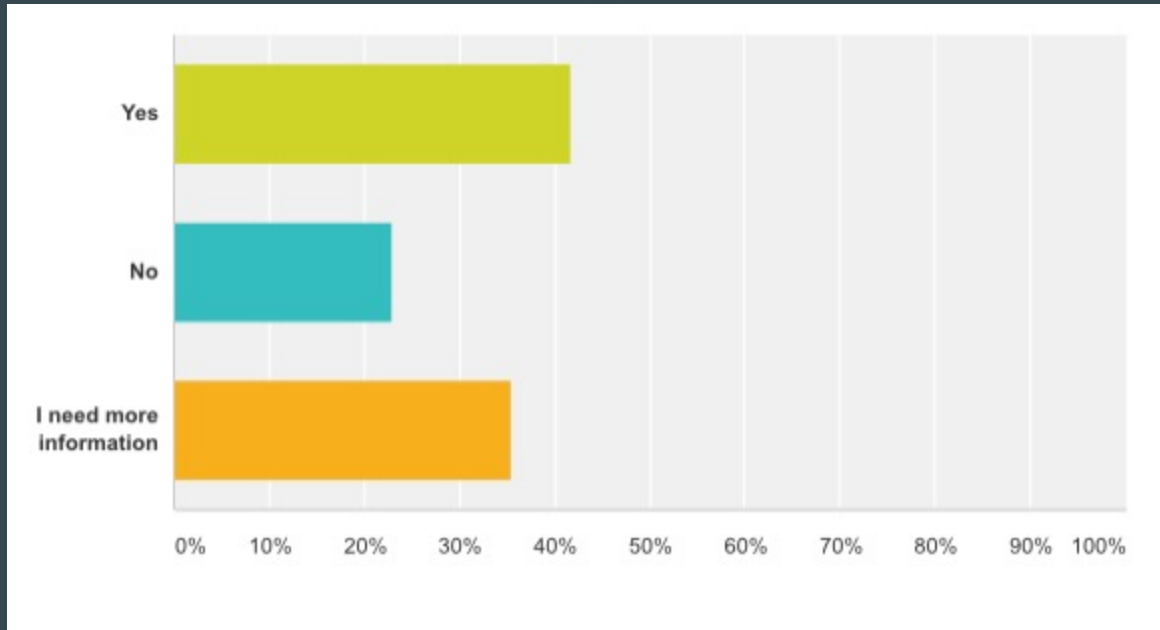


“How frequently do you cook for yourself?”



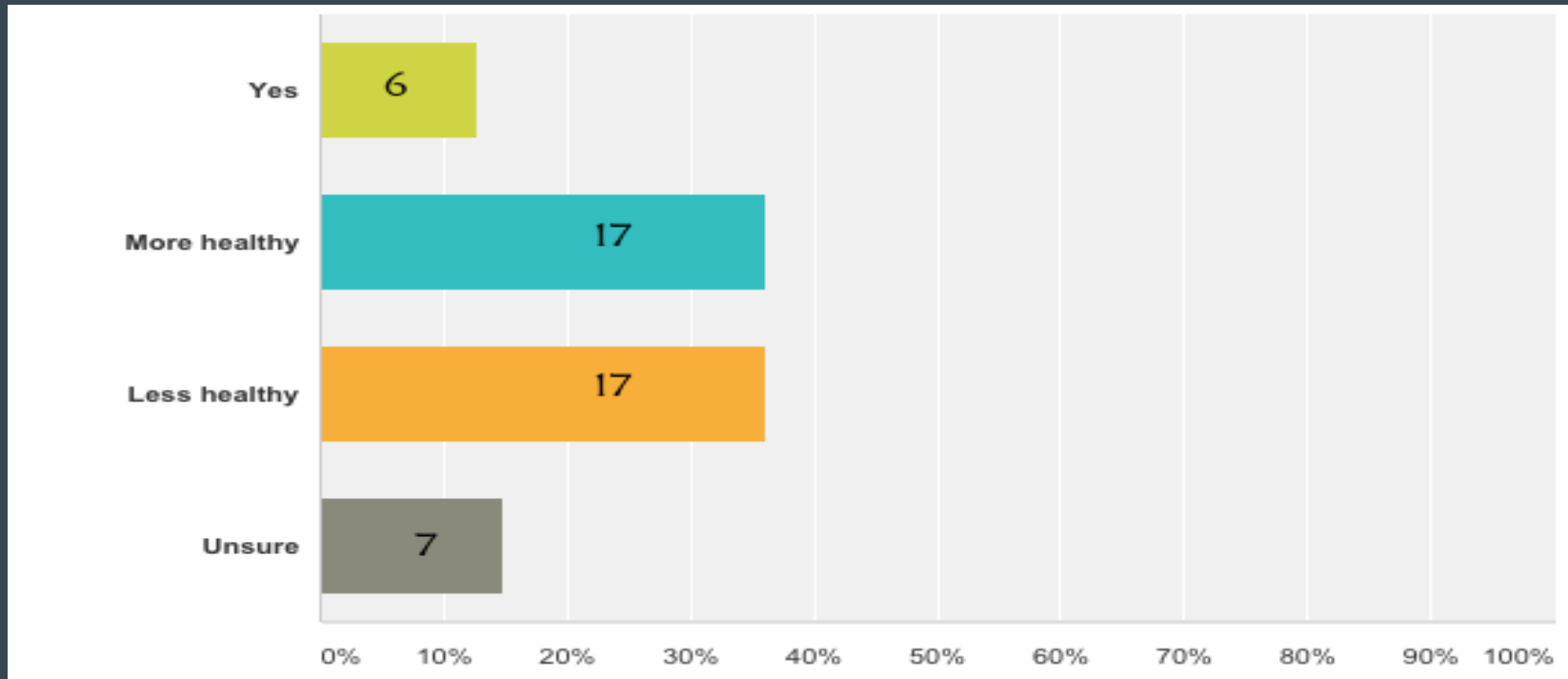
Change

“Would you use resources about healthy, sustainable eating practices if the university provided them?”



Habits Over Time

“Are your current eating habits similar to what they were before university?”



Preferences

“What is your favorite type of food to eat/make?”

Q10: What is your favorite type of food to eat/make?

eat = mac & cheese; make = lol

