

**Supplementary Table 1. Summary of statistically significant findings before and after the Eat Better Feel Better Cooking programme stratified by attendance (n=250)**

	<b>Attendance not registered (n=63)</b>	<b>Attendance &lt;= 3 sessions (n=17)</b>	<b>Attendance &gt;= 4 sessions (n=170)</b>	<b>Attendance without stratification (n=250)</b>
	<b>p value</b>	<b>p value</b>	<b>p value</b>	<b>p value</b>
<b>Family eating and cooking practices</b>				
Eat meals together	0.769	0.364	0.625	0.423
Eat takeaways/fast food	0.593	0.414	0.029	0.019
Eat ready meals bought from the shops_	0.768	0.054	0.004	0.003
Buy ingredients and cook from scratch_	0.125	0.317	0.000	<0.001
<b>Children drink and food consumption</b>				
Water or squash with no added sugar	0.199	0.196	0.101	0.277
Full sugar/soda drinks (not including diet soft drinks)	0.143	0.131	0.090	0.012
Crisps and savoury snacks	0.212	0.595	0.030	0.012
Biscuits	0.592	0.096	0.011	0.007
Sweets and chocolate	0.241	0.380	0.007	0.002
Cakes, puddings and pastries	0.412	0.157	0.037	0.052
Chips and fried/roasted potatoes	0.019	0.414	0.002	<0.001
Sausages, sausage rolls, pies, pastries	0.092	0.157	0.000	<0.001
<b>Children consumption of fruit, vegetables and biscuits</b>				
Fruit portions/day	0.640	0.089	0.027	0.008
Vegetables portion/day	0.086	0.438	0.002	<0.001
Biscuits	0.484	0.414	0.008	0.005

**Supplementary Table 2. Family eating and cooking practices and children's weekly consumption before and after EBFB cooking programme (n=58)**

		Weekly frequencies, n (%) based on N=58							Summary Rank Statistics		
		never or < once per week	Once per week	2-4 times per week	5-6 times per week	Once per day	Twice per day or more	Missing	After Intervention (%)		p- value
									Less	More	
<b>Family Eating and Cooking Practices</b>											
Eat meals together	<b>Before</b>	3 (5%)	1 (2%)	10 (17%)	8 (14%)	14 (24%)	19 (33%)	3 (5%)	38	36	0.751
	<b>After</b>	3 (5%)	2 (3%)	6 (10%)	4 (7%)	31 (53%)	10 (17%)	2 (3%)			
Eat takeaways/fast food	<b>Before</b>	27 (47%)	24 (41%)	4 (7%)	1 (2%)	0 (0%)	0 (0%)	2 (3%)	39	11	0.028
	<b>After</b>	35 (60%)	19 (33%)	3 (5%)	0 (0%)	0 (0%)	0 (0%)	1 (2%)			
Eat ready meals bought from the shops	<b>Before</b>	30 (52%)	13 (22%)	12 (21%)	2 (3%)	1 (2%)	0 (0%)	0 (0%)	36	5	0.002
	<b>After</b>	47 (81%)	4 (7%)	5 (8%)	0 (0%)	1 (2%)	1 (2%)	0 (0%)			
Buy ingredients and cook from scratch	<b>Before</b>	6 (10%)	4 (7%)	16 (28%)	18 (31%)	4 (7%)	9 (15%)	1 (2%)	32	45	0.146
	<b>After</b>	3 (5%)	2 (3%)	12 (21%)	23 (40%)	16 (27%)	1 (2%)	1 (2%)			
<b>Children drink and food consumption</b>											
Water or squash with no added sugar	<b>Before</b>	4 (7%)	0 (0%)	3 (5%)	11 (19%)	6 (10%)	28 (48%)	6 (10%)	11	44	0.002
	<b>After</b>	1 (2%)	0 (0%)	0 (-%)	0 (0%)	11 (19%)	40 (69%)	6 (10%)			
Full sugar/soda drinks not diet soft drinks	<b>Before</b>	25 (44%)	6 (10%)	10 (17%)	2 (3%)	2 (3%)	4 (7%)	9 (16%)	34	18	0.801
	<b>After</b>	36 (62%)	3 (5%)	5 (8%)	1 (2%)	1 (2%)	3 (5%)	9 (16%)			
Crisps and savoury snacks	<b>Before</b>	5 (9%)	9 (16%)	15 (26%)	6 (10%)	14 (24%)	5 (7%)	4 (7%)	38	36	0.688
	<b>After</b>	10 (17%)	6 (10%)	16 (28%)	1 (2%)	20 (35%)	0 (0%)	5 (8%)			
Biscuits	<b>Before</b>	4 (7%)	4 (7%)	28 (48%)	5 (9%)	10 (17%)	3 (5%)	4 (7%)	51	19	0.048
	<b>After</b>	16 (28%)	5 (9%)	18 (31%)	0 (0%)	12 (21%)	0 (0%)	7 (11%)			
Sweets and chocolate	<b>Before</b>	4 (7%)	8 (14%)	23 (40%)	8 (14%)	5 (9%)	3 (5%)	7 (11%)	44	27	0.213
	<b>After</b>	11 (19%)	11 (19%)	18 (31%)	1 (2%)	11 (19%)	0 (0%)	6 (10%)			
Cakes, puddings and pastries	<b>Before</b>	10 (18%)	23 (40%)	14 (24%)	2 (3%)	3 (5%)	0 (0%)	6 (10%)	55	20	0.036
	<b>After</b>	32 (56%)	12 (21%)	4 (7%)	1 (2%)	1 (2%)	1 (2%)	6 (10%)			

