

With Latex Header File

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Table 1: Participants demographics

| p | gender | age | occupation | coo | accomodation | inhabitants | noi | first session |
|----|--------|-----|-----------------|-------------|--------------|---------------|-----|---------------|
| 1 | male | 25 | PhD student | Indonesia | house | professionals | 2 | reg |
| 2 | nb | 28 | PhD student | Germany | house | students | 4 | new |
| 3 | male | 19 | BSc student | Hong Kong | flat | students | 6 | reg |
| 4 | female | 50 | Impact officer | USA | house | family | 4 | new |
| 5 | male | 30 | Administrator | UK | house | couple | 2 | reg |
| 6 | female | 32 | Jobseeker | Hong Kong | house | professionals | 4 | reg |
| 7 | male | 32 | PhD student | Iraq | flat | family | 3 | reg |
| 8 | female | 33 | PhD student | Russia | flat | individual | 1 | reg |
| 9 | female | 29 | Invigilator | Mexico | flat | couple | 2 | new |
| 10 | male | 29 | PhD student | Greece | flat | couple | 2 | reg |
| 11 | female | 29 | PhD student | B&H | flat | couple | 2 | new |
| 12 | male | 46 | Researcher | Mexico | house | family | 5 | reg |
| 13 | female | 29 | Lecturer | UK | house | couple | 2 | new |
| 14 | female | 35 | Housewife | Mexico | house | family | 4 | new |
| 15 | female | 72 | Retired | Puerto Rico | house | couple | 2 | new |
| 16 | female | 40 | Housewife | Mexico | house | family | 3 | reg |
| 17 | female | 32 | Research fellow | Ireland | house | professionals | 6 | reg |
| 18 | female | 26 | Food scientist | UK | house | professionals | 3 | new |
| 19 | female | 37 | SC manager | China | house | family | 3 | new |
| 20 | female | 46 | School director | UK | house | family | 3 | reg |

* Notes. p = participant, coo = country of origin, noi = number of inhabitants, nb = non-binary

Table 2: List of recipes

| session | regular | new |
|---------|---|--|
| 1 | chicken coconut curry | mac and cheese |
| 2 | chickpeas curry with rice | butternut squash curry with coconut milk |
| 3 | pasta bolognesa | stir fry chicken, rice and peas |
| 4 | green vegs soup | creamy tomato and chorizo rigatoni |
| 5 | pasta bolognesa | mexican chicken stew |
| 6 | noddles with vegetables (spaggetti) | chicken gyros |
| 7 | oven roasted chicken | pomegranate rice and salad |
| 8 | scrambled eggs with vegs | ricotta pancakes |
| 9 | chicken fajitas with rice and fried beans | beef, bean, and beer chili |
| 10 | scrambled eggs with vegs and sausages | mushroom risotto |
| 11 | pasta bolognesa with vegs | crispy five-spice chicken |
| 12 | minced vegs with vegetables tacos | spanish tortilla (potatoes omelette) |
| 13 | creamy risotto with vegs and prawns | keralan chicken curry |
| 14 | vegetable-based stew | cream of spinach soup |
| 15 | rice with chickpeas (puerto rican rice) | spinach and chickpea soup |
| 16 | roasted chicken and roasted vegetables | white beans with artichokes |
| 17 | shepherd's pie | szechuan cabbage and crispy chilli beef |
| 18 | pasta carbonara & pasta napolitana | malfatti ricotta and spinach & hummus |
| 19 | shepherd's pie | prawn and black beans curry |
| 20 | creamy chicken pasta | spicy beef with coriander relish |

