

Table S1. Change in children's food consumption between PRE-COVID-19 period and COVID-19 period by socio-demographic characteristics of children and parents.

Foods	Characteristics of children and parents						
			Decreased (%, 95%CI)	Stayed the same (%, 95%CI)	Increased (%, 95%CI)	Don't Know (%, 95%CI)	<i>p</i> value
Fresh fruit							
	Child's gender	Female	7.9 (6.82-9.05)	79.8 (78.1-81.5)	7.3 (6.31-8.34)	5.0 (4.15-6.08)	0.7988
		Male	8.2 (7.03-9.45)	80.0 (78.1-81.7)	6.6 (5.67-7.65)	5.3 (4.35-6.38)	
	Geographical areas	North	7.2 (6.17-8.44)	82.2 (80.5-83.8)	6.8 (5.9-7.81)	3.7 (3.0-4.66)	0.0001
		Centre	7.8 (6.31-9.64)	80.6 (78.2-82.8)	6.8 (5.46-8.43)	4.8 (3.63-6.21)	
		South/Islands	9.2 (7.57-11.0)	76.5 (73.8-79.1)	7.1 (5.84-8.66)	7.2 (5.84-8.84)	
	Parents' educational level*	Low educational level	4.7 (2.75-7.9)	77.8 (72.4-82.4)	6.9 (4.37-10.6)	10.6 (7.5-14.9)	0.0000
		Medium educational level	8.2 (7.13-9.51)	80.3 (78.6-81.9)	6.2 (5.21-7.3)	5.3 (4.39-6.39)	
		High educational level	8.2 (7.01-9.66)	81.3 (79.5-82.9)	7.9 (6.76-9.18)	2.6 (2.0-3.39)	
	Parents' nationality	Both Italian parents	7.9 (7.01-8.84)	80.8 (79.5-82.1)	7.2 (6.44-8.05)	4.1 (3.49-4.82)	0.0000
		At least one foreign parent	9.0 (6.98-11.6)	76.4 (72.6-79.9)	5.2 (3.38-7.84)	9.4 (6.96-12.5)	
	Family structure	Two-parent family	8.0 (7.09-8.92)	81.0 (79.6-82.3)	6.9 (6.15-7.75)	4.1 (3.47-4.87)	0.0030
		Single-parent family	8.8 (6.89-11.1)	76.2 (72.5-79.5)	7.4 (5.71-9.68)	7.6 (5.47-10.5)	
Vegetables							
	Child's gender	Female	9.3 (8.12-10.7)	80.0 (78.2-81.7)	6.4 (5.57-7.43)	4.2 (3.41-5.14)	0.1755
		Male	8.5 (7.44-9.82)	81.5 (79.8-83.1)	5.2 (4.36-6.18)	4.7 (3.87-5.72)	
	Geographical areas	North	8.7 (7.48-10.1)	81.8 (80.2-83.3)	5.9 (4.97-6.96)	3.6 (2.92-4.52)	0.1047
		Centre	7.8 (6.51-9.31)	81.3 (79.0-83.4)	6.3 (5.03-7.76)	4.6 (3.43-6.22)	

