

## Accessing Food when Times are Hard: An Exploratory Study of Shropshire on behalf of the Shropshire Food Alliance

### Topic Guide

#### Part 1: The household

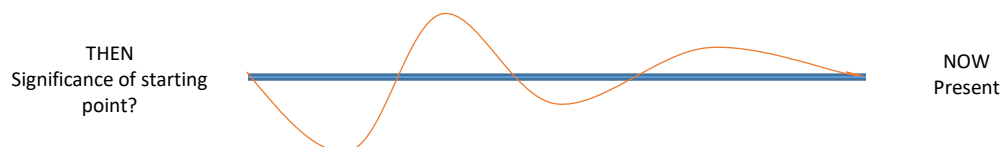
Please consider the picture sketched and consider what it means to you:

- Who do you live with?
- Where do you live (*isolated, remote, town, built-up*)?
- In relation to neighbours, friends, extended family?
- How long have you lived there?
- Tenure (*as appropriate*)?
- Do you have access to a car?
- How do you tend to access food from this location?
- Who take responsibility for budgeting/shopping?
- Who takes responsibility for food prep / cooking?
- *Skills presence / availability*
- Do you /how do you prioritise what food you buy/ eat?
- Financial context e.g. income, benefits?
- Any health issues in the household?
- *Nearby supports / safety nets / access to organisations?*



#### Part 2: Story – Timeline

Please tell us your story in terms of a timeline:



- Why did you select that starting point for the timeline? What was significant about it?
- What other key events would you add to your story on this timeline?
- On reflection, would you consider yourself to be 'okay' or 'not okay' at these various points in your life?
- Where did you turn for support?
- How did the 'not okay' events impact on your availability of / access to food?
- What might have typically been in your food basket at these points in time?
- What did you prioritise at this time?
- Can you remember what your available budget for food was at this time?
- Where did you access food / how did you manage?
- Fluctuations since this time?

### Part 3: Your weekly shopping basket

Please note the items that went into your weekly shopping basket at *key event*:

- What items went into your basket?
- Where did you access these items?
- How much choice do you feel that you had at this time?
- Over what time period did your basket look like this?
- What figure (£) was on the receipt for a typical weekly spend?
- How does your shopping basket compare now? *Emergencies?*
- *Has anything changed? Would you change anything?*
- Transition points?
- What would you like to see change?
- What might have made things better back then?
- What might make things better now?