Table 3: Source of recipes

| session | device | tool | source | s. time | s. CPGs |
|---------|-------------------|-------------------|----------------------------------|---------|---------|
| 1 | laptop | website | epicurious.com | 70 | 9 |
| 2 | phone | website | shefskitchen.com | | 17 |
| 3 | phone | website | studenthut.com | | 5 |
| 4 | phone | website | kitchensanctuary.com | 25 | 19 |
| 5 | phone | website | bbc.com | 45 | 10 |
| 6 | book | | The Mob Kitchen. Ben Lebus | 30 | 14 |
| 7 | notebook | handwritten | partner's recipe | | 5 |
| 8 | phone | website | allrecipes.com | 25 | 8 |
| 9 | laptop | website and video | foodwishes.com and youtube | | 18 |
| 10 | tablet | website and video | akispetretzikis.com and youtube | 55 | 14 |
| 11 | book | | The 20-minute Cookbook. Jenni F. | 20 | 17 |
| 12 | laptop | video | youtube/RecetasdeCocina | | 5 |
| 13 | laptop and tablet | website | bbc.com | 120 | 32 |
| 14 | book | | | 55 | 15 |
| 15 | book | | The Food of Spain. Claudia R. | | 13 |
| 16 | book | | Veg Everyday! Hugh F.W. | | 9 |
| 17 | notebook | handwritten | restaurant's recipe | | 18 |
| 18 | phone | website | abelandcole.com | 40 | 14 & 9 |
| 19 | sheet | | helloFresh | 15 | 10 |
| 20 | book | | Bills Open Kitchen. Bill Granger | | 15 |

* Notes. s.time = sugested cooking time in minutes, s. CPGs = suggested number of CPGs ingredients

Table 4: Inventory CPGs

| participant | CPGs |
|-------------|------|
| 1 | 121 |
| 2 | 199 |
| 3 | 38 |
| 4 | 158 |
| 5 | 266 |
| 6 | 204 |
| 7 | 155 |
| 8 | 220 |
| 9 | 196 |
| 10 | 138 |
| 11 | 208 |
| 12 | 206 |
| 13 | 179 |
| 14 | 301 |
| 15 | 254 |
| 16 | 212 |
| 17 | 423 |
| 18 | 99 |
| 19 | 189 |
| 20 | 272 |

Table 5: List of CPGs

| item | sub-cat | item | sub-cat | item | sub-cat |
|---------------------|-----------------|-----------------|-------------|---------------------|---------|
| bread | bread | disposables | disposables | fiveSpicesSeasoning | spice |
| cake | bread | beer | drinks | garlicPwd | spice |
| chips | bread | cider | drinks | ginger | spice |
| tortillas | bread | coffee | drinks | goyaSeasoning | spice |
| bakingPwd | cereals | iceRocks | drinks | italianSpices | spice |
| cornFlour | cereals | juice | drinks | marjoran | spice |
| flour | cereals | soda | drinks | masalaSpices | spice |
| macaronni | cereals | spirit | drinks | oregano | spice |
| noodles | cereals | tea | drinks | paprika | spice |
| nuts | cereals | wine | drinks | rosemary | spice |
| panko | cereals | food | food | salt | spice |
| rice | cereals | kiwi | fruit | seasoning | spice |
| rigatoni | cereals | lemon | fruit | seasoningChicken | spice |
| spaghetti | cereals | lime | fruit | spice_ui | spice |
| cleaningLiquid | cleaningProduct | beans | legumes | sugar | spice |
| cloth | cleaningProduct | chickpeas | legumes | turmeric | spice |
| dWashL | cleaningProduct | greenBeans | legumes | whitePepper | spice |
| gloves | cleaningProduct | pen | nonCooking | artichoke | veg |
| hWashL | cleaningProduct | butter | oils&fats | asparagus | veg |
| kitchenRoll | cleaningProduct | lard | oils&fats | aubergine | veg |
| napkins | cleaningProduct | lighter | oils&fats | avocado | veg |
| soap | cleaningProduct | oil | oils&fats | basil | veg |
| sponge | cleaningProduct | oilFlavoured | oils&fats | beanSprouts | veg |
| toiletPaper | cleaningProduct | bacon | proteins | bellPepper | veg |
| water | cleaningProduct | beef | proteins | butternutSquash | veg |
| wipes | cleaningProduct | chicken | proteins | cabbage | veg |
| alioli | condiment | chorizo | proteins | carrots | veg |
| cilantroBase | condiment | eggs | proteins | celery | veg |
| coconutCream | condiment | ham | proteins | chillies | veg |
| fishSauce | condiment | mincedMeat | proteins | chineseGreens | veg |
| hoisinSauce | condiment | nuggets | proteins | coriander | veg |
| hotSauce | condiment | prawns | proteins | corn | veg |
| hummus | condiment | sausage | proteins | courgette | veg |
| jam | condiment | pizza | readyToEat | cucumber | veg |
| mappleSyrup | condiment | riceQuinoa | readyToEat | frozenVegs | veg |
| oysterSauce | condiment | basilPwd | spice | garlic | veg |
| soySauce | condiment | blackPepper | spice | greenSnaps | veg |
| tahini | condiment | bouillon | spice | kale | veg |
| tomatoesProcessed | condiment | cardamon | spice | leeks | veg |
| tomatoesSauce | condiment | caribbeanSpices | spice | lettuce | veg |
| vinegar | condiment | cayenne | spice | mint | veg |
| worcestershireSauce | condiment | chilliesFlakes | spice | mushrooms | veg |
| cheese | dairy | chilliesPwd | spice | onion | veg |
| cream | dairy | chineseSpice | spice | potatoes | veg |
| milk | dairy | chives | spice | spinach | veg |
| yogurt | dairy | cinamon | spice | springOnion | veg |
| alumFoil | disposables | cocoa | spice | sweetPotatoes | veg |
| bag | disposables | corianderPwd | spice | thyme | veg |
| bagFreezer | disposables | cumin | spice | tomatoes | veg |
| bakingPaper | disposables | curry | spice | turnip | veg |
| clingFilm | disposables | fennel | spice | | |

