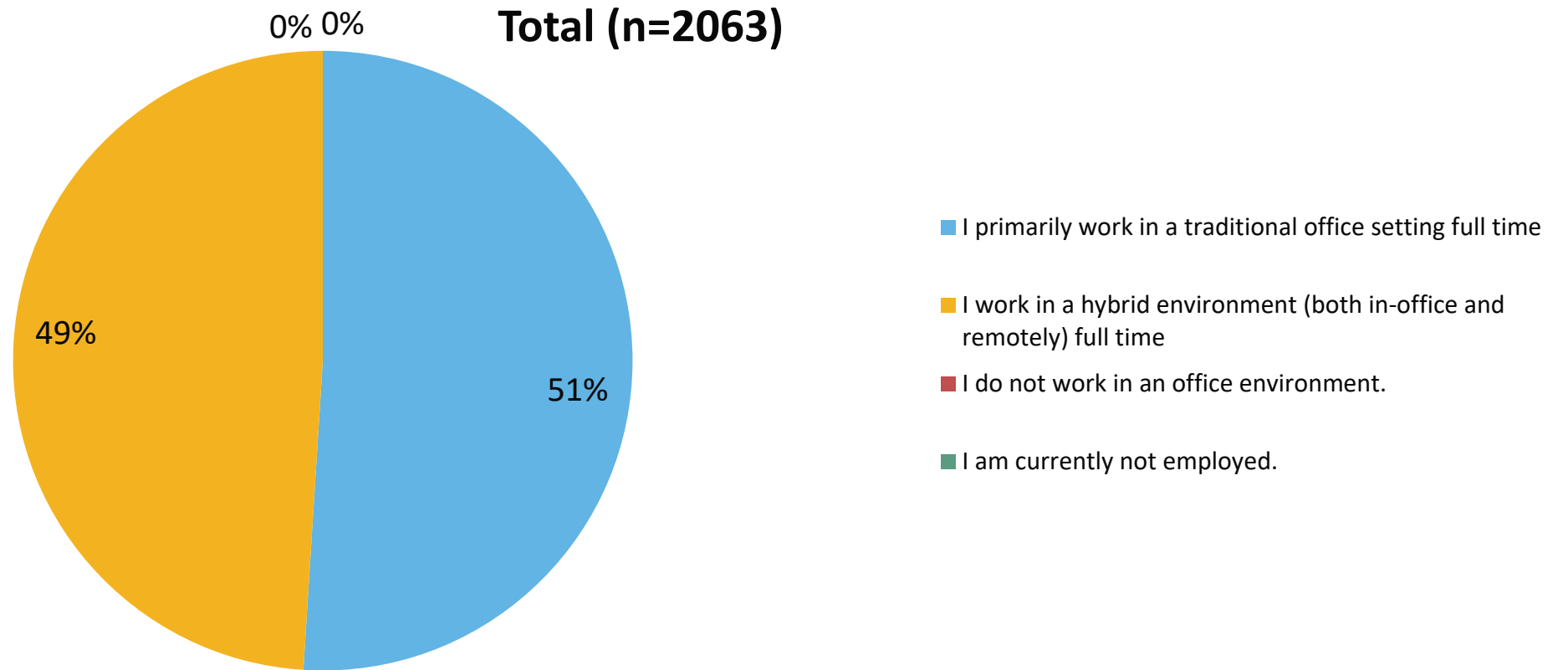
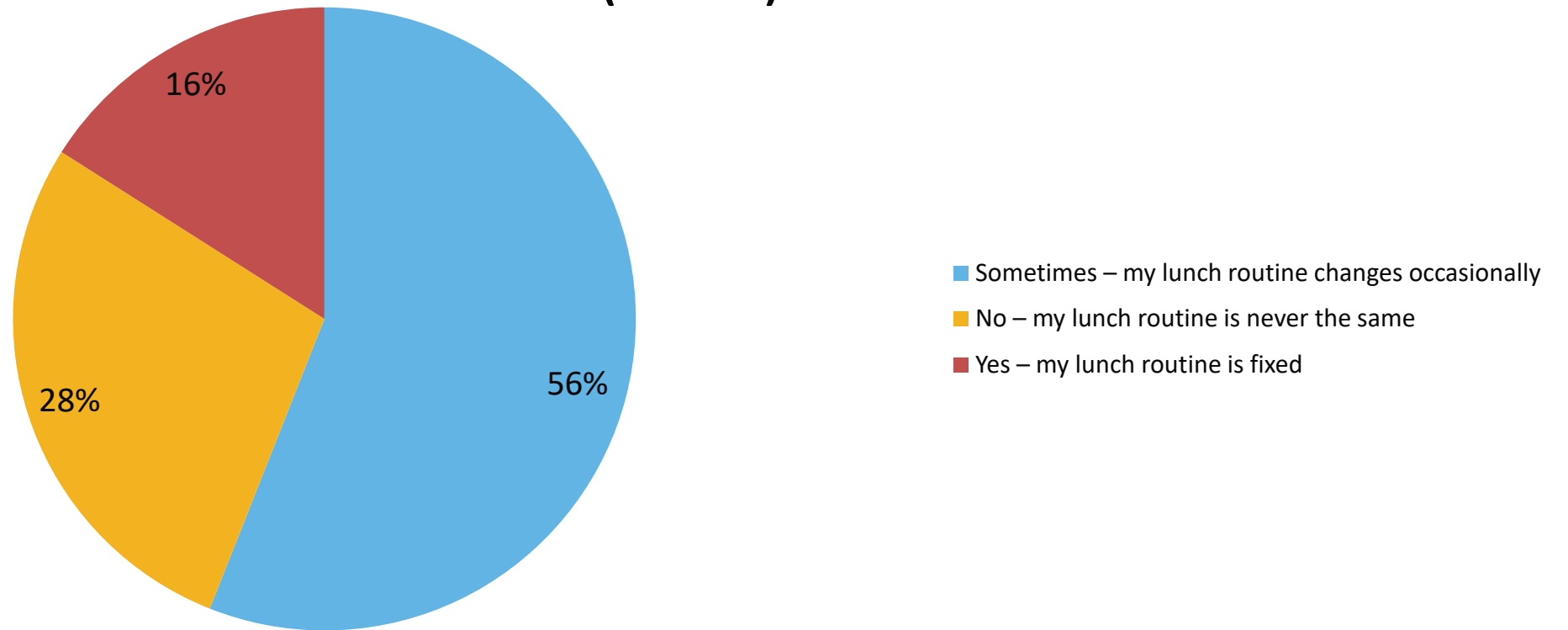


S1. Which of the following best describes your current work environment?



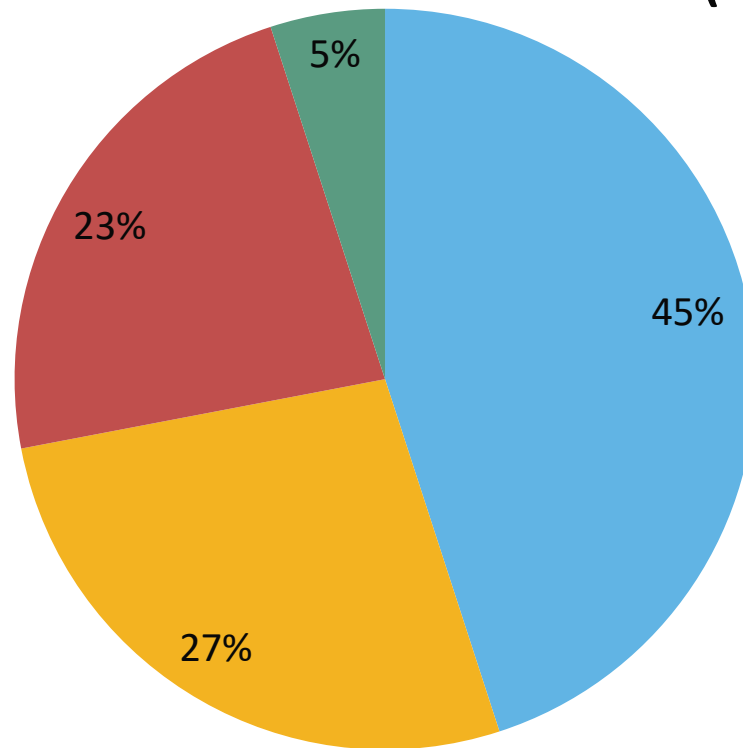
Q1. Do you stick to a fixed lunch routine during the week? E.g. do you eat lunch at the same time, eat the same food, in the same location?

Total (n=2063)



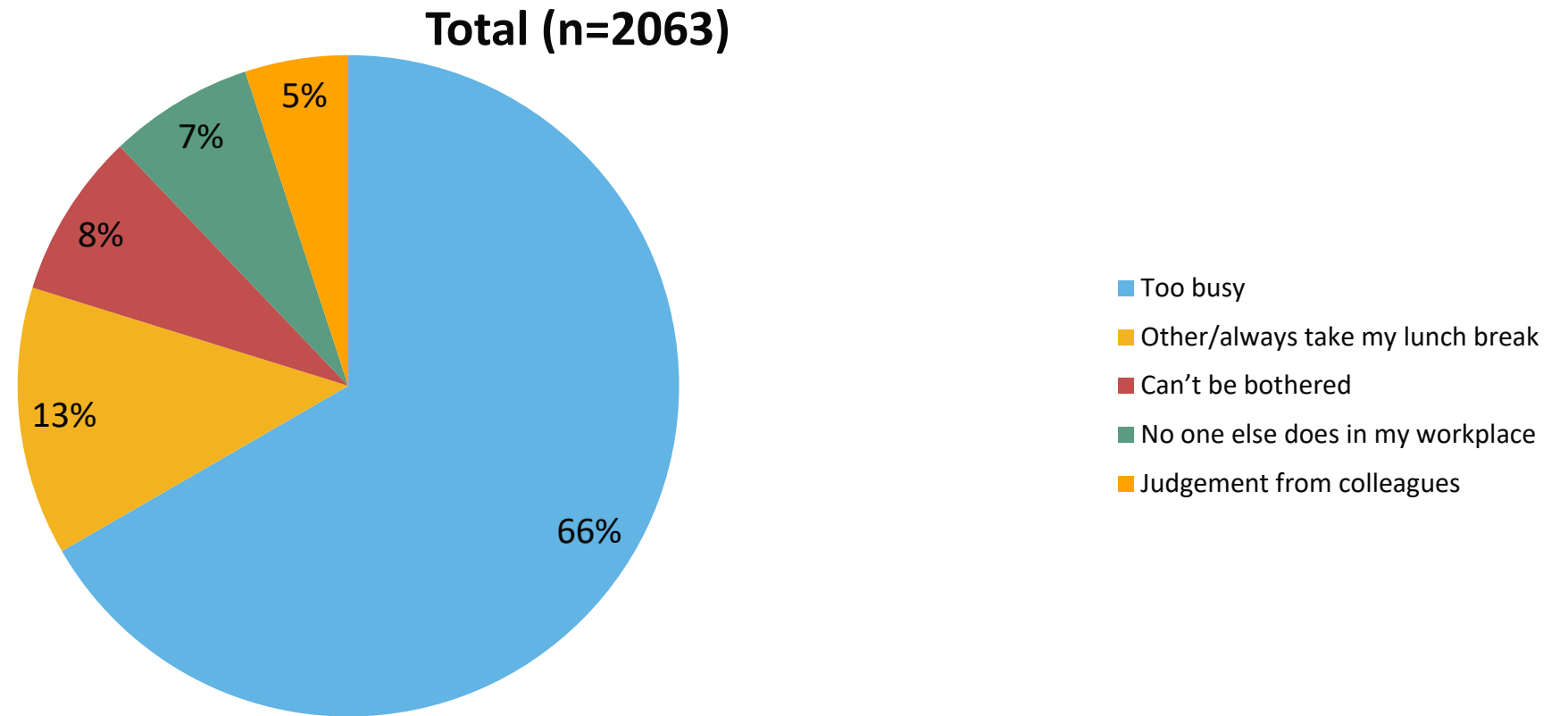
Q2. On the majority of working days, do you take your full lunch break? (A lunch break means stopping work/leaving your desk/leaving your workplace.)