	South/Islands	9.9 (8.12-12.0)	79.3 (76.6-81.7)	5.4 (4.22-6.87)	5.4 (4.34-6.8)	
Parents' educational level*	Low educational level	7.1 (4.76-10.5)	79.0 (74.4-82.9)	3.7 (1.88-7.05)	10.2 (7.44-13.9)	0.0000
	Medium educational level	10.0 (8.67-11.5)	80.2 (78.3-82.0)	5.2 (4.37-6.23)	4.6 (3.76-5.59)	
	High educational level	8.1 (6.79-9.62)	82.8 (80.9-84.5)	6.6 (5.61-7.87)	2.5 (1.88-3.21)	
Parents' nationality	Both Italian parents	8.8 (7.8-9.83)	81.9 (80.6-83.1)	5.8 (5.08-6.56)	3.6 (3.05-4.22)	0.0000
	At least one foreign parent	10.1 (7.82-13.0)	75.7 (71.8-79.2)	5.4 (3.61-8.03)	8.8 (6.44-11.8)	
Family structure	Two-parent family	9.2 (8.29-10.3)	81.3 (79.8-82.6)	5.8 (5.1-6.69)	3.6 (3.07-4.32)	0.0073
	Single-parent family	7.7 (5.78-10.3)	79.6 (76.3-82.6)	6.1 (4.65-8.09)	6.5 (4.81-8.77)	
Meat						
Child's gender	Female	8.6 (7.37-10.0)	81.8 (80.0-83.4)	6.2 (5.27-7.31)	3.4 (2.74-4.24)	0.005
	Male	6.2 (5.33-7.26)	82.2 (80.4-83.8)	8.1 (7.1-9.36)	3.4 (2.7-4.37)	
Geographical areas	North	7.9 (6.77-9.16)	83.5 (81.8-85.1)	5.8 (4.89-6.8)	2.9 (2.24-3.66)	0.0062
	Centre	7.6 (6.12-9.3)	80.7 (78.0-83.2)	8.3 (6.68-10.3)	3.4 (2.42-4.74)	
	South/Islands	6.6 (5.22-8.22)	80.8 (78.6-82.8)	8.5 (7.3-9.83)	4.2 (3.23-5.37)	
Parents' educational level*	Low educational level	6.8 (4.62-9.96)	80.4 (75.1-84.8)	6.5 (3.9-10.5)	6.3 (3.87-10.2)	0.0063
	Medium educational level	7.8 (6.65-9.16)	81.4 (79.5-83.2)	7.4 (6.19-8.73)	3.4 (2.73-4.23)	
	High educational level	6.9 (5.8-8.29)	83.5 (81.7-85.2)	7.4 (6.39-8.63)	2.1 (1.56-2.78)	
Parents' nationality	Both Italian parents	7.1 (6.28-8.01)	82.9 (81.7-84.1)	7.4 (6.64-8.21)	2.6 (2.13-3.1)	0.0000
	At least one foreign parent	9.5 (7.1-12.5)	76.0 (71.8-79.7)	6.6 (4.39-9.85)	7.9 (5.86-10.7)	
Family structure	Two-parent family	7.4 (6.53-8.3)	82.6 (81.3-83.9)	7.4 (6.59-8.21)	2.6 (2.13-3.23)	0.0193
	Single-parent family	7.4 (5.56-9.67)	81.0 (77.7-84.0)	6.6 (4.75-9.14)	5.0 (3.63-6.81)	

Fish							
	Child's gender	Female	14.9 (13.4-16.6)	76.2 (74.3-78.1)	4.0 (3.16-4.98)	4.9 (4.115-81)	0.2078
		Male	12.9 (11.5-14.4)	78.7 (76.8-80.4)	3.8 (3.1-4.58)	4.7 (3.85-5.7)	
	Geographical areas	North	12.4 (11.1-13.9)	79.8 (77.9-81.5)	4.0 (3.21-4.91)	3.9 (3.13-4.76)	0.005
		Centre	13.5 (11.4-15.8)	77.8 (75.1-80.4)	4.1 (2.91-5.73)	4.6 (3.58-5.9)	
		South/Islands	15.9 (13.8-18.3)	74.4 (71.9-76.8)	3.6 (2.62-4.95)	6.1 (4.94-7.46)	
	Parents' educational level*	Low educational level	11.7 (8.67-15.5)	76.0 (71.8-79.7)	2.6 (1.39-4.76)	9.8 (6.81-13.9)	0.0000
		Medium educational level	14.2 (12.6-15.9)	77.5 (75.4-79.4)	3.1 (2.4-4.06)	5.2 (4.41-6.25)	
		High educational level	14.2 (12.4-16.2)	78.2 (76.1-80.1)	4.9 (3.98-5.98)	2.7 (2.14-3.52)	
	Parents' nationality	Both Italian parents	14.7 (13.6-16.0)	77.7 (76.2-79.1)	3.7 (3.13-4.4)	3.9 (3.33-4.55)	0.0000
		At least one foreign parent	7.3 (5.44-9.79)	77.5 (73.4-81.1)	5.1 (3.16-8.12)	10.1 (7.7-13.1)	
	Family structure	Two-parent family	14.4 (13.1-15.7)	77.7 (76.1-79.1)	3.8 (3.2-4.6)	4.1 (3.51-4.89)	0.0827
		Single-parent family	13.6 (11.3-16.3)	75.7 (72.4-78.8)	4.1 (2.7-6.17)	6.5 (4.86-8.78)	
Dairy products and eggs							
	Child's gender	Female	5.7 (4.83-6.75)	82.4 (80.6-84.0)	8.2 (7.08-9.54)	3.7 (2.92-4.67)	0.9499
		Male	5.5 (4.63-6.58)	83.0 (81.3-84.5)	7.8 (6.82-8.96)	3.7 (2.94-4.64)	
	Geographical areas	North	5.0 (4.21-5.95)	83.8 (81.9-85.6)	8.1 (6.91-9.45)	3.1 (2.42-3.86)	0.0385
		Centre	4.9 (3.73-6.37)	84.2 (81.8-86.3)	7.4 (5.95-9.08)	3.6 (2.62-4.92)	
		South/Islands	6.8 (5.42-8.55)	80.3 (78.0-82.5)	8.3 (6.98-9.8)	4.6 (3.45-6.06)	
	Parents' educational level*	Low educational level	7.1 (4.42-11.2)	78.9 (73.9-83.2)	6.7 (4.49-9.76)	7.3 (4.75-11.1)	0.0007
		Medium educational level	5.4 (4.44-6.45)	82.8 (80.9-84.6)	8.3 (7.18-9.6)	3.5 (2.78-4.44)	
		High educational level	5.4 (4.42-6.66)	84.1 (82.2-85.8)	8.2 (7.04-9.47)	2.3 (1.73-3.12)	

