

Phase 2.1 topics overview:

Find out what has changed in interviewees' lives across 3 different key questions:

1. What has changed in your daily and weekly routines during the past month(s)?
2. What changes have you noticed around how you buy, cook and consume food?
3. How do you feel about the relaxing of lockdown?

Interviewer notes:

- You will need to cover each of the 3 key questions, as we need consistency across all the interviews, but exactly how you do this is up to you
- We've made some suggestions of questions which might help you get more or richer data around each of the ideas, but it's up to you if you choose to use them, and they may not be appropriate for every interviewee. **These are only suggestions.**

IMPORTANT: Ensure consent form has been ticked/checked online using [this link](#) for participants or consent form has been signed and will be uploaded with your report.

Firstly, introduce yourself briefly (as the interviewer), and ask the interviewee to introduce themselves. Ask them how they are doing today.

Then, ask them to tell you a bit about the situation where they're living right now (e.g. WFH, able to go out, who else is living with you etc) ...

- Changes in routine
 - Can you tell me about some of the ways in which your routine has changed over the past weeks?
 - *Suggestions for further questions:*
 - How easy has it been to adapt to your new routine?
 - What have been some of the challenges?
 - How have others in the household been doing?
 - What do you miss about the old routine?
 - What has been frustrating?
 - What are the personal moments in your routine that you look forward to?
 - What do you think you'll try to keep as we move on from lockdown?
 - What about some of the bigger events or landmarks that have been impacted by the coronavirus?
 - *Suggestions for further questions:*
 - Any birthdays or special occasions? What did you do about them?
 - Any religious festivals that you've had to adapt to? What did you do? How did that make you feel?
- Food
 - What changes have you noticed when it comes to food?
 - *Suggestions for further questions:*
 - How has your diet or food intake changed?
 - What has caused those changes?
 - Any shortages? Any other challenges related to food
 - Who has been doing the cooking, and how much of a change is this compared to pre-COVID?
 - How has the way you feel about food changed?
 - What is the significance of food in your household routine?
 - What do you miss compared to pre-COVID?
 - Anything that is good about the changes you've noticed

- What will you try to keep doing?
- Reactions to relaxing of lockdown
 - How do you feel about the decision to relax lockdown?
 - *Suggestions for further questions:*
 - How will lockdown be relaxed in your country?
 - How do you feel about the lockdown being relaxed?
 - Are you getting the right information about how it will be relaxed?
 - What are you feeling relieved about?
 - What are some of your concerns (and why are you concerned about this?)
 - What is the one thing you are most looking forward to and why?