Total (n=2063)

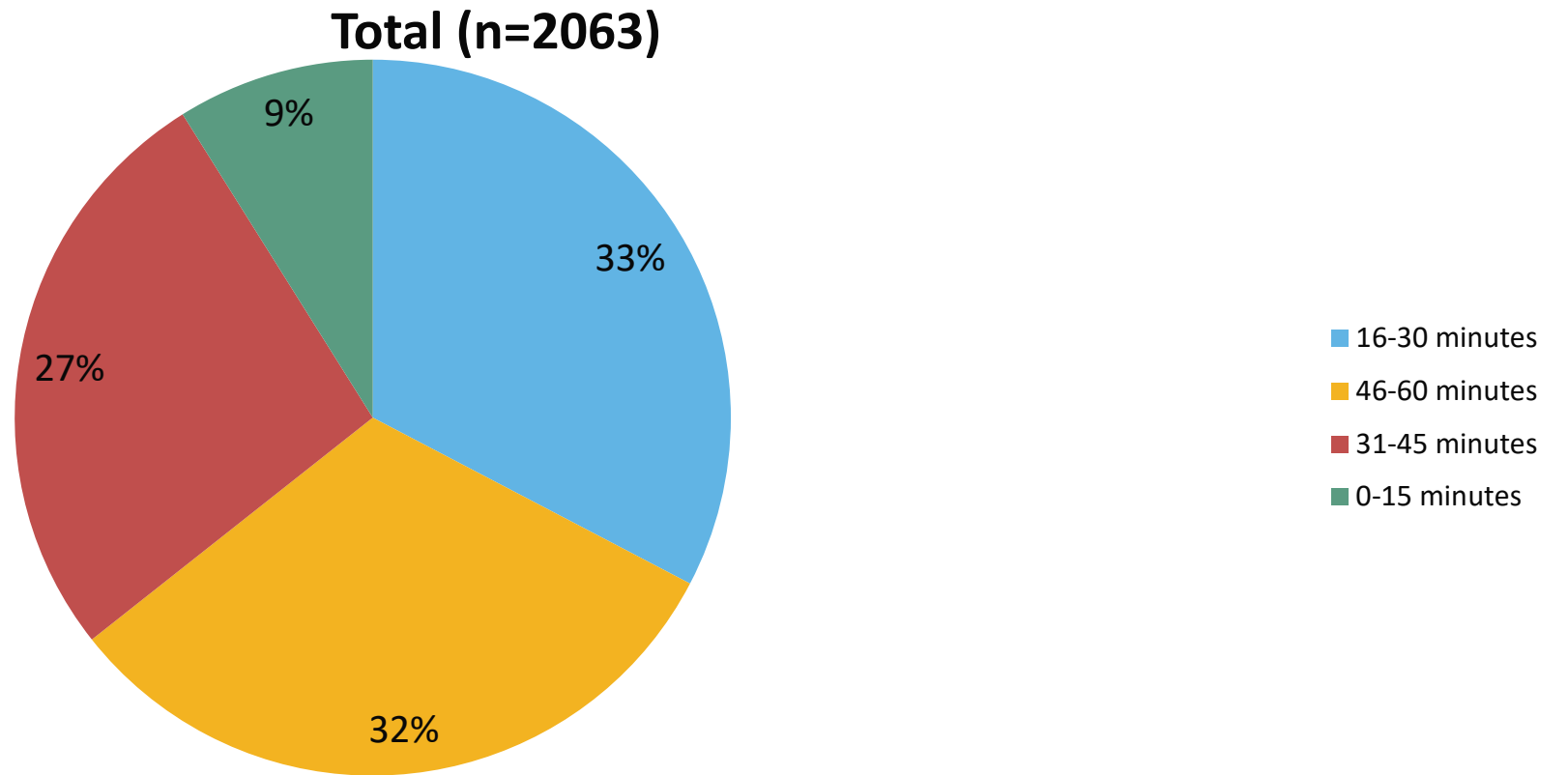


- Yes – I always take the maximum time allowed
- No – I take slightly less than the maximum time allowed
- No – I take significantly less than the time allowed
- No – I don't take a break at all

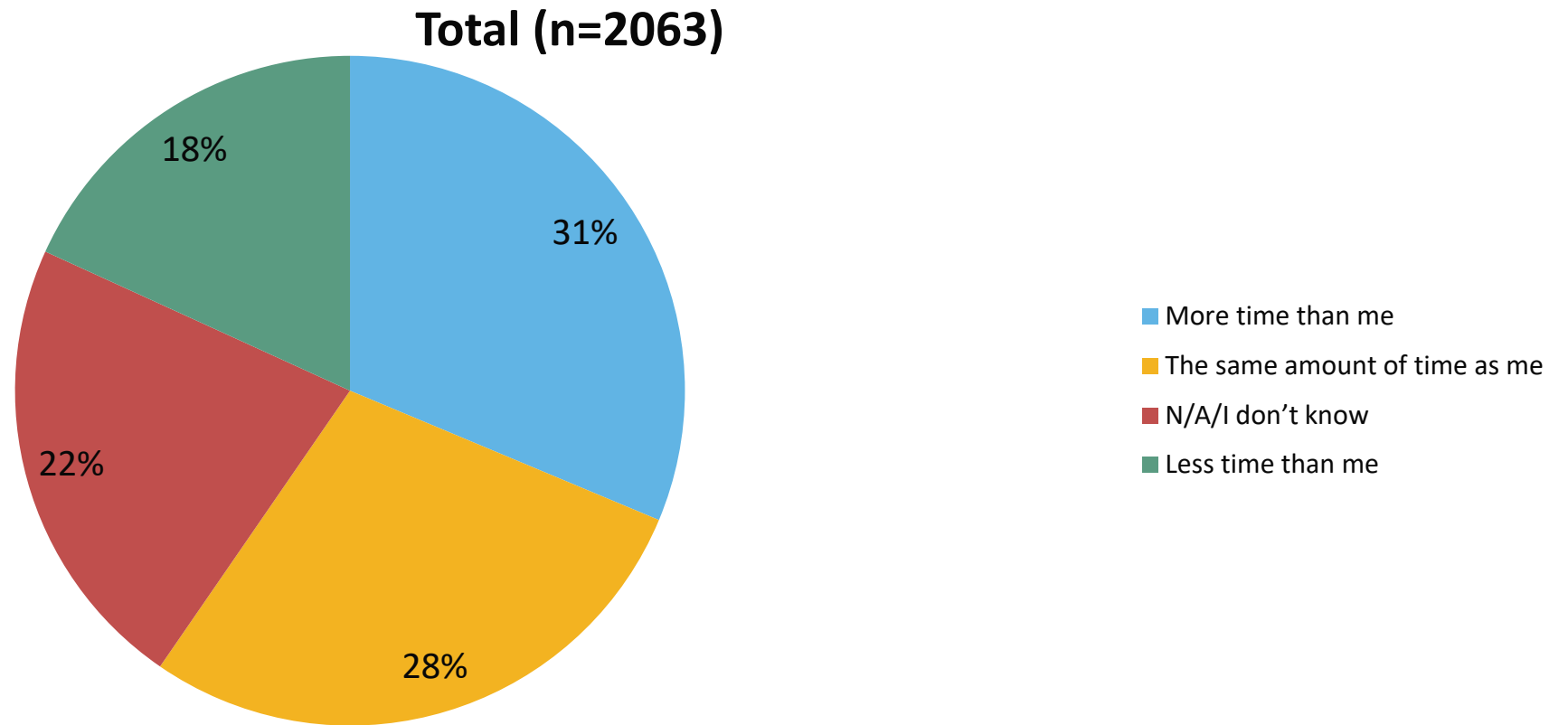
Q3. When you've chosen not to take a lunch break what is the most common reason?



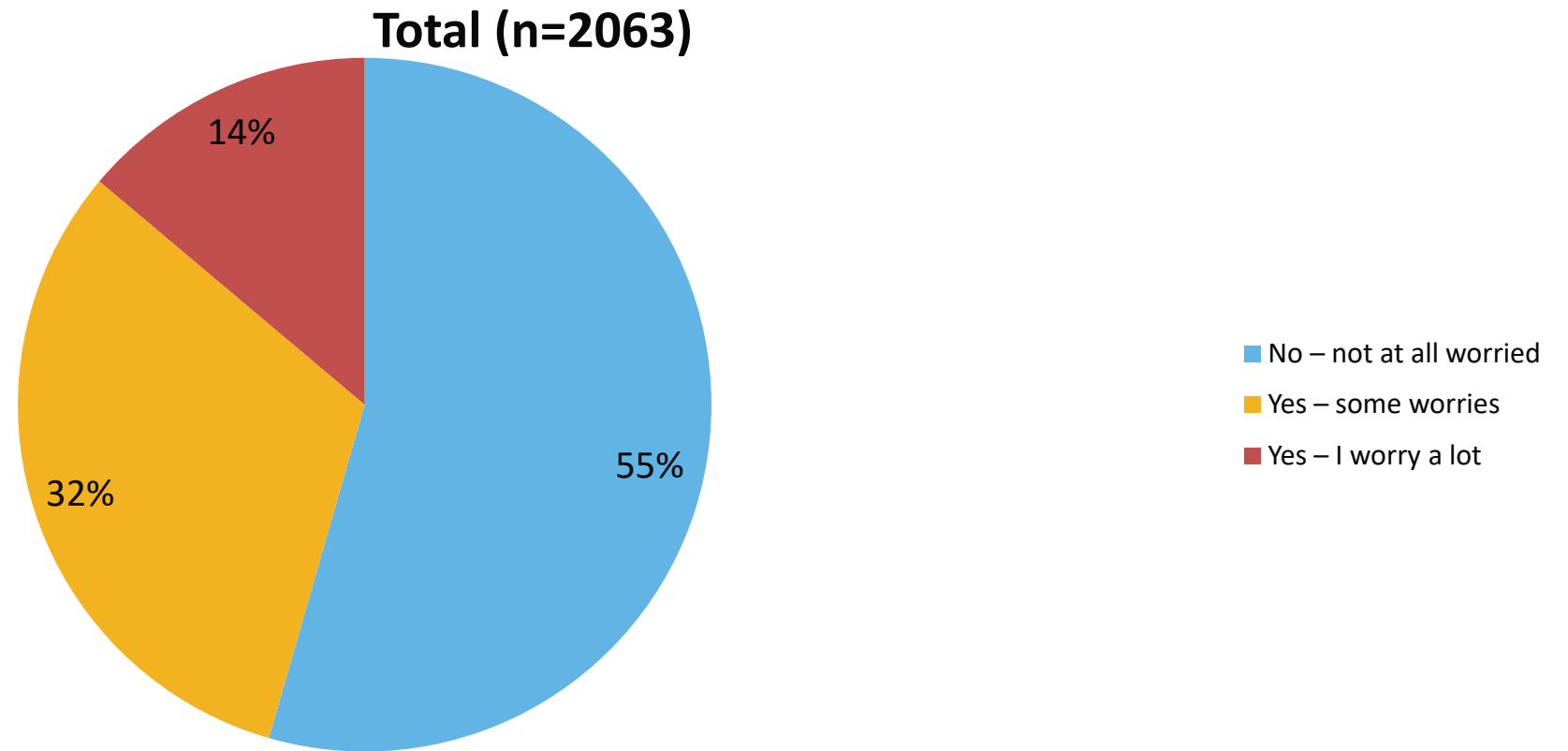
Q4. Given an hour's lunch break, how many minutes do you think you actually take on average? minute(s)