	Parents' nationality	Both Italian parents	5.5 (4.77-6.31)	83.8 (82.6-85.0)	7.9 (7.11-8.76)	2.8 (2.29-3.4)	0.0000
		At least one foreign parent	5.7 (3.88-8.42)	75.9 (71.6-79.7)	10.1 (7.6-13.3)	8.3 (6.16-11.1)	
	Family structure	Two-parent family	5.6 (4.86-6.44)	83.3 (82.0-84.6)	7.9 (7.08-8.88)	3.1 (2.56-3.8)	0.1410
		Single-parent family	5.5 (3.99-7.44)	80.8 (77.6-83.6)	9.0 (7.08-11.4)	4.8 (3.32-6.85)	
Pulses							
	Child's gender	Female	6.7 (5.85-7.7)	82.0 (80.4-83.4)	5.4 (4.43-6.62)	5.9 (4.96-7.03)	0.6438
		Male	6.0 (5.12-7.09)	83.2 (81.7-84.5)	4.9 (4.04-5.86)	5.9 (5.02-6.95)	
	Geographical areas	North	6.2 (5.34-7.26)	83.3 (81.8-84.7)	4.3 (3.47-5.28)	6.1 (5.19-7.26)	0.1848
		Centre	7.2 (5.85-8.76)	81.7 (79.5-83.8)	5.1 (3.92-6.67)	6.0 (4.84-7.35)	
		South/Islands	6.1 (4.92-7.45)	82.1 (80.2-83.9)	6.2 (4.94-7.85)	5.6 (4.44-6.97)	
	Parents' educational level*	Low educational level	7.0 (4.65-10.5)	81.4 (76.4-85.5)	2.5 (1.28-4.87)	9.1 (6.2-13.1)	0.0001
		Medium educational level	7.0 (6.01-8.1)	82.3 (80.7-83.8)	4.4 (3.49-5.62)	6.3 (5.32-7.37)	
		High educational level	5.7 (4.68-6.83)	84.1 (82.3-85.7)	6.3 (5.22-7.58)	4.0 (3.16-4.97)	
	Parents' nationality	Both Italian parents	6.3 (5.58-7.09)	83.5 (82.4-84.6)	5.2 (4.58-6.01)	4.9 (4.32-5.63)	0.0000
		At least one foreign parent	6.9 (5.13-9.33)	78.0 (73.8-81.6)	3.9 (2.42-6.25)	11.2 (8.6-14.4)	
	Family structure	Two-parent family	6.7 (5.94-7.55)	82.9 (81.7-84.1)	5.2 (4.47-6.08)	5.1 (4.48-5.9)	0.0046
		Single-parent family	5.1 (3.68)	81.8 (78.9-84.5)	4.8 (3.59-6.43)	8.3 (6.36-10.7)	
Savoury snacks							
	Child's gender	Female	5.5 (4.54-6.56)	67.7 (65.3-69.9)	23.3 (21.4-25.5)	3.5 (2.8-4.44)	0.5322
		Male	6.3 (5.37-7.33)	66.0 (63.9-68.0)	24.3 (22.6-26.2)	3.4 (2.7-4.3)	
	Geographical areas	North	5.4 (4.47-6.47)	69.7 (67.6-71.8)	21.9 (20.1-23.7)	3.0 (2.39-3.85)	0.0469
		Centre	6.4 (5.1-8.0)	64.8 (61.8-67.8)	25.2 (22.5-28.0)	3.6 (2.61-4.89)	

