

Supplement to:

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A Taste of Inequality: Food's Symbolic Value Across the Socioeconomic Spectrum
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Parent and Adolescent Interview Protocols

Parent Interview Protocol

I. Background

1. Tell me a bit about yourself [rapport-building]
 - a. *Gather data on: family, parent SES, language, hometown, high school, higher education, year of graduation, marital status, employment status*
2. I'd like to talk about your own memories about food growing up. Tell me about the food you ate when you were growing up.
 - a. *What kinds of meals did your family have during the week?*
 - b. *What was mealtime like?*
 - c. *Who cooked?*
 - d. *What is most memorable to you about food from when you were growing up?*

II. Current Food Beliefs and Practices

1. Tell me about your family and what you eat.
 - a. *What's important to you about the food you eat in your family?*
 - b. *How much do you think about the food your family eats?*
2. Think back to yesterday. Walk me through your day, and tell me about what you and others in your family ate.
 - a. *Is this a typical day for you?*
 - b. *How does this day compare with other days?*
 - c. *How do weekends compare with weekdays as far as what you eat?*
 - d. *[If not mentioned, ask about snacks and drinks]*
3. How are decisions about food in your family made?
 - a. *Who makes the decisions?*
 - b. *Has that always been the case?*
4. How do you compare to your spouse in how you approach food with your kids?
 - a. *Can you give me an example of a time you agreed/ disagreed about a food matter with <spouse>?*
5. Tell me about what grocery shopping looks like in your family.
 - a. *Who shops? Where do you shop? How often?*
 - b. *How do you decide what to buy when you're shopping?*
 - c. *How much money do you spend per week on groceries?*
 - d. *How do you figure out how much to spend on food?*
 - e. *When you are in the grocery store, how do you choose what to get?*
 - f. *Does <adolescent> ever ask you to buy things from the supermarket?*
 - g. *<If so> do you get them? If not, why not?*
6. Tell me about meal times in your family.
 - a. *Who is present during mealtimes?*
 - b. *Tell me about eating at home versus eating out. How often do you go out to eat? Where do you go? Why? How does the decision get made about where to go?*
7. What role does <adolescent> play in what you eat in your family?
 - a. *Is <adolescent> involved in meal preparation?*
 - b. *What are <adolescent's> favorite foods to eat?*

- c. *What are your <adolescent's> food aversions?*
8. Tell me how, if at all, you talk to <adolescent> about food.
 - a. *How often do you discuss food with <adolescent>? When does it come up?*
 - b. *Tell me about a recent conversation you had with <adolescent> about food.*
9. Tell me about any arguments you have with <adolescent> about food.
 - a. *Can you give me an example of an argument?*
 - b. *Does your spouse ever have arguments with <adolescent> about food?*
 - c. *Can you give me an example?*
10. Tell me about any rules in your family around food.
 - a. *Are these rules enforced? When? When are they not enforced? Why not?*
 - b. *How long have you had these rules? How did they come about?*
11. Take a moment to think about the factors that contribute to how you make decisions about food. How would you rank those factors?
 - a. *[Pay attention to the relative importance of cost, convenience, access, taste, and health].*
12. What does the word “healthy” mean to you?
 - a. *How do you know what is healthy for your adolescent? Where did you find this information?*
 - b. *How do you know what is unhealthy for your adolescent? Where did you find this information?*
 - c. *How do you know how much food your adolescent should be eating? How did you figure this out?*
13. How do you think that <adolescent> eats when <he/she> is out with friends?
 - a. *How do you think <adolescent> chooses what to eat?*
 - b. *How do you feel about the way that your adolescent eats independently?*
14. Tell me about your thoughts on food waste.
 - a. *[Pay attention to whether food waste concerns impact purchasing decisions].*
15. Tell me about any challenges to providing food for your family.

III. Reflection

1. How would you compare the decisions you make about food now to the time before you had children?
 - a. *What changed?*
2. How would you compare the way you and your family eat now to how you ate growing up?
3. If you had significantly more money for food, how do you think you would eat in your family? Why?
4. How do you think the way you and your family eats compares to other families with adolescents?