Chips and fried/roasted potatoes	<b>Before</b>	20 (35%)	16 (28%)	15 (26%)	0 (0%)	2 (3%)	0 (0%)	5 (8%)	36	23	0.577
	<b>After</b>	25 (43%)	11 (19%)	15 (26%)	0 (0%)	0 (0%)	0 (0%)	7 (12%)			
Sausages, sausage rolls, pies, pastries	<b>Before</b>	12 (21%)	22 (38%)	13 (22%)	4 (7%)	1 (2%)	2 (3%)	4 (7%)	58	11	0.002
	<b>After</b>	34 (59%)	10 (17%)	8 (14%)	0 (0%)	0 (0%)	0 (0%)	6 (10%)			

<b>Supplementary Table 3. Children portion consumption of fruit, vegetables and biscuits (n=58).</b>											
		Weekly frequencies, n (%) based on N=58							Summary Rank Statistics		
		never or < once per week	Once per week	2-4 times per week	5-6 times per week	Once per day	Twice per day or more	Missing	After Intervention (%)		<i>p</i> - value
									Less	More	
Fruit portions/day	<b>Before</b>	3 (5%)	9 (16%)	20 (34%)	9 (16%)	3 (5%)	9 (16%)	5 (9%)	13	79	<0.001
	<b>After</b>	2 (3%)	2 (3%)	3 (5%)	14 (24%)	8 (13%)	25 (42%)	6 (10%)			
Vegetable portions/day	<b>Before</b>	7 (12%)	11 (19%)	19 (33%)	8 (14%)	6 (10%)	2 (3%)	5 (9%)	11	77	<0.001
	<b>After</b>	2 (3%)	3 (5%)	12 (21%)	10 (17%)	4 (7%)	22 (38%)	5 (9%)			
Biscuits typical portion*	<b>Before</b>	1 (3%)	19 (33%)	20 (35%)	5 (8%)	1 (2%)	3 (5%)	8 (14%)	20	55	0.004
	<b>After</b>	5 (9%)	9 (16%)	17 (29%)	11 (19%)	4 (7%)	6 (10%)	6 (10%)			

\* not reported as daily consumption but estimate of typical portions/day.

Figure 1. Percentage of participants checking food labels before the Eat Better Feel Better Cooking Programme and at follow up (n=58)