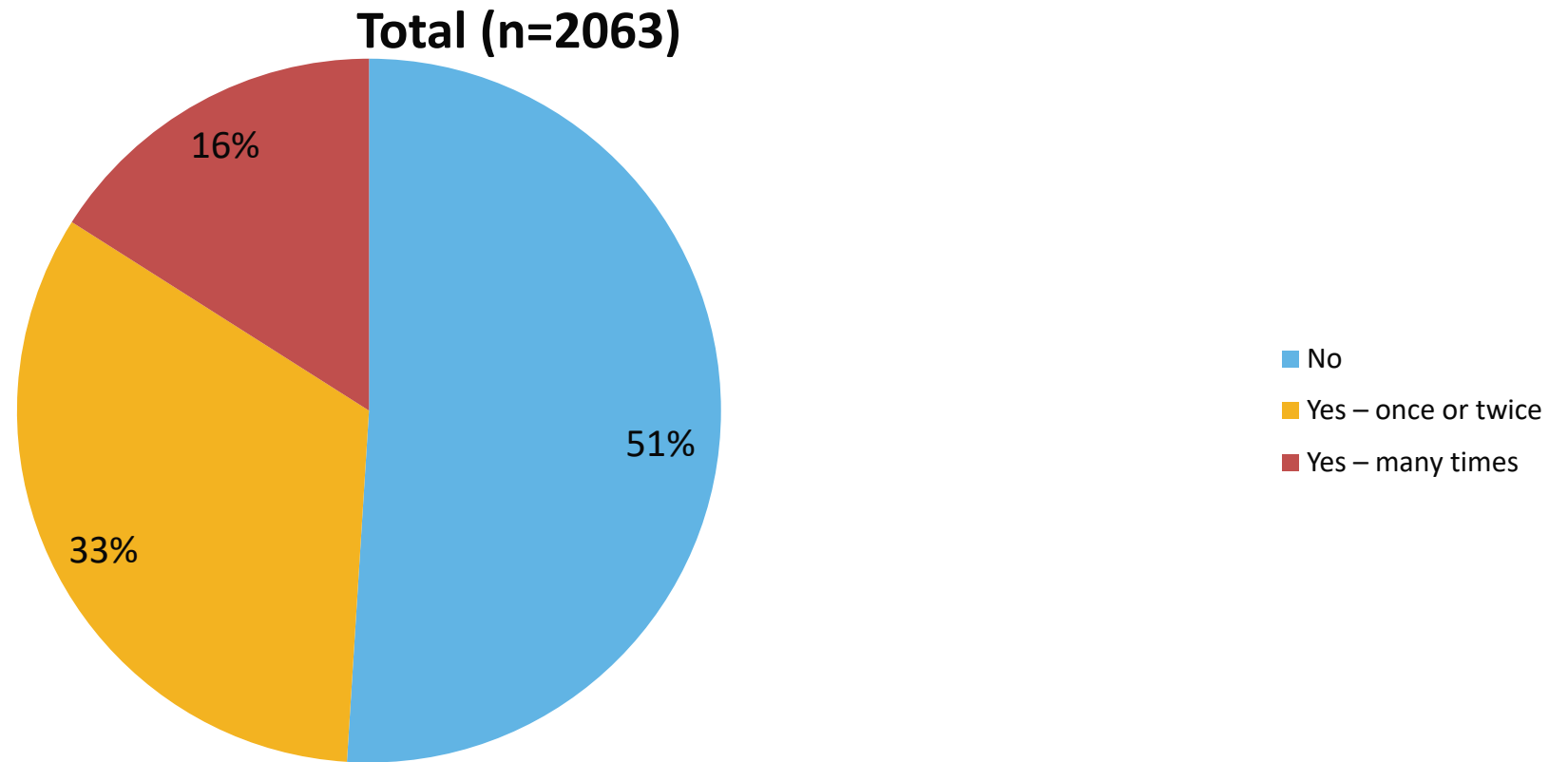
Q5. How much of a lunch break does your boss take?



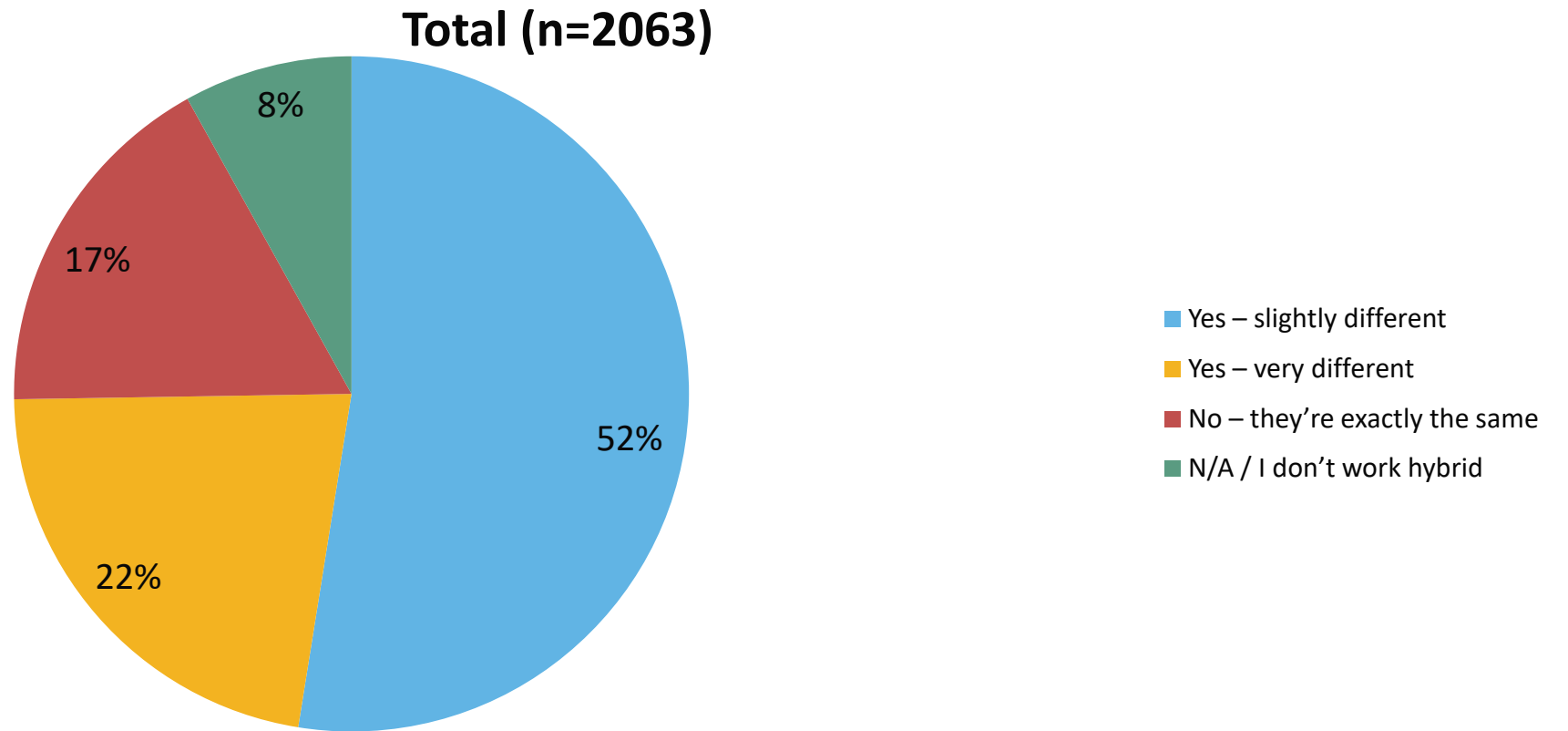
Q6. Do you worry that stopping work to take your full lunchbreak could negatively affect how colleagues/managers perceive you?



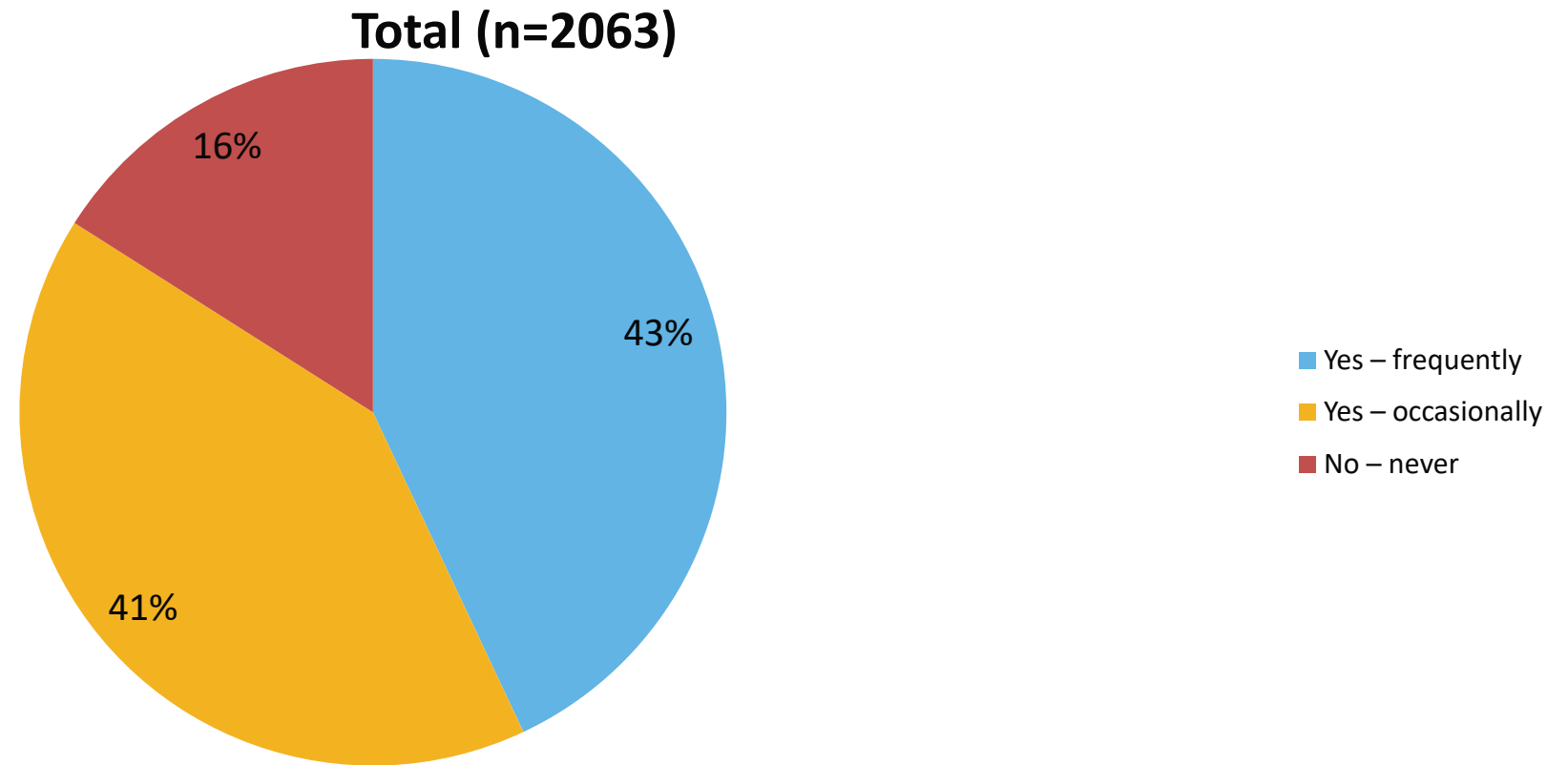
Q7. Has judgement from others ever impacted your lunch break decisions at work (such as how long you stopped working for or what you chose to eat for lunch)?



