



This is a repository copy of *"I cannot sit here and eat alone when I know a fellow Ghanaian is suffering": Perceptions of food insecurity among Ghanaian migrants.*

White Rose Research Online URL for this paper:  
<http://eprints.whiterose.ac.uk/147277/>

Version: Supplemental Material

---

**Article:**

Osei-Kwasi, H.A., Nicolaou, M., Powell, K. [orcid.org/0000-0001-8936-9661](https://orcid.org/0000-0001-8936-9661) et al. (1 more author) (2019) "I cannot sit here and eat alone when I know a fellow Ghanaian is suffering": Perceptions of food insecurity among Ghanaian migrants. *Appetite*, 140. pp. 190-196. ISSN 0195-6663

<https://doi.org/10.1016/j.appet.2019.05.018>

---

Article available under the terms of the CC-BY-NC-ND licence  
(<https://creativecommons.org/licenses/by-nc-nd/4.0/>).

**Reuse**

This article is distributed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND) licence. This licence only allows you to download this work and share it with others as long as you credit the authors, but you can't change the article in any way or use it commercially. More information and the full terms of the licence here: <https://creativecommons.org/licenses/>

**Takedown**

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing [eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk) including the URL of the record and the reason for the withdrawal request.



[eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk)  
<https://eprints.whiterose.ac.uk/>

## **INTERVIEW GUIDE**

**March 2015**

Sub-questions to be used as possible prompts.

### **SECTION A: Personal history and social networks**

- 1. Could you tell me a little about yourself?**
- 2. Tell me about the people who are important in your life?**

Probe – who do you spend time with? Who do you talk to? Who do you do things with?

- 3. Can you tell me about your day and how food fits in to it?** Probe for meal patterns, regular, erratic, convenience

Probe for role of social networks in dietary behaviour: eating together with others (who and how many people?), eating out, sitting down to eat, and preparing food? Which things are important to the participant? [Work situation and how that influences the meal pattern as well as types of food eaten?].

### **Section B: Perceptions of change in dietary behaviours following migration and food security**

#### **For first generation migrants to the UK**

- 4. Tell me about your memories of eating in Ghana before migration?**  
Probe – food types eaten, shopping habits, food preparation habits, eating habits.
- 5. Has your diet changed since you migrated to the UK?** If yes, probe for how these changes came about? If no, was that intentional? Probe for shopping habits and changes since migration. Probe for availability and accessibility of preferred foods.

#### **For second or third generation migrants to the UK**

- 6. Does the food that you eat differ to that eaten by your parents or any older friends or relatives that you might have in the UK?** Probe for how changes came about? Probe for availability and accessibility of preferred foods.

#### **Questions 7 and 8 for all participants**

- 7. Can you tell me about your shopping habits?**  
(Probe for experiences of food insecurity) Can you tell me about your recent experiences of shopping for food and how they might differ or not to those you had in Ghana? (For only 1<sup>st</sup> generation migrants) Frequency of shopping visits, type of shops used? [Probe for role of social environment in mitigating against food insecurity].

(Further probes: Do you know anyone in the Ghanaian community who might be food insecure, Have you been in a situation where you helped anyone who might be food insecure?)

**Section C: Beliefs and perceptions of food**

**8. Tell me about things that are important to you with respect to food?**

Probe for perception of healthy food, status and role of traditional vs. convenient foods (how does this relate to food costs), husband and children's food preferences.