Table 6: List of utensils

| item | sub-cat | item | sub-cat | item | sub-cat |
|---------------|---------|----------------|-------------------|----------------|------------|
| brush | clean | tray | heat | eyeGlasses | nonCooking |
| dishTray | clean | wok | heat | key | nonCooking |
| dustBrush | clean | rBook | informationAccess | remoteControl | nonCooking |
| dustPan | clean | rSheet | informationAccess | vaper | nonCooking |
| mop | clean | chopSticks | manipulate | vessel | nonCooking |
| towel | clean | colander | manipulate | wallet | nonCooking |
| vacuum | clean | cookingSpoon | manipulate | canOpener | open |
| bottle | contain | cutlery | manipulate | scissors | open |
| bowl | contain | fork | manipulate | blender | prepare |
| boxCondiments | contain | holder | manipulate | chopB | prepare |
| bucket | contain | ladle | manipulate | crusher | prepare |
| cup | contain | ovenGloves | manipulate | grater | prepare |
| glass | contain | pastaServer | manipulate | jarBlender | prepare |
| glassWine | contain | sinkDrainer | manipulate | knife | prepare |
| jar | contain | spoon | manipulate | mortar | prepare |
| jarLid | contain | strainer | manipulate | peeler | prepare |
| lid | contain | tongs | manipulate | processor | prepare |
| plate | contain | measuringJar | measure | smasher | prepare |
| trashB | dispose | measuringSpoon | measure | apron | protect |
| coffeeMachine | heat | scale | measure | container | store |
| kettle | heat | timer | measure | lunchBag | store |
| microwave | heat | wristWatch | measure | sealingClips | store |
| ovenDish | heat | mixingBowl | contain | computer | tech |
| pan | heat | whisk | manipulate | phone | tech |
| pot | heat | case | nonCooking | radio | tech |
| riceCooker | heat | charger | nonCooking | smartAssistant | tech |
| teaPot | heat | clothes | nonCooking | smartWatch | tech |
| toaster | heat | documents | nonCooking | speaker | tech |

Table 7: List of environment items

| item | sub-cat | item | sub-cat | item | sub-cat |
|--------------|------------|-------------|------------|----------------|------------|
| cpB | store | freezer | store | stove | heat |
| dw | store | fridge | store | washingMachine | nonCooking |
| extractorFan | support | lightSwitch | nonCooking | window | nonCooking |
| faucet | clean | oven | heat | dishWasher | clean |
| fireAlarm | nonCooking | plan | nonCooking | | |