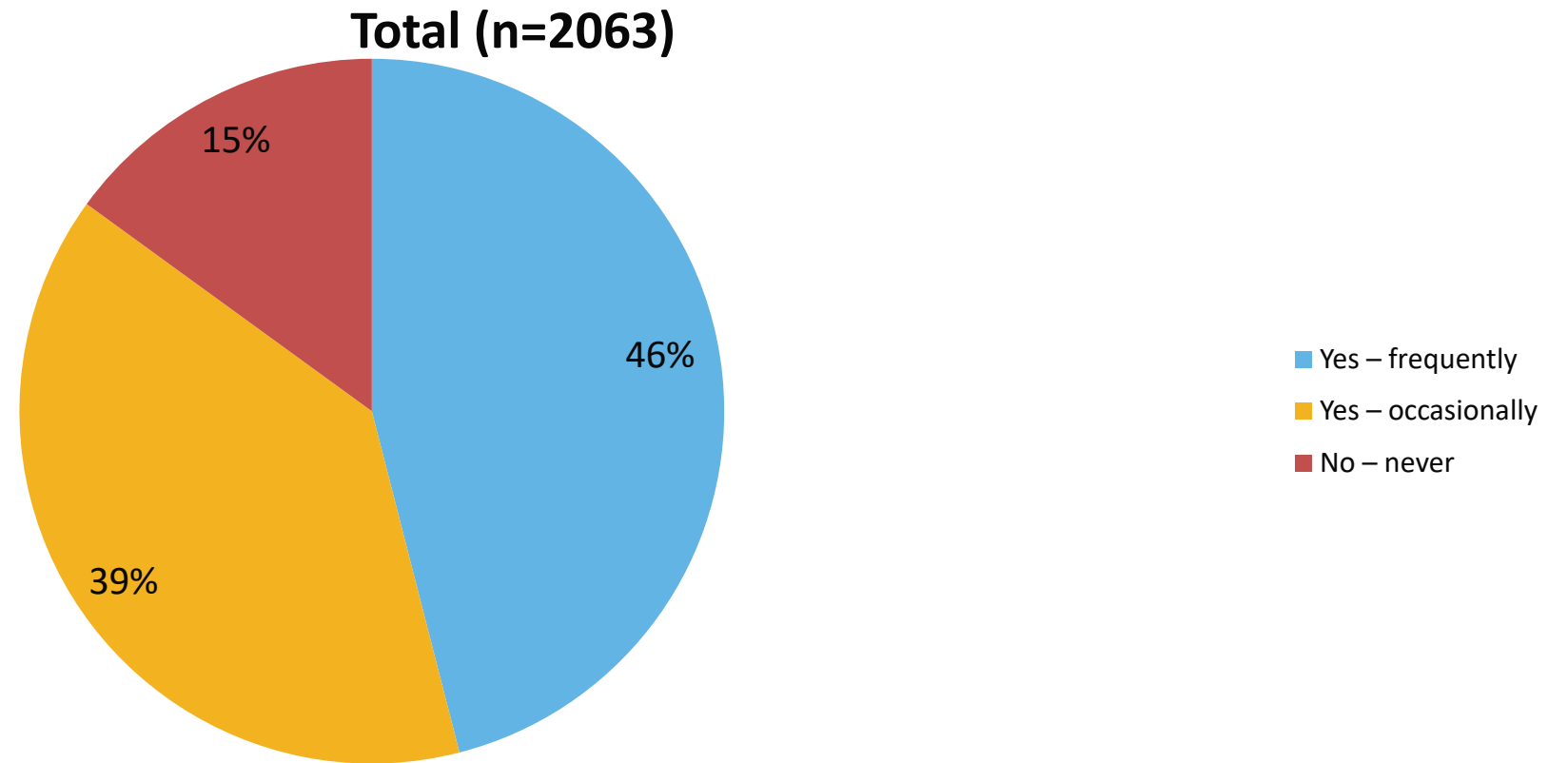
Q8. When it comes to what foods you opt for, are your lunch habits different depending on whether you're working from home or in a shared workplace?



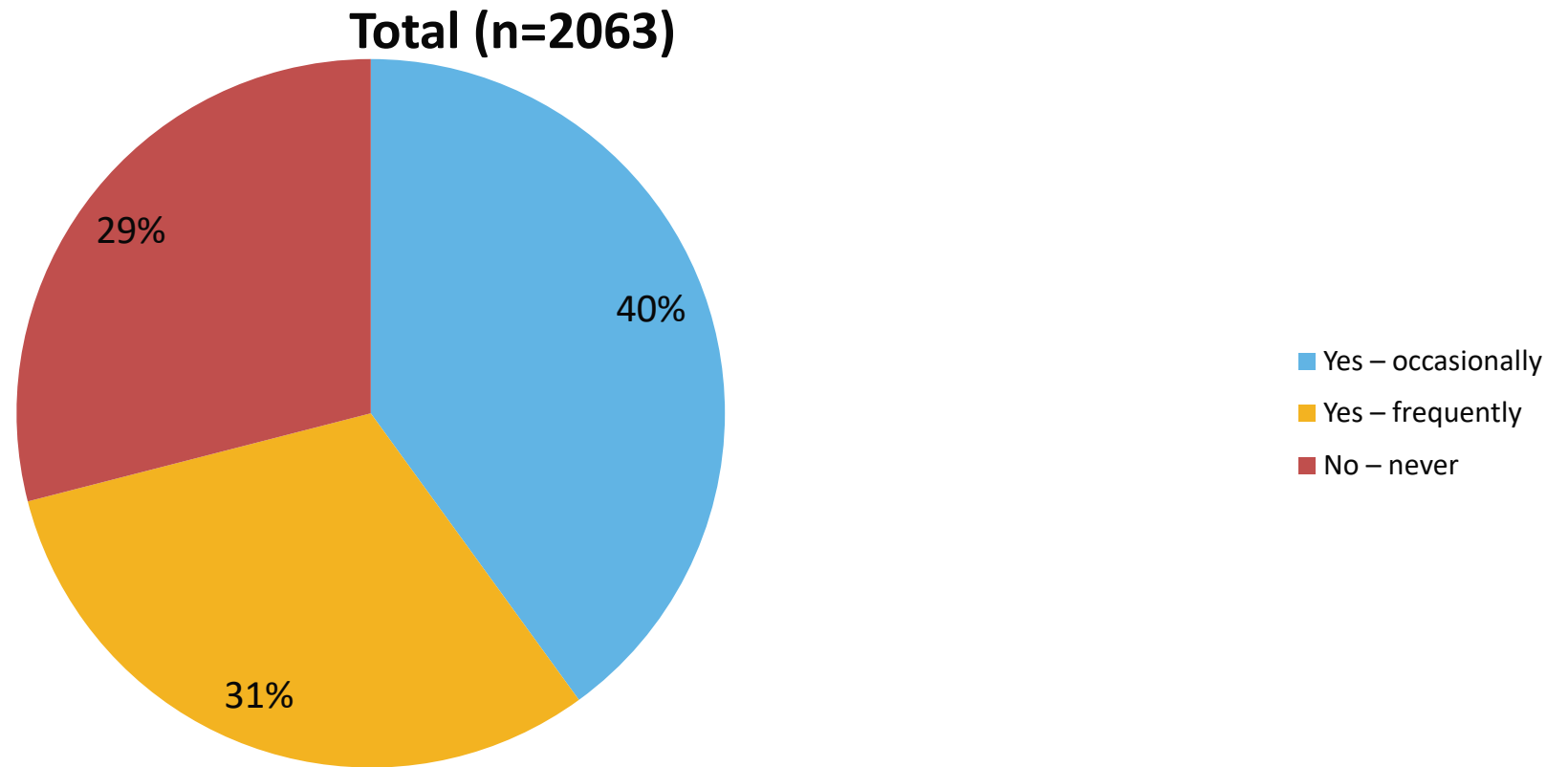
Q9. *Would you ever avoid having something for lunch that's smelly when eating in your workplace?*



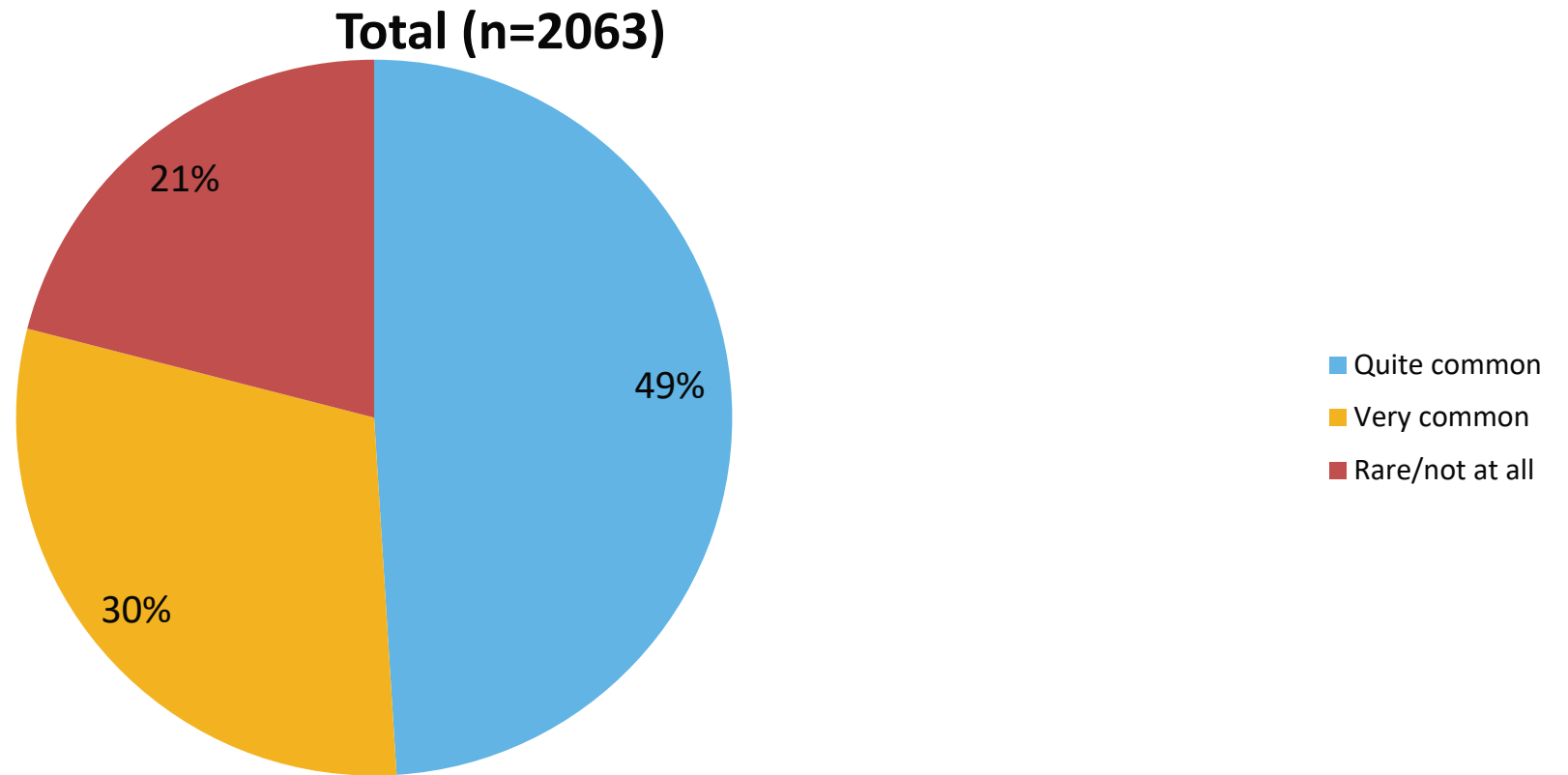
Q10. *Would you ever avoid having something for lunch that's messy to eat when eating in your workplace?*



