

Supplementary Material

Native vs. unique fruit popularity: Exploring the sustainable fruit consumption in Poland – research report

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Table S1. Compacted version of the questionnaire on consumption of edible plants in Poland; full version of the questionnaire in Polish was published under the link <https://www.interankiety.pl/i/rpByxOLg>.

QUESTIONNAIRE Consumption of fruits in Poland																												
<p>Ladies and Gentlemen,</p> <p>Due to the growing interest in the issue of healthy food and healthy eating in Poland, and the lack of statistical data on the exact consumption of fruit by Poles, this survey was launched.</p> <p>The purpose of the survey is to identify your preferences regarding the type, frequency and amount of fruit consumed.</p> <p>The survey was divided into 5 parts:</p> <p>I. General information. II. Seasonal fruits. III. Year-round fruit. IV. Other fruits. V. Imprint.</p> <p>Please provide answers regarding fresh plants or plants processed INDIVIDUALLY (e.g., cooked, baked, fried, frozen, etc.). Please exclude industrially processed products (e.g., canned pineapples or peaches, ready-made frozen foods, etc.). Please mark the answers according to your (relatively stable) eating habits.</p> <p>The research material will be developed in full anonymity and will be used only for scientific purposes.</p> <p>Thank you for participating in the study!</p>																												
<p>I. General information</p> <p>1. Where do you buy fruits? (You can select more than one answer)</p> <table border="0"> <tr> <td>• Supermarket</td> <td>• Local store</td> <td>• Other, please specify:</td> </tr> <tr> <td>• Greengrocers</td> <td>• I grow it myself</td> <td></td> </tr> <tr> <td>• Marketplace</td> <td>• Health food store</td> <td></td> </tr> </table> <p>2. Do you buy fruit from certified organic farming? (You can select more than one answer)</p> <table border="0"> <tr> <td>• Always (strongly agree)</td> <td>• Rarely (more or less disagree)</td> <td>• Undecided</td> </tr> <tr> <td>• Almost always (agree)</td> <td>• Almost never (disagree)</td> <td></td> </tr> <tr> <td>• Often (more or less agree)</td> <td>• Never (strongly disagree)</td> <td></td> </tr> </table> <p>3. If you buy fruit from certified organic farming, please provide reason(s)? (You can select more than one answer)</p> <table border="0"> <tr> <td>• They are better than traditional</td> <td>• It is popular</td> <td>• I can afford it</td> </tr> <tr> <td>• They are healthier than traditional</td> <td>• I want to eat healthy</td> <td>• Other, please specify:</td> </tr> <tr> <td></td> <td>• Not applicable</td> <td></td> </tr> </table>		• Supermarket	• Local store	• Other, please specify:	• Greengrocers	• I grow it myself		• Marketplace	• Health food store		• Always (strongly agree)	• Rarely (more or less disagree)	• Undecided	• Almost always (agree)	• Almost never (disagree)		• Often (more or less agree)	• Never (strongly disagree)		• They are better than traditional	• It is popular	• I can afford it	• They are healthier than traditional	• I want to eat healthy	• Other, please specify:		• Not applicable	
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• They are healthier than traditional	• I want to eat healthy	• Other, please specify:																										
	• Not applicable																											

4. If you do not buy fruit from certified organic farming, please provide reason(s)? (You can select more than one answer)

- They are too expensive
- They are not better than traditional
- They are not healthier than traditional
- It does not matter to me
- I am not sure what eco-friendliness means (or) is
- Not available at my place of residence
- I do not see any difference in comparison to traditional fruit
- Not applicable
- Other, please specify:

II. Seasonal fruits

1. In the season, how often do you eat (particular fruit) ... (question repeated for each seasonal fruit under investigation)

- More than 3 times a day
- 3 times a day
- Twice a day
- Once a day
- 6 times a week
- 5 times a week
- 4 times a week
- 3 times a week
- Twice a week
- Once a week
- I do not eat at all

2. In the season, how much of (particular fruit) do you eat per one serving? (set of answers were dependent on the fruit type)

- | | | | |
|----------------|-----------------|---------------|--------------------------------|
| • 200 g | • 1-2 particles | • 1 handful | • 1/3 small |
| • 300 g | • 3-4 particles | • 2 handfuls | • 1/4 small |
| • 400 g | • 1/4 piece | • small bunch | • 1/8 small |
| • 500 g | • 1/3 piece | • large bunch | • 1/16 small |
| • 750 g | • 1/2 piece | • 1/2 item | • 1 big |
| • 1 kg | • 2/3 piece | • 1 item | • 3/4 big |
| • 1.5 kg | • 3/4 piece | • 2 items | • 2/3 big |
| • 2 kg | • 1 piece | • 3 items | • 1/2 big |
| • 1/2 glass | • 2 pieces | • 4 items | • 1/3 big |
| • 1 glass | • 3 pieces | • 5 items | • 1/4 big |
| • 1-2 slices | • 4 pieces | • 6 items | • 1/16 big |
| • 3-4 slices | • 5 pieces | • 1/2 small | • Other, please specify: |
| • A few slices | | | |

