

Research Rundown

Article:

Food insecurity and food preparation equipment in US households: exploratory results from a cross-sectional questionnaire

What did this study examine?

The aim of this exploratory study was to identify food preparation equipment ownership and use within a sample of US households that included children, aged 11–14 years.



How was household food preparation equipment ownership assessed?

Adults marked "yes" or "no" to indicate their ownership of 44 common kitchen items from the following four categories:

Category 1: Large Appliances

Includes: barbecue grill, freezer, oven, refrigerator, sink/dishwasher, and stove top/range.

Category 2: Small Appliances

Includes: blender, crockpot, electric grill/griddle, electric mixer, food processor, hot plate, microwave, specialty machine, toaster, toaster oven and waffle iron.

Category 3: Food Preparation Utensils

Includes: can opener, cutlery set/knife set, cutting board, grater, liquid measuring cup, measuring cups, measuring spoons, mixing bowls, mixing spoon, peeler, rolling pin, spatula, tongs, and whisk.

Category 4: Cooking Utensils

Includes: baking pan/bakeware, baking sheet, colander/strainer, cookbook, dishes, food thermometer, ladle, large pot, oven mitt/potholder, potato masher, saucepan, skillet/frying pan/wok, and spice rack.

Key Findings:

37.6 vs **32.3**
total items total items

Food insecure households reported owning fewer kitchen items than food secure households.

Five most commonly owned items

Refrigerator (96.3%)
Microwave (94.8%)
Dishes (94.8%)
Can opener (91.1%)
Oven (89.6%)

Food insecure households are **less** likely to own:

Five least commonly owned items

Hot plate (3.3%)
Specialty machine (27.4%)
Waffle iron (31.9%)
Electric grill/griddle (37.0%)
Food processor (43.0%)

baking pan/bakeware
baking sheet
barbecue grill
cookbook
crockpot
cutlery set/knife set

grater
large pot
mixing bowls
mixing spoon
rolling pin
spice rack

Put it into practice!

- Consider sending out a survey to all households receiving meals intended to be consumed at home from your site(s) to determine what kitchen items they have available
- Avoid providing meals that include storage or preparation techniques that require kitchen items that are not widely owned across households

Reference:

Oakley A. R., Nikolaus C. J., Ellison B., Nickols-Richardson S. M. (2019) Food insecurity and food preparation equipment in US households: exploratory results from a cross-sectional questionnaire. *J Hum Nutr Diet.* 32, 143–151 <https://doi.org/10.1111/jhn.12615>



This institution is an equal opportunity provider.