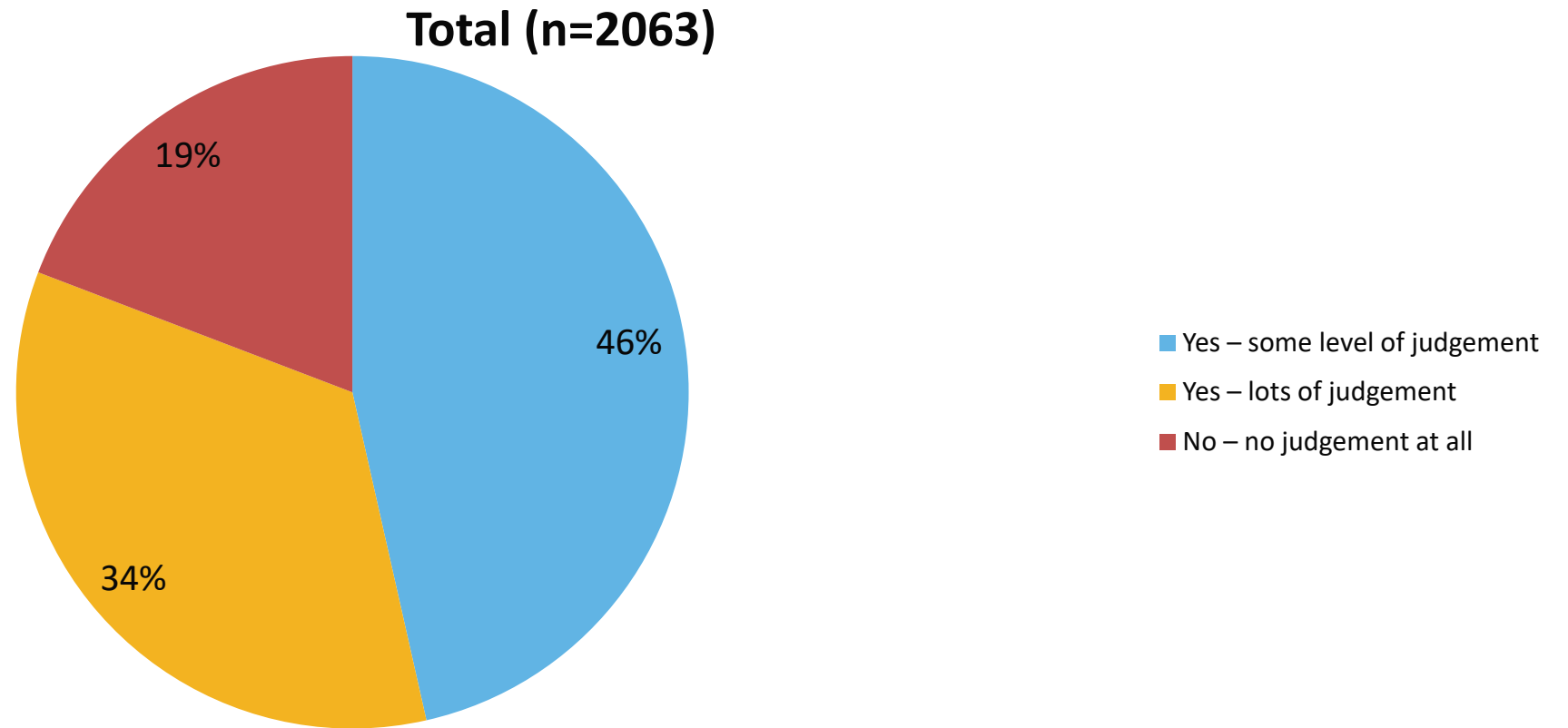
Q11. *Would you ever avoid having something for lunch that's loud to eat (e.g., crunchy, sloppy) when eating in your workplace?*



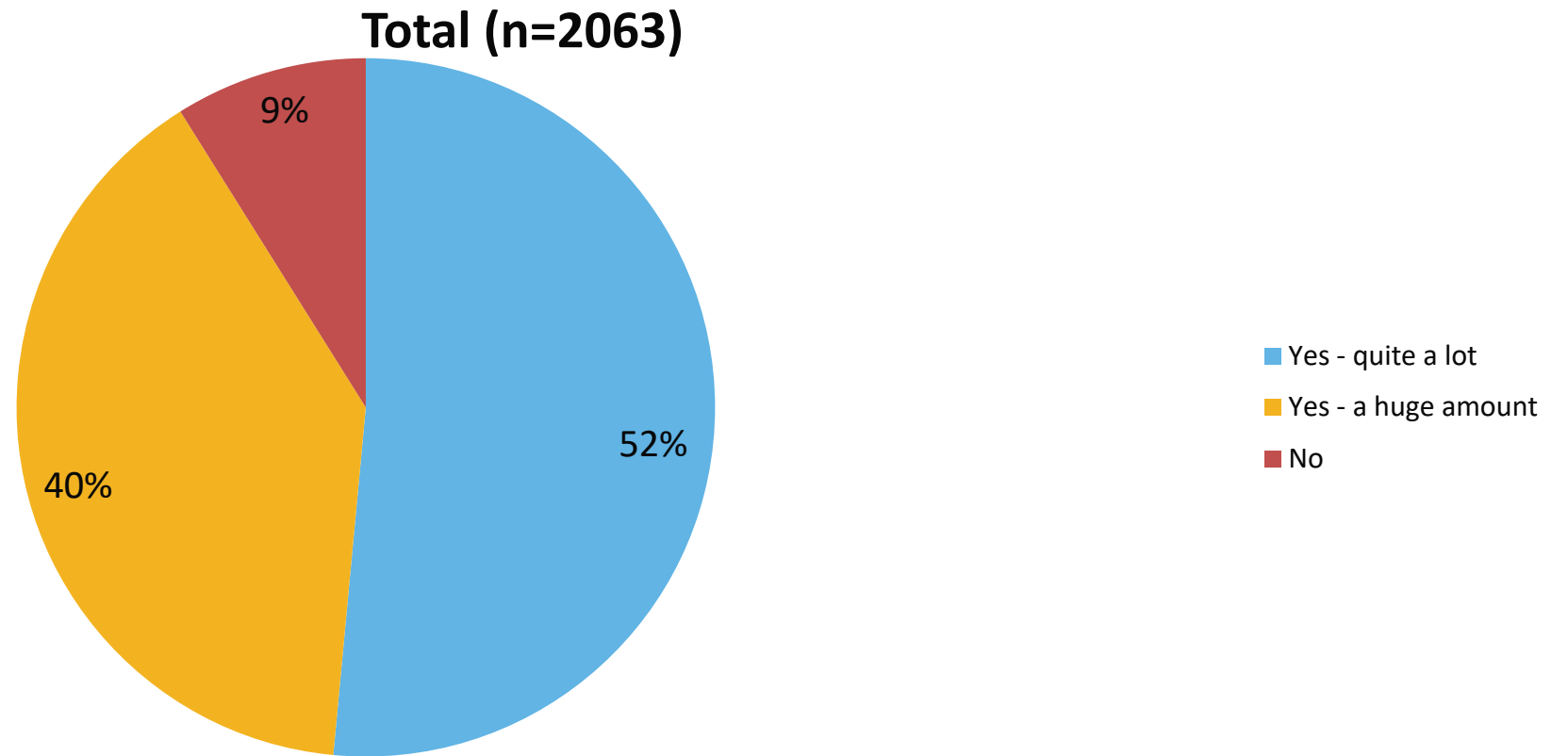
Q12. How common is it in your workplace for people to carry on working whilst eating their lunch?



Q13. Do you think there is judgement around eating lunch whilst on a video call?

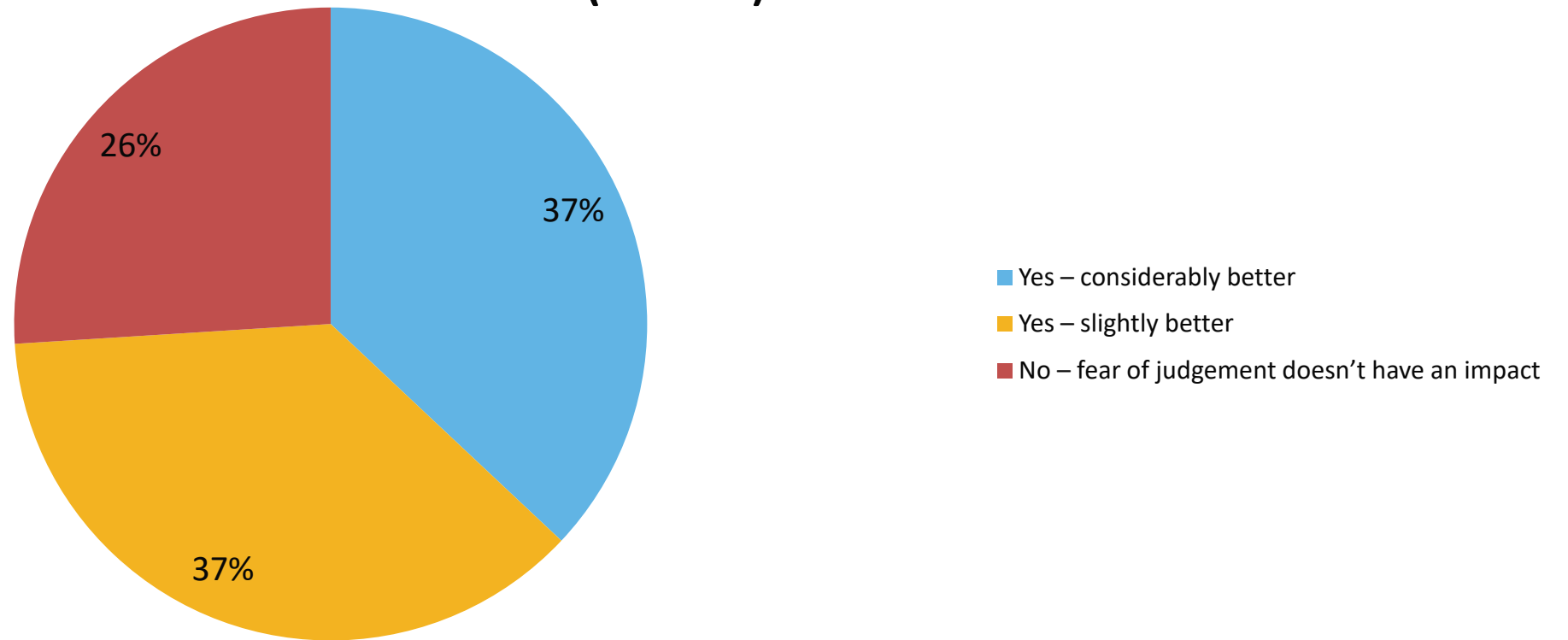


Q14. Does food bring you happiness?