	South/Islands	6.2 (4.89-7.97)	64.1 (60.7-67.3)	25.7 (22.7-29.0)	4.0 (3.04-5.15)	
Parents' educational level*	Low educational level	2.8 (1.46-5.2)	70.5 (65.4-75.0)	20.7 (16.8-25.3)	6.1 (3.72-9.74)	0.0001
	Medium educational level	5.3 (4.4-6.4)	65.1 (62.7-67.5)	26.4 (24.2-28.7)	3.1 (2.46-4.02)	
	High educational level	6.9 (5.73-8.39)	67.7 (65.5-69.8)	22.7 (20.9-24.8)	2.6 (2.01-3.34)	
Parents' nationality	Both Italian parents	5.7 (4.97-6.58)	67.2 (65.5-69.0)	24.3 (22.7-25.9)	2.7 (2.29-3.3)	0.0000
	At least one foreign parent	6.9 (4.73-9.93)	62.1 (57.8-66.3)	23.3 (19.4-27.8)	7.6 (5.47-10.5)	
Family structure	Two-parent family	5.9 (5.10-6.859)	67.2 (65.4-69.09)	23.9 (22.3-25.5)	3.01 (2.47-3.65)	0.3468
	Single-parent family	6.1 (4.56-8.07)	65.5 (62.2-68.6)	24.2 (21.3-27.3)	4.3 (3.02-6.03)	
Sweet foods						
Child's gender	Female	4.5 (3.77-5.47)	66.6 (64.4-68.8)	25.2 (23.2-27.3)	3.6 (2.86-4.53)	0.3373
	Male	5.6 (4.75-6.67)	65.8 (63.7-67.7)	25.5 (23.6-27.4)	3.2 (2.45-4.07)	
Geographical areas	North	4.8 (3.92-5.76)	68.7 (66.5-70.8)	23.6 (21.7-25.6)	3.0 (2.29-3.89)	0.0194
	Centre	4.3 (3.09-5.83)	66.6 (63.8-69.4)	26.1 (23.3-29.1)	3.0 (2.16-4.09)	
	South/Islands	6.1 (4.82-7.59)	62.7 (59.5-65.8)	27.2 (24.2-30.4)	4.1 (3.08-5.44)	
Parents' educational level*	Low educational level	4.7 (2.83-7.71)	65.6 (60.3-70.6)	21.7 (17.7-26.2)	8.0 (5.15-12.3)	0.0000
	Medium educational level	4.9 (3.95-6.0)	65.7 (63.2-68.0)	26.4 (24.1-28.9)	3.04 (2.39-3.87)	
	High educational level	5.4 (4.34-6.71)	66.7 (64.6-68.8)	25.9 (23.9-28.0)	2.0 (1.44-2.66)	
Parents' nationality	Both Italian parents	4.9 (4.22-5.66)	66.3 (64.6-68.0)	26.3 (24.7-27.9)	2.5 (2.07-3.08)	0.0000
	At least one foreign parent	6.7 (4.64-9.62)	64.0 (59.5-68.2)	21.5 (17.6-26.0)	7.8 (5.51-11.0)	
Family structure	Two-parent family	5.1 (4.37-5.85)	66.4 (64.7-68.1)	25.7 (24.1-27.3)	2.8 (2.29-3.48)	0.5961
	Single-parent family	5.4 (3.65-7.95)	65.9 (62.4-69.2)	24.9 (21.5-28.6)	3.8 (2.56-5.75)	

Packaged drinks containing sugar							
	Child's gender	Female	4.5 (3.77-5.47)	65.8 (63.7-67.7)	25.5 (23.6-27.4)	3.2 (2.45-4.07)	0.0856
		Male	9.4 (8.3-10.7)	74.7 (72.9-76.5)	11.6 (10.3-13.1)	4.2 (3.45-5.04)	
	Geographical areas	North	8.7 (7.6-10.0)	77.6 (75.7-79.5)	9.6 (8.39-11.1)	4.0 (3.27-4.9)	0.0495
		Centre	10.5 (8.67-12.6)	74.5 (71.3-77.4)	10.9 (9.12-12.9)	4.2 (3.13-5.52)	
		South/Islands	10.9 (9.42-12.6)	72.3 (69.6-74.9)	11.7 (9.56-14.2)	5.1 (4.03-6.36)	
	Parents' educational level*	Low educational level	5.6 (3.53-8.73)	77.2 (72.7-81.2)	9.1 (6.71-12.1)	8.1 (5.55-11.7)	0.0000
		Medium educational level	9.2 (8.0-10.5)	74.9 (72.8-76.8)	11.9 (10.4-13.6)	4.0 (3.26-5.03)	
		High educational level	10.9 (9.6-12.3)	76.1 (74.1-78.0)	9.9 (8.56-11.3)	3.2 (2.51-3.99)	
	Parents' nationality	Both Italian parents	9.4 (8.48-10.5)	76.4 (74.9-77.9)	10.5 (9.41-11.7)	3.6 (3.14-4.25)	0.0000
		At least one foreign parent	12.4 (9.82-15.5)	66.5 (62.0-70.8)	12.9 (10.2-16.1)	8.2 (5.92-11.3)	
	Family structure	Two-parent family	9.7 (8.74-10.8)	76.0 (74.4-77.5)	10.6 (9.53-11.9)	3.6 (3.1-4.31)	0.0039
		Single-parent family	10.5 (8.67-12.6)	72.1 (68.5-75.4)	11.0 (8.81-13.7)	6.4 (4.89-8.46)	
Breakfast cereals							
	Child's gender	Female	5.1 (4.23-6.07)	80.9 (79.1-82.6)	5.4 (4.57-6.27)	7.3 (6.17-8.57)	0.0683
		Male	6.3 (5.31-7.43)	81.1 (79.4-82.7)	5.4 (4.57-6.27)	7.3 (6.17-8.57)	
	Geographical areas	North	5.3 (4.39-6.44)	81.7 (80.0-83.2)	6.6 (5.73-7.56)	6.4 (5.41-7.64)	0.1466
		Centre	5.0 (3.73-6.62)	81.3 (78.8-83.5)	6.6 (5.44-8.01)	7.1 (5.74-8.81)	
		South/Islands	6.6 (5.4-8.09)	80.0 (77.6-82.2)	5.3 (4.17-6.73)	8.1 (6.47-10.0)	
	Parents' educational level*	Low educational level	7.2 (4.49-11.3)	77.6 (71.8-82.5)	3.9 (2.38-6.34)	11.3 (7.67-16.4)	0.0020
		Medium educational level	5.8 (4.80-6.90)	80.5 (78.8-82.1)	6.3 (5.37-7.46)	7.4 (6.26-8.66)	

