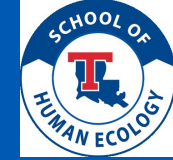# Cooking Behaviors and Social Media Use

Katie Johnson, Madelyn Sesser, Molly Parks, & Cate Feazell

Food and Nutrition Program, School of Human Ecology
Louisiana Tech University

BACKGROUND

The COVID-19 pandemic has resulted in higher education institutions transitioning to online course delivery and limiting on-campus activities. With decreasing access to campus food service and restaurants, college students with limited cooking experience are now reliant on home-prepared meals.

PURPOSE

The purpose of this study was to explore cooking skills and social media use for meal preparation in college students during the COVID-19 experience.

CONCLUSIONS

There is an identified need for providing food preparation and shopping skills education to support college students' ability to manage and adapt during disruptive times.

MATERIALS AND METHODS

This cross-sectional descriptive study utilized an online survey with U.S. college students early in the Covid-19 pandemic. The subset of questionnaire items used for this study included demographic, social media use, and cooking and shopping behaviors items.

RESULTS

Nearly 30% of the college student respondents (N=282) self-identified as the primary person responsible for preparing meals in their homes, while 40% had shared responsibility. Over 50% of the respondents reported increasing meal preparation activities during the quarantine. At the same time, 64% increased their use of social media for researching food preparation techniques and recipe ideas. Sixty-two percent described having "good" grocery shopping skills, while only 51% described their cooking skills as "good"

RESULTS

COOKING BEHAVIORS AMONG COLLEGE STUDENTS

	Extremely well	Very well
GROCERY SHOPPING SKILLS	24.8 %	37.2 %
COOKING SKILLS	21.2%	30.1%

SOCIAL MEDIA USE FOR FOOD RESEARCH DURING COVID-19 QUARANTINE

	Valid %
INCREASE	64%

COLLEGE STUDENT MEAL PREPARATION

	Yes	Duties split
PRIMARY MEAL PREPARER	29.7 %	39.7 %
	Increase	
CHANGE IN MEAL PREPARATION	52.2 %	