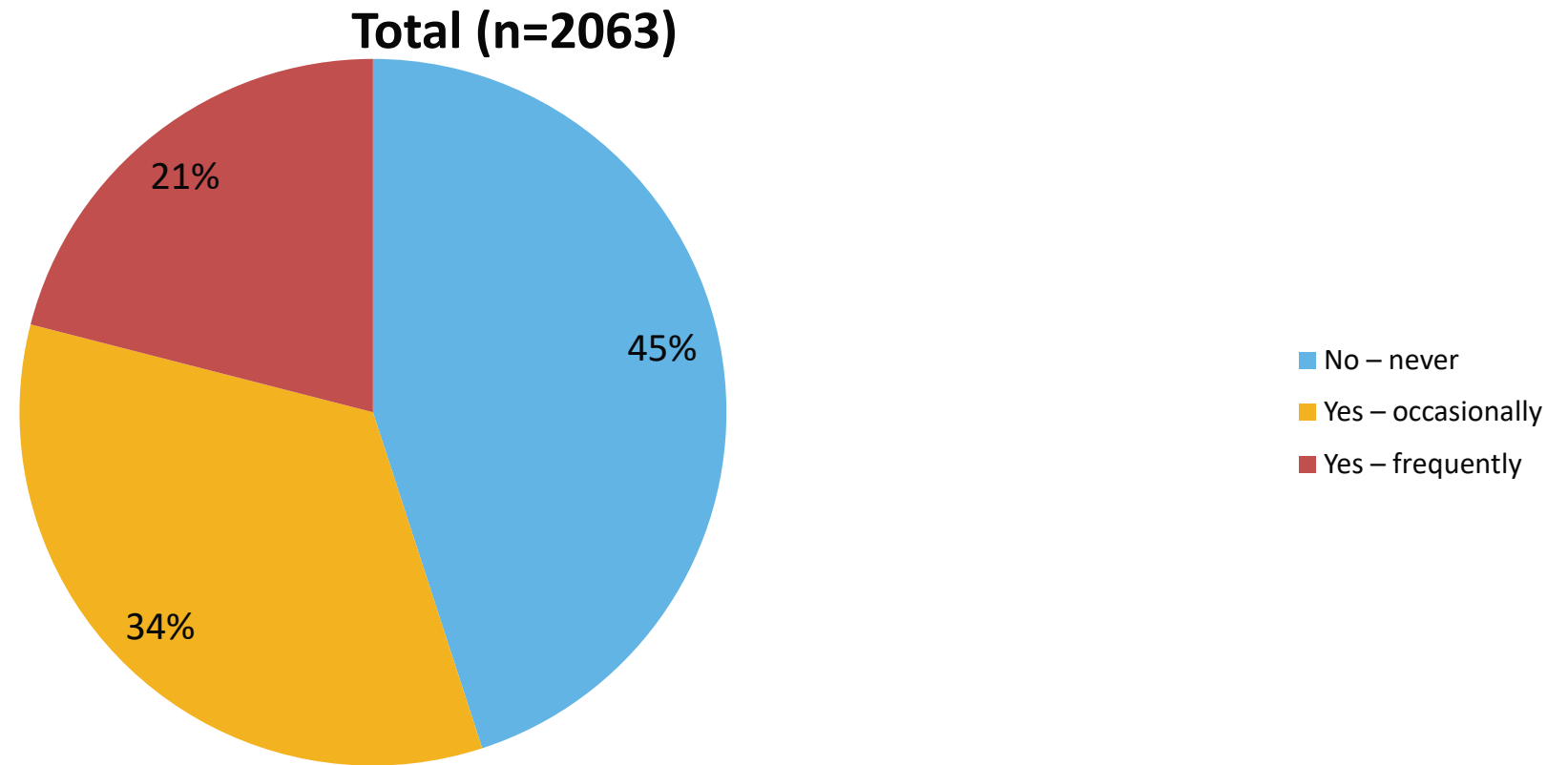


Q15. *Would you have a better working day if you could eat your favourite foods for lunch without fear of judgement?*

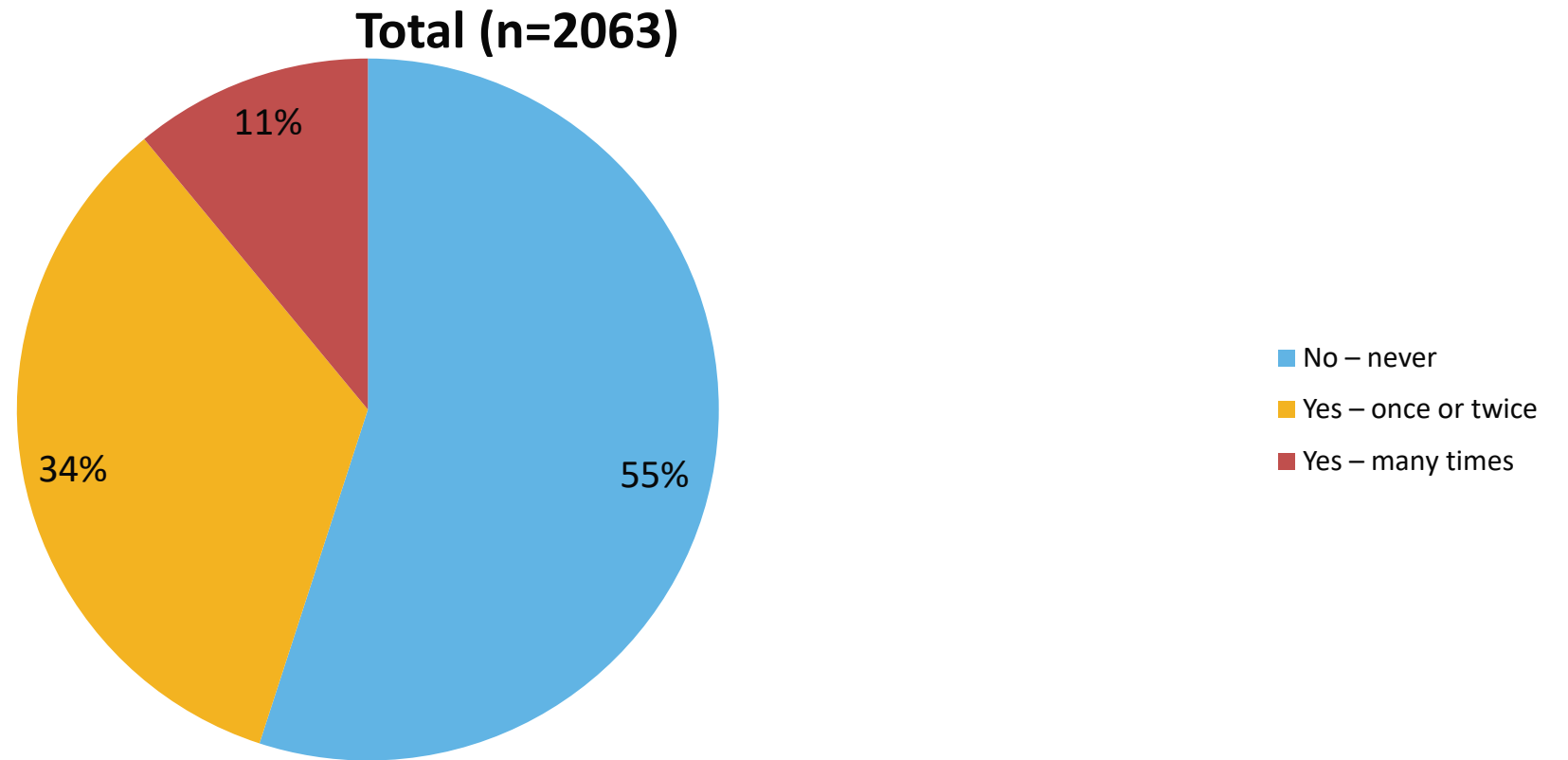
Total (n=2063)



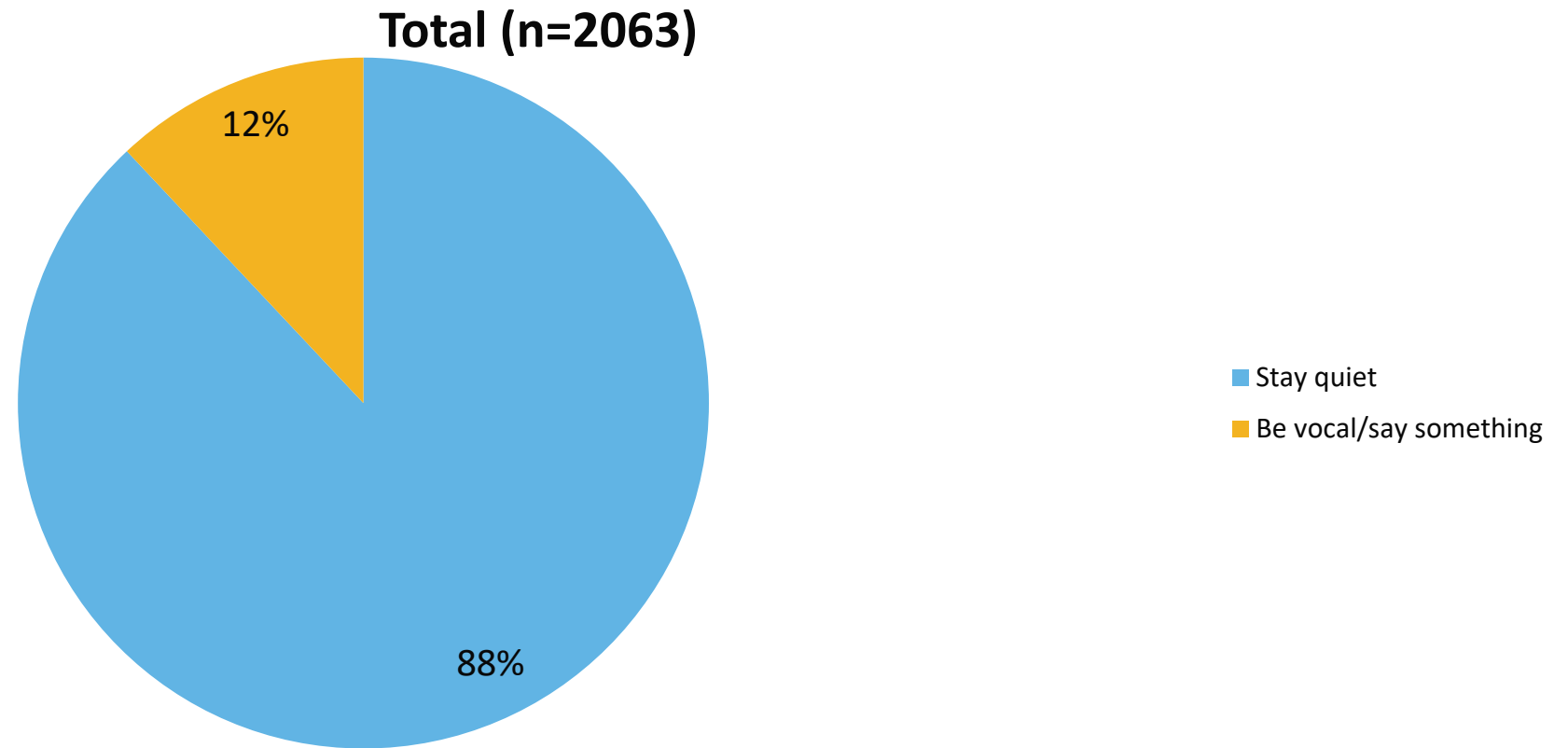
Q16. Do you ever worry about people judging the portion size of your lunch when eating in your workplace?