	High educational level	4.8 (3.97-5.75)	83.3 (81.6-84.8)	6.51 (5.46-7.74)	5.4 (4.51-6.54)	
Parents' nationality	Both Italian parents	5.4 (4.81-6.17)	82.1 (80.9-83.2)	6.1 (5.43-6.83)	6.4 (5.59-7.29)	0.0038
	At least one foreign parent	6.4 (4.36-9.34)	75.8 (71.6-79.5)	6.7 (4.66-9.63)	11.1 (8.17-14.9)	
Family structure	Two-parent family	5.5 (4.81-6.29)	81.8 (80.5-83.0)	6.2 (5.52-6.9)	6.5 (5.69-7.51)	0.4000
	Single-parent family	6.4 (4.83-8.51)	79.0 (75.6-82.0)	6.7 (4.92-8.96)	7.9 (5.95-10.4)	

* The highest educational level between the two parents.

Table S2. Change in families' eating behaviours between PRE-COVID-19 period and COVID-19 period by socio-demographic characteristics of children and parents.

Family consumption behaviours							
			Decreased	Stayed the same	Increased	Don't Know	<i>p</i> value
			(%, 95%CI)	(%, 95%CI)	(%, 95%CI)	(%, 95%CI)	
Buying food online							
	Child's gender	Female	16.8 (15.2-18.6)	42.2 (39.9-44.5)	18.0 (16.1-20.1)	23.0 (21.0-25.1)	0.4250
		Male	16.9 (15.3-18.7)	40.0 (37.8-42.3)	19.7 (17.8-21.7)	23.4 (21.6-25.3)	
	Geographical areas	North	14.1 (12.6-15.7)	43.5 (41.0-46.0)	25.0 (22.6-27.5)	17.5 (15.7-19.4)	0.0000
		Centre	13.8 (11.8-16.0)	44.0 (40.6-47.4)	17.8 (14.3-21.9)	24.5 (21.6-27.6)	
		South/Islands	22.3 (20.0-24.8)	36.2 (33.3-39.3)	11.6 (9.49-14.0)	29.9 (27.0-32.9)	
	Parents' educational level*	Low educational level	22.5 (18.2-27.5)	31.2 (26.6-36.2)	5.96 (3.73-9.4)	40.4 (35.0-45.9)	0.0000
		Medium educational level	19.5 (17.6-21.6)	36.9 (34.8-39.2)	16.6 (14.8-18.5)	27.0 (24.9-29.2)	
		High educational level	12.9 (11.2-14.9)	47.6 (45.2-50.0)	24.4 (22.0-26.9)	15.1 (13.5-16.8)	
	Parents' nationality	Both Italian parents	16.2 (14.9-17.6)	42.5 (40.7-44.3)	20.3 (18.5-22.1)	21.1 (19.6-22.6)	0.0000
		At least one foreign parent	21.9 (18.0-26.3)	32.8 (28.6-37.3)	10.2 (7.7-13.5)	35.1 (30.6-39.8)	
	Family	Two-parent family	16.6 (15.3-18.1)	41.5 (39.6-43.4)	19.8 (18.0-21.6)	22.1 (20.6-23.7)	0.1052
		Single-parent family	19.4 (16.9-22.2)	40.0 (36.3-43.8)	16.5 (13.6-19.9)	24.1 (20.3-28.3)	
Buying food in bulk							
	Child's gender	Female	7.3 (6.26-8.5)	40.8 (38.7-43.0)	46.5 (44.1-48.8)	5.4 (4.5-6.5)	0.2387
		Male	6.0 (5.06-7.13)	40.1 (37.9-42.3)	47.7 (45.4-50.0)	6.2 (5.18-7.41)	