Table 8: Type of consumer packaged goods

| item | count | percent |
|-----------------|-------|---------|
| bread | 4 | 2.6 |
| cereals | 10 | 6.6 |
| cleaningProduct | 12 | 7.9 |
| condiment | 16 | 10.5 |
| dairy | 4 | 2.6 |
| disposables | 6 | 3.9 |
| drinks | 9 | 5.9 |
| food | 1 | 0.7 |
| fruit | 3 | 2.0 |
| legumes | 3 | 2.0 |
| nonCooking | 1 | 0.7 |
| oils&fats | 5 | 3.3 |
| proteins | 10 | 6.6 |
| readyToEat | 2 | 1.3 |
| spice | 33 | 21.7 |
| veg | 33 | 21.7 |

Table 9: Type of utensils

| item | count | percent |
|-------------------|-------|---------|
| clean | 7 | 8.2 |
| contain | 12 | 14.1 |
| dispose | 1 | 1.2 |
| heat | 11 | 12.9 |
| informationAccess | 2 | 2.4 |
| manipulate | 14 | 16.5 |
| measure | 5 | 5.9 |
| nonCooking | 10 | 11.8 |
| open | 2 | 2.4 |
| prepare | 10 | 11.8 |
| protect | 1 | 1.2 |
| store | 3 | 3.5 |
| tech | 7 | 8.2 |

Table 10: Type of environment items

| item | count | percent |
|------------|-------|---------|
| clean | 2 | 14.3 |
| heat | 2 | 14.3 |
| nonCooking | 5 | 35.7 |
| store | 4 | 28.6 |
| support | 1 | 7.1 |

Table 11: Duration of cooking per session

| session | regular | new |
|---------|---------|-----|
| 1 | 36 | 61 |
| 2 | 76 | 81 |
| 3 | 21 | 40 |
| 4 | 45 | 52 |
| 5 | 41 | 90 |
| 6 | 45 | 90 |
| 7 | 88 | 29 |
| 8 | 28 | 34 |
| 9 | 68 | 78 |
| 10 | 39 | 111 |
| 11 | 56 | 87 |
| 12 | 80 | 126 |
| 13 | 42 | 53 |
| 14 | 73 | 58 |
| 15 | 50 | 46 |
| 16 | 70 | 47 |
| 17 | 113 | 90 |
| 18 | 44 | 80 |
| 19 | 70 | 61 |
| 20 | 68 | 17 |

* Notes. Time in minutes

Table 12: Comparison of durations and CPGs (recipe vs actual recipe)

| session | s. CPGs | newCPGs | diffCPGs | s. time | newtime | difftime |
|---------|---------|---------|----------|---------|---------|----------|
| 1 | 9 | 21 | 12 | 70 | 61 | -9 |
| 2 | 17 | 22 | 5 | | 81 | |
| 3 | 5 | 16 | 11 | | 40 | |
| 4 | 19 | 18 | -1 | 25 | 52 | 27 |
| 5 | 10 | 16 | 6 | 45 | 90 | 45 |
| 6 | 14 | 20 | 6 | 30 | 90 | 60 |
| 7 | 5 | 7 | 2 | | 29 | |
| 8 | 8 | 16 | 8 | 25 | 34 | 9 |
| 9 | 18 | 30 | 12 | | 78 | |
| 10 | 14 | 20 | 6 | 55 | 111 | 56 |
| 11 | 17 | 24 | 7 | 20 | 87 | 67 |
| 12 | 5 | 25 | 20 | | 126 | |
| 13 | 32 | 34 | 2 | 120 | 53 | -67 |
| 14 | 15 | 19 | 4 | 55 | 58 | 3 |
| 15 | 13 | 18 | 5 | | 46 | |
| 16 | 9 | 21 | 12 | | 47 | |
| 17 | 18 | 24 | 6 | | 90 | |
| 18 | 23 | 20 | -3 | 40 | 80 | 40 |
| 19 | 10 | 22 | 12 | 15 | 61 | 46 |
| 20 | 15 | 8 | -7 | | 17 | |