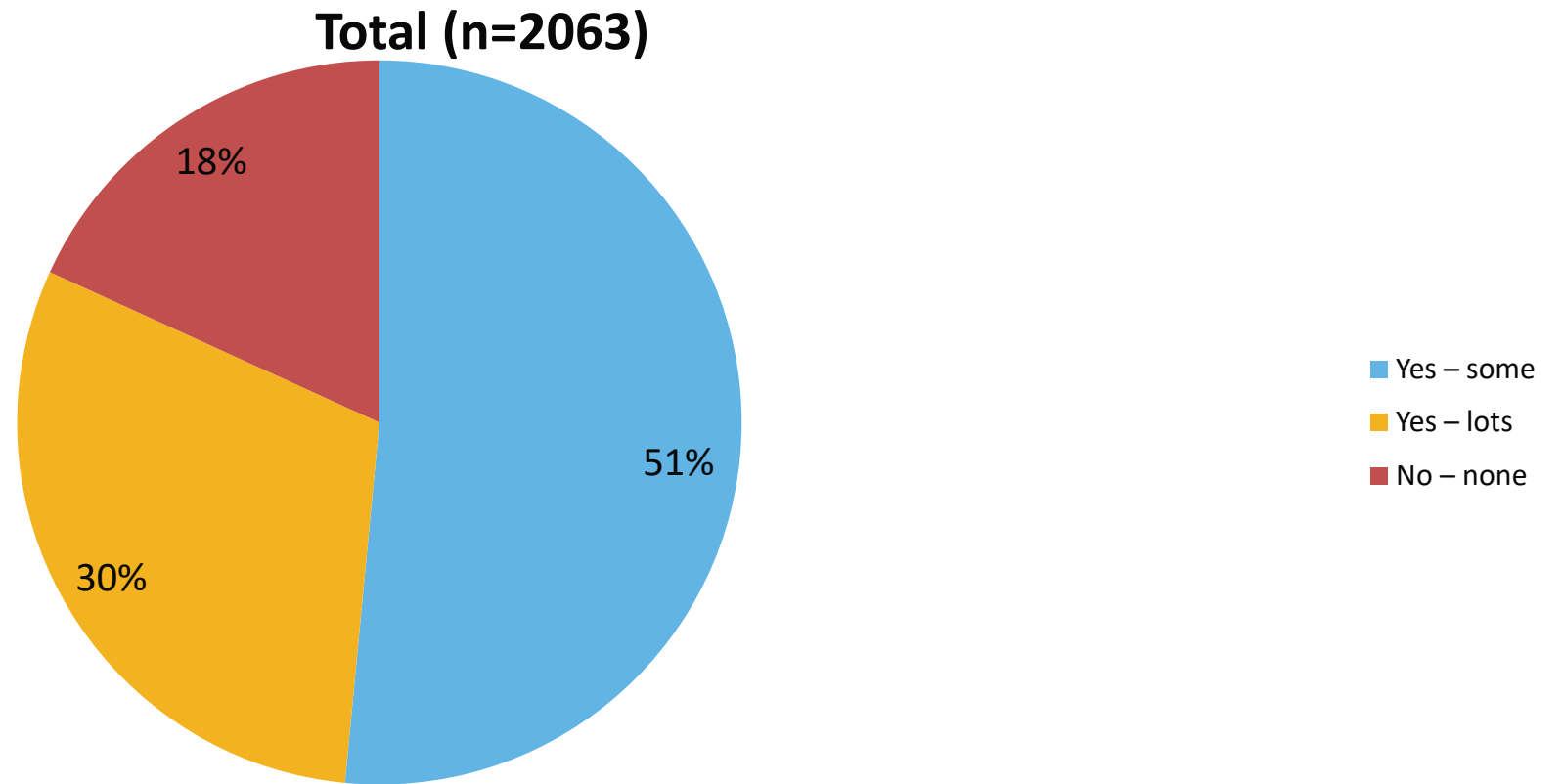
Q17. Have you ever judged a colleague's lunch?



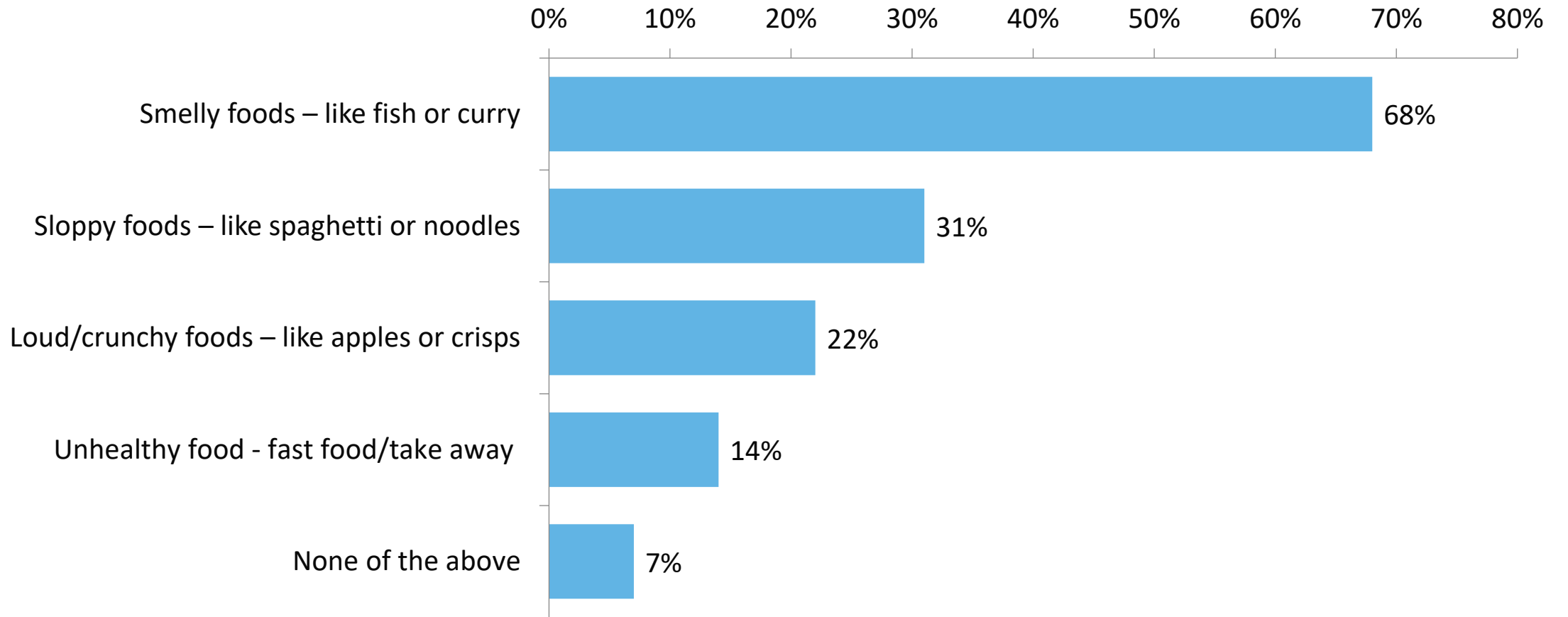
Q18. *If you were judging someone's lunch choices at work, would you stay quiet about it or be vocal/say something to them?*



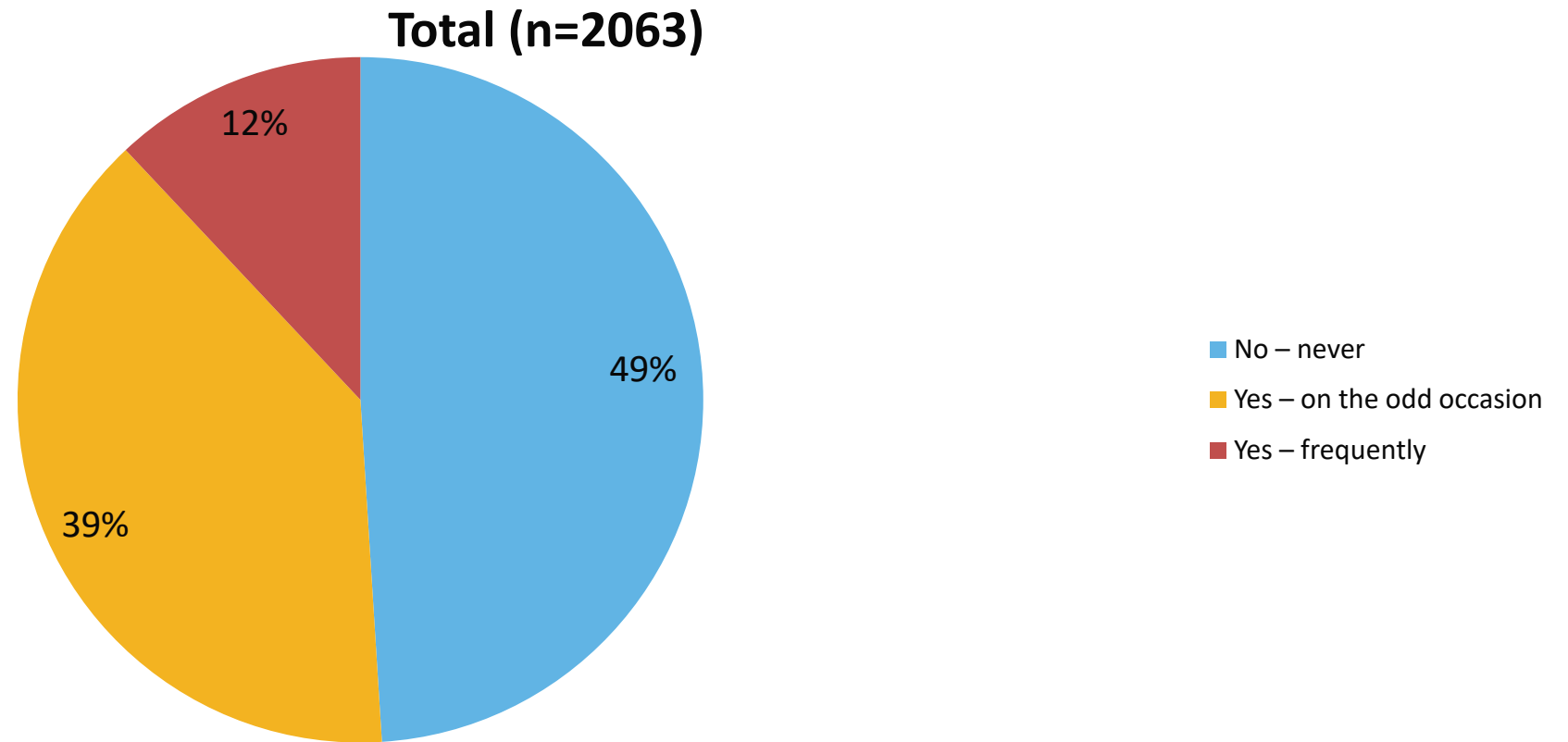
Q19. Are there any foods that you enjoy eating at home that you would never consider eating at work?