Geographical areas	North	5.1 (4.28-6.03)	43.3 (41.1-45.5)	46.8 (44.3-49.4)	4.8 (3.81-6.1)	0.0000
	Centre	6.1 (4.88-7.69)	40.2 (37.0-43.6)	48.3 (44.9-51.6)	5.4 (4.2-6.84)	
	South/Islands	8.9 (7.47-10.6)	36.9 (33.7-40.1)	46.9 (43.3-50.5)	7.4 (6.07-8.92)	
Parents' educational level*	Low educational level	9.5 (6.7-13.2)	48.2 (42.3-54.2)	31.6 (26.2-37.5)	10.7 (7.99-14.2)	0.0000
	Medium educational level	7.1 (6.03-8.36)	41.0 (38.8-43.2)	45.1 (42.8-47.5)	6.8 (5.78-8.03)	
	High educational level	5.1 (4.21-6.06)	38.3 (36.0-40.7)	53.2 (50.9-55.5)	3.4 (2.63-4.37)	
Parents' nationality	Both Italian parents	6.0 (5.34-6.8)	40.0 (38.3-41.7)	48.8 (47.0-50.7)	5.2 (4.47-5.97)	0.0000
	At least one foreign parent	9.4 (7.31-12.1)	43.6 (39.7-47.6)	37.5 (33.2-42.1)	9.4 (6.72-13.0)	
Family	Two-parent family	6.2 (5.5-7.09)	39.4 (37.7-41.1)	49.3 (47.5-51.2)	5.0 (4.34-5.82)	0.0001
	Single-parent family	8.1 (6.46-10.2)	44.9 (41.0-48.9)	40.2 (36.3-44.3)	6.7 (5.04-8.99)	
Eating home-cooked meals						
Child's gender	Female	2.6 (1.89-3.55)	53.6 (51.6-55.7)	40.9 (38.9-42.8)	2.9 (2.26-3.75)	0.3591
	Male	2.8 (2.19-3.59)	50.9 (48.6-53.2)	43.4 (41.1-45.7)	2.9 (2.21-3.81)	
Geographical areas	North	2.6 (1.94-3.44)	54.6 (52.5-56.7)	40.2 (38.0-42.5)	2.6 (1.92-3.51)	0.1237
	Centre	2.6 (1.82-3.82)	51.2 (47.5-54.9)	43.8 (40.3-47.4)	2.3 (1.43-3.66)	
	South/Islands	2.9 (1.98-4.24)	49.7 (46.4-52.9)	43.8 (40.7-46.8)	3.7 (2.73-4.89)	
Parents' educational level*	Low educational level	1.5 (0.67-3.32)	60.9 (54.8-66.7)	31.5 (26.0-37.7)	6.0 (3.59-10.0)	0.0000
	Medium educational level	2.9 (2.22-3.88)	52.7 (50.2-55.1)	41.2 (38.8-43.7)	3.2 (2.47-4.03)	