III. Year-round fruits

1. How often do you eat (particular fruit) ... ? (question repeated for each year-round fruit under investigation)

- More than 3 times a day
- 3 times a day
- Twice a day
- Once a day
- 6 times a week
- 5 times a week
- 4 times a week
- 3 times a week
- Twice a week
- Once a week
- I do not eat at all

2. How much of (particular fruit) ... do you eat per one serving? (set of answers were dependent on the fruit type)

- | | | | |
|----------------|-----------------|---------------|--------------------------------|
| • 200 g | • 1-2 particles | • 1 handful | • 1/3 small |
| • 300 g | • 3-4 particles | • 2 handfuls | • 1/4 small |
| • 400 g | • 1/4 piece | • small bunch | • 1/8 small |
| • 500 g | • 1/3 piece | • large bunch | • 1/16 small |
| • 750 g | • 1/2 piece | • 1/2 item | • 1 big |
| • 1 kg | • 2/3 piece | • 1 item | • 3/4 big |
| • 1.5 kg | • 3/4 piece | • 2 items | • 2/3 big |
| • 2 kg | • 1 piece | • 3 items | • 1/2 big |
| • 1/2 glass | • 2 pieces | • 4 items | • 1/3 big |
| • 1 glass | • 3 pieces | • 5 items | • 1/4 big |
| • 1-2 slices | • 4 pieces | • 6 items | • 1/16 big |
| • 3-4 slices | • 5 pieces | • 1/2 small | • Other, please specify: |
| • A few slices | | | |

IV. Unique fruits

1. How often do you eat (particular fruit) ... ? (question repeated for each unique fruit under investigation)

- More than 3 times a day
- 3 times a day
- Twice a day
- Once a day
- 6 times a week
- 5 times a week
- 4 times a week
- 3 times a week
- Twice a week
- Once a week
- I do not eat at all

2. How much of (particular fruit) ... do you eat per one serving? (set of answers were dependent on the fruit type)

- | | | | |
|----------------|-----------------|---------------|--------------------------------|
| • 200 g | • 1-2 particles | • 1 handful | • 1/3 small |
| • 300 g | • 3-4 particles | • 2 handfuls | • ¼ small |
| • 400 g | • 1/4 piece | • small bunch | • 1/8 small |
| • 500 g | • 1/3 piece | • large bunch | • 1/16 small |
| • 750 g | • 1/2 piece | • ½ item | • 1 big |
| • 1 kg | • 2/3 piece | • 1 item | • ¾ big |
| • 1.5 kg | • 3/4 piece | • 2 items | • 2/3 big |
| • 2 kg | • 1 piece | • 3 items | • ½ big |
| • 1/2 glass | • 2 pieces | • 4 items | • 1/3 big |
| • 1 glass | • 3 pieces | • 5 items | • ¼ big |
| • 1-2 slices | • 4 pieces | • 6 items | • 1/16 big |
| • 3-4 slices | • 5 pieces | • ½ small | • Other, please specify: |
| • A few slices | | | |

V. Demographic background

1. Gender:

- | | |
|---------|--------------------------------|
| • Woman | • Other, please specify: |
| • Man | • Prefer not to say |

2. Age:

- | | | |
|-------------------|-------------------|----------------------|
| • 18-24 years old | • 45-54 years old | • Above 60 years old |
| • 25-34 years old | • 55-60 years old | • Prefer not to say |
| • 35-44 years old | | |

3. Marital status:

- | | |
|----------------------------|---------------------|
| • Single | • Widowed |
| • Married/ in relation | • Prefer not to say |
| • Separation/after divorce | |

4. Educational level:

- | | | |
|------------------------|---------------------|--------------------------------|
| • Primary education | • Post-secondary | • Master's degree |
| • Secondary education | • Higher vocational | • Other, please specify: |
| • Secondary vocational | • Bachelor's degree | • Prefer not to say |

5. Region of Poland (voivodeship/ province):

- | | | |
|----------------------|-----------------------|----------------------|
| • Dolnośląskie | • Lubelskie | • Małopolskie |
| • Mazowieckie | • Podkarpackie | • Pomorskie |
| • Śląskie | • Warmińsko-mazurskie | • Zachodniopomorskie |
| • Kujawsko-pomorskie | • Łódzkie | • Lubuskie |
| • Opolskie | • Podlaskie | • Prefer not to say |
| • Świętokrzyskie | • Wielkopolskie | |

6. Area of residence, number of inhabitants:

- | | | |
|-------------------------------------|---------------------------|-----------------------------|
| • Countryside - agricultural area | • City, 101,000 – 250,000 | • City, 751,000 – 1,000,000 |
| • Countryside - industrialized area | • City, 251,000 – 500,000 | • City, over 1,000,000 |
| • City, up to 20,000 | • City, 501,000 – 750,000 | • Prefer not to say |
| • City, 21,000 – 100,000 | | |

7. Indicative net income in PLN [in USD]

- PLN1001 – 3000 [US\$251.7-754.5]
- PLN3001 – 5000 [US\$754.8-1257.6]
- PLN5001 – 7000 [US\$1257.8-1760.6]
- PLN7001 – 9000 [US\$1760.8-2263.6]
- Over PLN9000 [US\$2263.6]
- Prefer not to say