

Appendix 3: Top 5 TDF themes and sub-themes of barriers as identified as stakeholders

TDF Theme	COM-B	Sub-Themes
1. Environmental Context and Resources	Physical opportunity	Accessibility Advertising Junk Food Digital Exclusion Eligibility criteria Lack of Food exposure Funding Government and Politics Higher cost Lack of income Increase in charities and food banks Lack of resources and services Lack of time Location and food environment Promotional offers, deals and branding
2. Beliefs about Capabilities	Reflective motivation	Budget conscious Parents ability Higher demand of interventions Need materials to take part in workshops
3. Beliefs about consequences	Reflective Motivation	Fed is best Food waste
4. Knowledge	Psychological capability	Information available Lack of knowledge or education

5. Social
Professional role
and identity

Reflective motivation

Breaking rules
Outcomes and population to reach has changed
Quality of support provided by organisations have reduced
Relationship with families
Role modelling
Workshops, activities and lessons being reduced