	High educational level	2.3 (1.79-3.08)	50.3 (47.9-52.7)	46.2 (43.8-48.7)	1.1 (0.732-1.75)	
Parents' nationality	Both Italian parents	2.4 (1.9-2.99)	51.3 (49.5-53.1)	44.2 (42.4-46.0)	2.1 (1.66-2.66)	0.0000
	At least one foreign parent	3.8 (2.4-6.08)	60.1 (55.7-64.3)	29.7 (25.5-34.3)	6.4 (4.32-9.29)	
Family	Two-parent family	2.3 (1.88-2.94)	51.5 (49.8-53.3)	43.7 (41.8-45.6)	2.4 (1.92-3.09)	0.0161
	Single-parent family	3.9 (2.6-5.74)	54.4 (50.1-58.6)	38.5 (34.9-42.2)	3.2 (2.09-4.97)	
Eating food prepared outside the home						
Child's gender	Female	27.0 (25.1-28.9)	44.2 (42.0-46.5)	12.9 (11.5-14.4)	15.9 (14.3-17.7)	0.2631
	Male	29.2 (27.3-31.2)	43.7 (41.4-46.0)	12.8 (11.4-14.3)	14.3 (12.7-16.0)	
Geographical areas	North	25.1 (23.3-27.0)	47.9 (45.7-50.2)	15.9 (14.2-17.8)	11.1 (9.6-12.7)	0.0000
	Centre	25.1 (22.8-27.6)	44.1 (40.8-47.5)	15.1 (13.0-17.5)	15.6 (13.0-18.7)	
	South/Islands	33.8 (31.0-36.8)	38.7 (35.8-41.7)	7.54 (6.2-9.13)	20.0 (17.6-22.6)	
Parents' educational level*	Low educational level	31.2 (26.5-36.3)	35.7 (30.6-41.1)	5.04 (3.08-8.14)	28.1 (23.8-32.8)	0.0000
	Medium educational level	29.9 (27.9-32.1)	39.9 (37.8-42.1)	12.0 (10.4-13.7)	18.2 (16.4-20.2)	
	High educational level	26.1 (24.1-28.1)	49.5 (47.3-51.8)	15.6 (14.0-17.3)	8.8 (7.6-10.3)	
Parents' nationality	Both Italian parents	27.7 (26.1-29.4)	44.7 (43.0-46.4)	13.7 (12.5-15.0)	13.9 (12.7-15.0)	0.0000
	At least one foreign parent	32.2 (27.9-36.8)	38.7 (34.2-43.3)	8.01 (5.91-10.8)	21.1 (17.3-25.5)	

Family	Two-parent family	28.2 (26.6-29.9)	44.7 (42.9-46.5)	12.9 (11.7-14.2)	14.2 (13.0-15.6)	0.1600
	Single-parent family	28.6 (25.6-31.9)	40.9 (37.5-44.3)	13.9 (11.6-16.5)	16.6 (14.0-19.6)	
Eating together as a family						
Child's gender	Female	7.0 (6.01-8.21)	52.5 (50.2-54.7)	38.2 (35.9-40.6)	2.3 (1.65-3.16)	0.1059
	Male	8.2 (6.96-9.73)	49.0 (46.8-51.2)	40.0 (37.7-42.4)	2.4 (2.08-3.47)	
Geographical areas	North	4.4 (3.61-5.44)	51.5 (49.2-53.7)	42.2 (39.8-44.6)	1.9 (1.36-2.66)	0.0000
	Centre	5.3 (4.23-6.73)	51.2 (47.5-54.9)	41.0 (36.8-45.3)	2.5 (1.59-3.78)	
	South/Islands	13.2 (11.1-15.7)	49.3 (45.9-52.7)	34.2 (30.9-37.6)	3.3 (2.42-4.44)	
Parents' educational level*	Low educational level	12.0 (8.64-16.3)	61.0 (55.2-66.5)	21.9 (16.5-28.5)	5.1 (3.31-7.94)	0.0000
	Medium educational level	8.9 (7.5-10.6)	51.8 (49.4-54.3)	36.5 (34.2-38.9)	2.7 (2.07-3.6)	
	High educational level	5.4 (4.44-6.52)	47.4 (44.8-50.1)	46.1 (43.4-48.9)	1.0 (0.588-1.82)	
Parents' nationality	Both Italian parents	7.4 (6.37-8.58)	50.0 (48.2-51.8)	40.7 (38.7-42.6)	1.9 (1.52-2.46)	0.0002
	At least one foreign parent	8.0 (5.9-10.8)	55.6 (51.1-60.0)	32.0 (27.5-36.7)	4.5 (2.79-7.06)	
Family	Two-parent family	7.3 (6.3-8.41)	49.1 (47.2-51.0)	41.5 (39.6-43.5)	2.1 (1.63-2.69)	0.0001
	Single-parent family	8.6 (6.66-11.1)	56.9 (53.3-60.5)	31.7 (28.0-35.6)	2.8 (1.77-4.38)	
Cooking with your child						
Child's gender	Female	3.7 (2.92-4.6)	50.1 (48.0-52.2)	42.6 (40.4-44.8)	3.6 (2.9-4.55)	0.2768
	Male	3.9 (3.08-4.83)	49.8 (47.6-52.0)	41.5 (39.1-44.0)	4.8 (3.96-5.76)	