IV. Wrapping up

1. Is there anything else that you'd like to share with me about food in your family?
2. Referral: Can you think of two other parents that might be willing to talk to me?
3. Demographic Information, if not already addressed: Age, Ethnicity/Race, Education, Occupation, Spouse Education, Spouse Occupation

Adolescent Interview Protocol

I. Background

1. Tell me a bit about yourself [rapport-building]
 - a. *Age, family composition, school enrollment*

II. Current Food Beliefs and Practices

2. Tell me about your favorite foods to eat.
 - a. *Why are these your favorite foods?*
 - b. *How often do you eat them?*
3. Think back to yesterday. Walk me through your day, and tell me about what you and others in your family ate.
 - a. *Probes: Is this a typical day for you?*
 - b. *How does this day compare with other days?*
 - c. *How do weekends compare with weekdays as far as what you eat?*
 - d. *[If not mentioned, ask about snacks and drinks]*
4. Tell me about what kinds of foods you have at home.
 - a. *If I looked in your fridge, what would I find? What about in the cupboards? On the counter? In the freezer?*
 - b. *What is something I would never find in your kitchen?*
5. Tell me about how decisions about food are made in your family.
 - c. *Who shops for food? Where do they shop? Do you go with them?*
 - a. *How do they choose what food to purchase?*
 - b. *How much say do you have in what you eat?*
 - c. *Do you ever ask them to buy certain foods or drinks? Do they say "yes"? If not, why not?*
6. How do you think your mother chooses what food to buy?
 - a. *What do you think your mother thinks about when buying food for your family?*
7. Tell me about how your mother eats.
8. Tell me about how your father eats.
9. Tell me about how your sibling(s) eat(s).
10. How would you compare what you like to eat with your family members?
11. Take a moment to think about the factors that contribute to how your <parent in charge> makes decisions about food.
 - a. *How would you rank those factors?*
12. Tell me about how your mother talks to you about food.
 - a. *How often do they talk to you about food?*
 - b. *Tell me about a recent conversation.*
13. Tell me about how your father talks to you about food. How often do they talk to you about food?
 - a. *How often do they talk to you about food?*
 - b. *Tell me about a recent conversation.*
14. Tell me about any discussions that come up around food at home.
 - a. *Can you give me an example of a recent discussion?*
15. Tell me about any arguments that come up around food at home.
 - a. *Can you give me an example of a recent argument?*
16. Tell me about cooking in your family.
 - a. *Who cooks? How often? Do you ever participate in preparing food? (If yes) How does that happen?*
17. Tell me about mealtimes at your house.

- a. *Who do you eat meals with? How often do you eat meals together? Which meals?*
18. Tell me about eating at home versus eating out.
- a. *How often do you eat out? What kinds of places do you eat out with your family? Who decides where to eat?*
- b. *Tell me about the most recent time you ate out.*
19. Tell me about any rules in your family about food.
- a. *How did those rules come about? How are those rules enforced?*
- b. *Are there any foods or drinks you're not allowed to have?*
- c. *[If certain foods/drinks prohibited], do you ever eat forbidden foods when you're not with your parents?*
- d. *Tell me about how you think your <parent> would react if they found out.*
20. Tell me about what you usually eat on the weekends.
- a. *Do you get to eat different things on the weekend than during the week?*
21. Tell me about the food you eat at school.
- b. *What do you bring for lunch? Do you get the cafeteria lunch? How often do you bring your own lunch to school? Who packs it and what do they pack?*
22. Tell me about what your friends eat.
- a. *How would you compare what you eat to your friends?*
- b. *What do your friends do for lunch?*
- c. *What do you eat when you're with your friends?*
- d. *When you go over to friends' houses, what do you eat?*
23. Talk to me about food waste. Is this something you talk about at home?
24. How much do you think the price of food matters to your <parent>?
25. Are there things that you see other people eating that you would never eat?
26. There's lots of talk about healthy food these days. What do you think that's all about?
- a. *Probes: Tell me about a time you've heard other people talk about healthy food.*
27. What comes to mind when you hear the word "healthy?"
- a. *Why do those images or ideas come to mind?*
- b. *What about "unhealthy"?*
- c. *How did you learn what makes a food healthy or unhealthy?*
28. Does the word "healthy" ever come up at home?
- a. *Tell me about a recent conversation where it came up.*
29. Does the word "healthy" ever come up with your friends?
- a. *Tell me about a recent conversation where it came up.*

III. Reflection

1. If your family had significantly more money for food, how do you think you would eat in your family?
2. How do you think the way you and your family eats compares to other families with adolescents?

IV. Wrapping up

1. Is there anything else that you'd like to share with me about food in your family?
2. Referral: Can you think of two friends that might be willing to talk to me?
3. Demographic Information: Age, Ethnicity/Race, Parental Education and Occupation