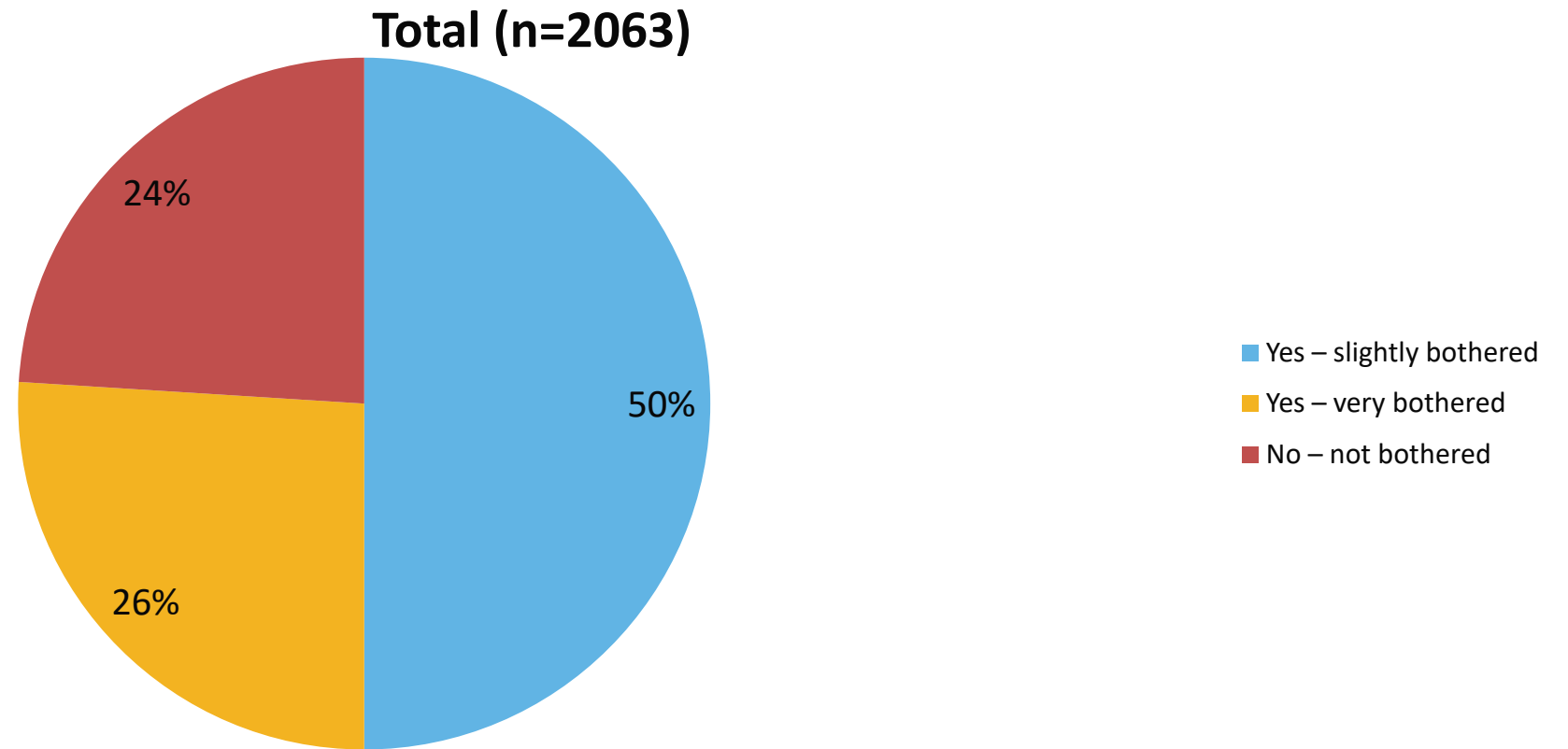
Q20. What do you think are the most controversial types of food to eat in a shared workplace?



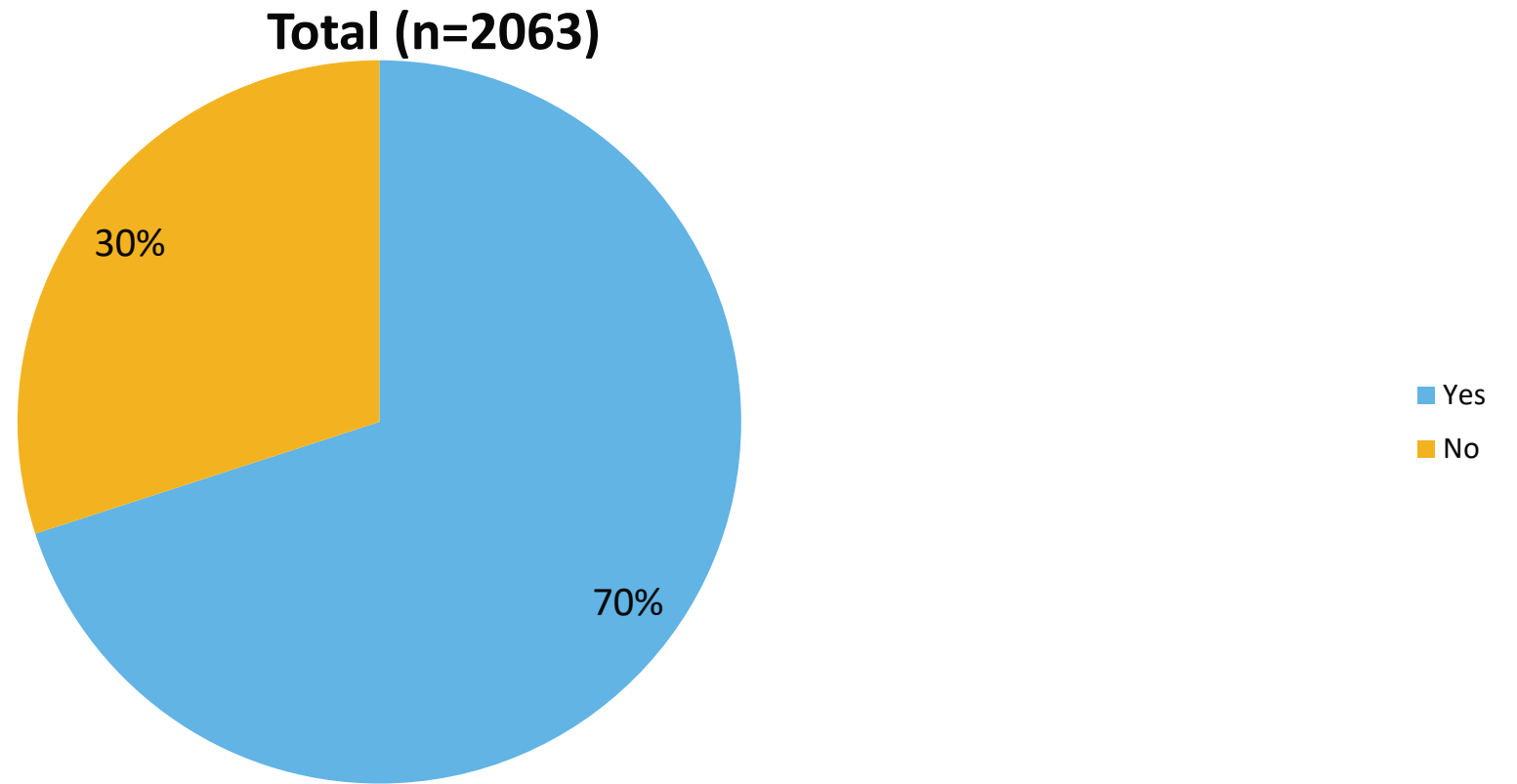
Q21. *Have you ever felt embarrassment because of what you were eating for lunch at work?*



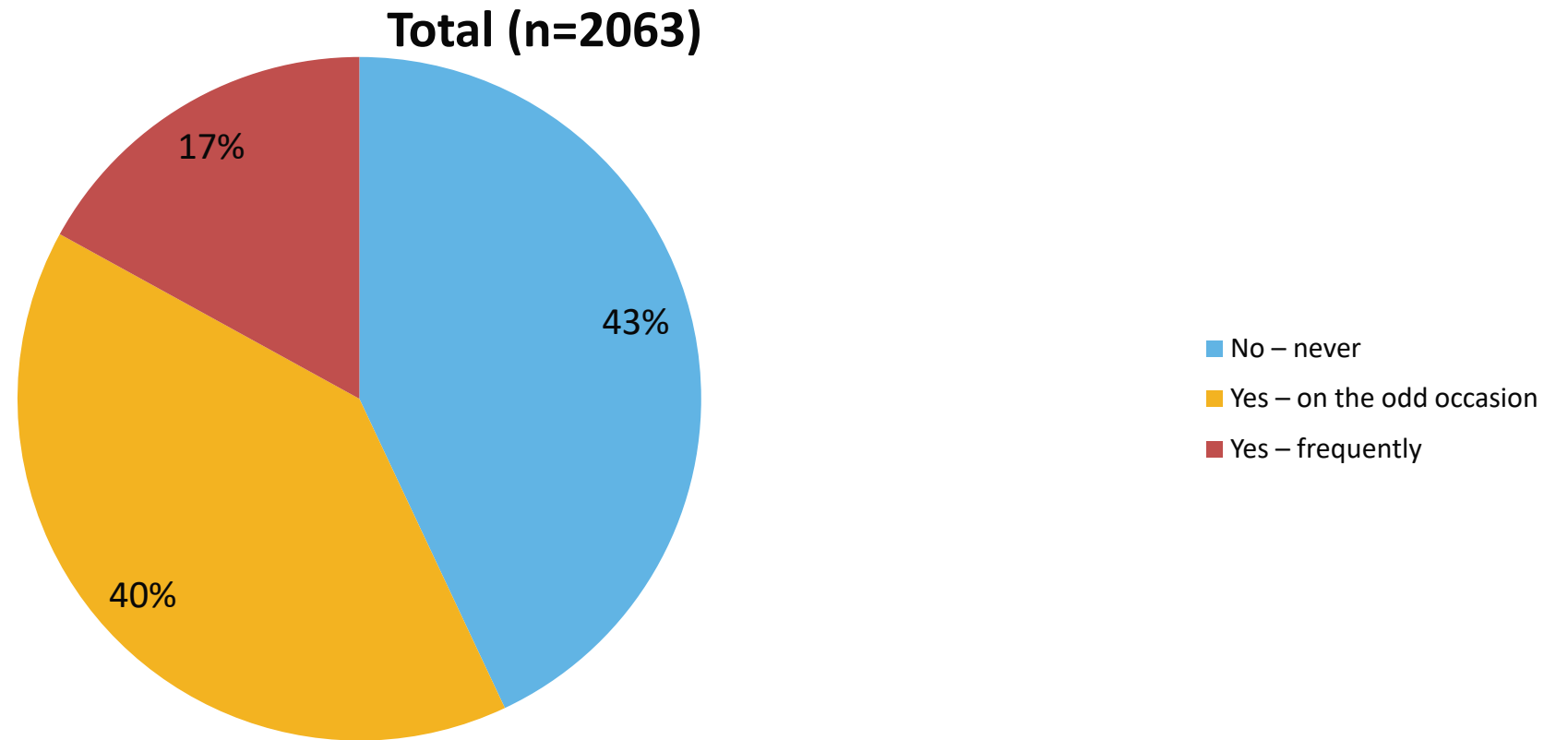
Q22. *Would you be bothered by a colleague chewing loudly in your workspace?*



Q23. Do you think eating with your hands at work is acceptable?



Q24. Have you ever felt self-conscious about eating unhealthy food for lunch at work when your colleagues are eating healthily?



Q25. *Have you ever gossiped about a co-worker's lunch or eating habits behind their back with other colleagues?*