Geographical areas	North	2.8 (2.21-3.56)	50.9 (48.7-53.2)	42.6 (40.2-45.1)	3.6 (2.79-4.74)	0.0363
	Centre	4.0 (2.9-5.51)	50.7 (47.3-54.0)	41.5 (37.8-45.2)	3.8 (2.71-5.41)	
	South/Islands	4.9 (3.74-6.33)	48.3 (45.2-51.3)	41.6 (37.8-45.5)	5.2 (4.24-6.45)	
Parents' educational level*	Low educational level	5.9 (3.82-8.95)	55.6 (50.2-60.8)	29.4 (24.5-34.8)	9.2 (6.75-12.4)	0.0000
	Medium educational level	4.1 (3.32-5.13)	51.2 (49.1-53.4)	39.8 (37.5-42.2)	4.8 (1.45-2.78)	
	High educational level	2.8 (2.16-3.65)	47.1 (44.8-49.4)	48.1 (45.6-50.5)	2.0 (1.45-2.78)	
Parents' nationality	Both Italian parents	3.4 (2.79-4.04)	49.2 (47.5-50.9)	44.0 (42.1-45.9)	3.5 (2.96-4.13)	0.0000
	At least one foreign parent	6.8 (4.83-9.52)	54.9 (50.2-59.4)	30.5 (25.6-35.7)	7.9 (5.47-11.2)	
Family	Two-parent family	3.3 (2.74-4.03)	48.9 (47.2-50.6)	44.0 (42.0-46.0)	3.8 (3.18-4.47)	0.0031
	Single-parent family	5.2 (3.73-7.33)	53.3 (49.9-56.6)	37.1 (33.5-40.9)	4.3 (2.99-6.21)	
	Single-parent family	6.3 (4.69-8.36)	68.6 (65.1-72.0)	16.5 (14.0-19.4)	8.6 (6.57-11.1)	

*The highest educational level between the two parents.

S3. List of the questions considered in the analysis.

Some information about the child

1) What is your relationship to the child?

1. Mother

2. Father

3. Other (please specify): _____

How old is the child?

(E.g. a child born on 16 September 2013 will be 8 years and 5 months old on 10 March 2022 (date of completion of the questionnaire))

1. Years |__|__|

2. Months |__|__|

The child is

1. Male

2. Months

The next questions concern the impact of the COVID-19 pandemic on daily habits and behaviours

2) Please indicate each month in which the child was mostly prevented from attending school because of the COVID-19 pandemic (e.g. due to national lockdown, being resident in a 'red' zone, being in self-isolation, or because the school attended was closed)

Consider the year 2020 first

2. February	3. March	4. April	5. May	6. June	7. July	8. August
9. September	10. October	11. November	12. December			

Then consider last year, i.e. 2021

1. January	2. February	3. March	4. April	5. May	6. June	7. July
8. August	9. September	10. October	11. November	12. December		

Finally, consider the current year, i.e. 2022

1. January	2. February	3. March	4. April
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IMPORTANT: In the following questions, consider the 'PRE-COVID period' as the period before March 2020, before the start of the pandemic (or, in the affected municipalities, before February 2020) and the 'COVID-19 period' as the period in which the child was mostly at home due to the COVID-19 pandemic (see months referred to in the previous question).

3) Please indicate whether there were any changes in your child's consumption of the following foods during the COVID-19 period compared to the PRE-COVID period (less, same, more):

	1. Less than in the PRE-COVID period	2. The same as in the PRE-COVID period	3. More than in the PRE-COVID period	4. I don't know
1. Fresh fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Vegetables (including soups and pureed vegetables but excluding potatoes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Dairy products (e.g. milk, yoghurt, cheese) and eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Pulses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Savoury snacks (e.g. crisps, popcorn, nuts, crackers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Sweet foods (e.g. cakes, snacks, biscuits, sweets, ice cream)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Packaged drinks containing sugar (e.g. tea, orange soda, cola, fruit juices)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Breakfast cereals (e.g. corn flakes, muesli)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4) Please indicate which of the following behaviours in a normal week during the COVID-19 period were different from the PRE-COVID period:

	1. Less than in the PRE-COVID period	2. The same as in the PRE-COVID period	3. More than in the PRE-COVID period	4. I don't know
1. Buying regional/local food in local shops or markets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Buying food in supermarkets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Buying food online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Buying food in bulk (over a period longer than a week)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eating home-cooked meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Eating ready meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Eating food prepared outside the home (e.g. takeaway, food ordered online or prepared by a restaurant)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Eating together as a family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Having breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Cooking with your child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Using leftover food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Planning purchases and meals in advance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5) Questions about the parents:

Mother's nationality

1. Italian
2. Foreign (specify nationality): _____
3. Mother not present

Mother's level of education

1. None
2. Primary school (ages 6-11)
3. Secondary school (ages 11-14)
4. Secondary school (ages 14-19)

5. Degree

6. Masters/Doctorate/Specialisation

Father's nationality

1. Italian

2. Foreign (specify nationality): _____

3. Father not present

Father's level of education

1. None

2. Primary school (ages 6-11)

3. Secondary school (ages 11-14)

4. Secondary school (ages 14-19)

5. Degree

6. Masters/Doctorate/Specialisation