



City Research Online

City St George's, University of London

Citation: Reynolds, C., Kluczkovski, A., Frankowska, A., Da Silva, J. T., Levy, R., Rauber, F., Schmidt Rivera, X. & Bridle, S. L. (2020). Are we ready for sustainable cookery? Comparing current (and future) cooking and time use practices in UK, US and Australia. Paper presented at the Creative Tastebuds Symposium 2020, May 3-4, 2021, Denmark. doi: 10.1386/ijfd_00020_7

This is the published version of the paper.

This version of the publication may differ from the final published version. To cite this item please consult the publisher's version.

Permanent repository link: <https://openaccess.city.ac.uk/id/eprint/25516/>

Link to published version: https://doi.org/10.1386/ijfd_00020_7

Copyright and Reuse: Copyright and Moral Rights remain with the author(s) and/or copyright holders. Copies of full items can be used for personal research or study, educational, or not-for-profit purposes without prior permission or charge, unless otherwise indicated, provided that the authors, title and full bibliographic details are credited, a hyperlink and/or URL is given for the original metadata page and the content is not changed in any way. For full details of reuse please refer to [City Research Online policy](#).

**ARE WE READY FOR SUSTAINABLE COOKERY? COMPARING
CURRENT (AND FUTURE) COOKING AND TIME USE PRACTICES IN
THE UNITED KINGDOM, THE UNITED STATES AND AUSTRALIA**

CHRISTIAN J. REYNOLDS

University of Sheffield

E-mail: c.reynolds@sheffield.ac.uk

ALANA KLUCZKOVSKI

University of Manchester

ANGELINA FRANKOWSKA

University of Manchester

JACQUELINE T. DA SILVA

University of São Paulo and Research Institute, HCor

RENATA LEVY

University of São Paulo

FERNANDA RAUBER

University of São Paulo

XIMENA SCHMIDT RIVERA

Brunel University

SARAH L. BRIDLE

University of Manchester

Cooking practices play a pivotal role in a healthy diet and lifestyle. Cooking is intertwined with dietary choices. To achieve a sustainable food system, we need to change how we cook and prepare food, along with the time we use to prepare and cook food.

Cooking practices involve a variety of parameters such as cooking times, method of cooking (e.g. boiling, baking, steaming) and type of appliances (e.g. electric hobs, gas ovens, microwaves), which all influence the nutrition content and energy density of food and result in varying amounts of emitted greenhouse gases. Behavioural cooking choices are driven by factors such as convenience, taste, health and lifestyle and shape certain eating habits, but are also influenced by tradition and transfer of knowledge.

This article presents the findings of three pilot surveys deployed in the United Kingdom, United States and Australia in 2019 ($n = 385+$ for each survey). These surveys asked about cooking and preparation time, methods and equipment for 30 common foods.

Though based around similar food cultures, we find differences in cooking practices among the different countries' populations. We then examine how food choices and cooking practices need to change differently in each country to be in line with current guidance on healthy, sustainable eating such as the guidelines provided by the EAT-Lancet report.