* Notes. s = suggested in the recipe, Time in minutes

Table 13: Total unique items used

| session | c | u | e | c, u and e |
|---------|-----|------|-----|------------|
| all | 970 | 1307 | 496 | 2773 |
| reg | 465 | 567 | 237 | 1269 |
| new | 505 | 740 | 259 | 1504 |

* c = CPGs, u = utensils, e = environment

Table 14: Average unique items used per session

| session | c | u | e | c, u and e |
|---------|------|------|------|------------|
| all | 24.2 | 32.7 | 12.4 | 69.3 |
| reg | 23.2 | 28.4 | 11.8 | 63.5 |
| new | 25.2 | 37.0 | 12.9 | 75.2 |

* c = CPGs, u = utensils, e = environment

Table 15: Total different items used

| session | c | u | e | c, u and e |
|---------|-----|-----|-----|------------|
| all | 777 | 842 | 247 | 1866 |
| reg | 376 | 381 | 123 | 880 |
| new | 401 | 461 | 124 | 986 |

* c = CPGs, u = utensils, e = environment

Table 16: Average different items used

| session | c | u | e | c, u and e |
|---------|------|------|-----|------------|
| all | 19.4 | 21.1 | 6.2 | 46.6 |
| reg | 18.8 | 19.1 | 6.2 | 44.0 |
| new | 20.1 | 23.1 | 6.2 | 49.3 |

* c = CPGs, u = utensils, e = environment

Table 17: Total duration of items used

| session | c | u | e | c, u and e |
|---------|------|------|------|------------|
| all | 29.9 | 64.0 | 47.1 | 141.0 |
| reg | 13.2 | 24.9 | 22.0 | 60.1 |
| new | 16.8 | 39.1 | 25.1 | 80.9 |

* time in hours

* c = CPGs, u = utensils, e = environment

Table 18: Average total duration of items used

| session | c | u | e | c, u and e |
|---------|------|-------|------|------------|
| all | 44.8 | 96.0 | 70.7 | 70.5 |
| reg | 39.6 | 74.7 | 66.0 | 60.1 |
| new | 50.4 | 117.3 | 75.3 | 80.9 |

* time in minutes

* c = CPGs, u = utensils, e = environment

Table 19: Average duration of items used

| session | c | u | e | c, u and e |
|---------|------|------|------|------------|
| all | 21.7 | 25.3 | 86.7 | 31.7 |
| reg | 20.2 | 22.5 | 87.7 | 29.9 |
| new | 23.1 | 27.4 | 85.8 | 33.1 |

* time in seconds

* c = CPGs, u = utensils, e = environment

Table 20: Total and average used of items by subcategory

| category | type | total | avgSession |
|-----------------|------|-------|------------|
| bread | c | 72 | 1.8 |
| cereals | c | 150 | 3.8 |
| cleaningProduct | c | 911 | 22.8 |
| condiment | c | 129 | 3.2 |
| dairy | c | 185 | 4.6 |
| disposables | c | 98 | 2.5 |
| drinks | c | 113 | 2.8 |
| food | c | 1573 | 39.3 |
| fruit | c | 43 | 1.1 |
| legumes | c | 78 | 2.0 |
| nonCooking | c | 3 | 0.1 |
| oils&fats | c | 163 | 4.1 |
| proteins | c | 245 | 6.1 |
| readyToEat | c | 15 | 0.4 |
| spice | c | 396 | 9.9 |
| veg | c | 779 | 19.5 |

Table 21: Average duration of items used by category

| category | avgDur |
|-----------------|--------|
| bread | 23.5 |
| cereals | 20.3 |
| cleaningProduct | 17.6 |
| condiment | 15.7 |
| dairy | 18.7 |
| disposables | 19.1 |
| drinks | 11.2 |
| food | 20.9 |
| fruit | 38.9 |
| legumes | 23.7 |
| nonCooking | 16.7 |
| oils&fats | 11.0 |
| proteins | 32.0 |
| readyToEat | 24.7 |
| spice | 12.4 |
| veg | 34.4 |

* time in seconds