

Table S1. Hierarchical multiple regression model testing the relation between pro-environmental behaviors and subjective wellbeing (with unweighted eating variables). Unstandardized correlations (*B*), Standard error (*SE*) and Collinearity diagnostics (*VIF*). *N* = 835.

Variables	Model ¹								
	1			2			3		
	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>
Grocery shopping last time	0.662**	0.253	2.226	0.671**	0.243	2.228	0.604*	0.241	2.237
Grocery shopping habits	0.007	0.050	2.269	−0.048	0.049	2.314	−0.039	0.049	2.340
Ate yesterday (unweighted)	0.114	0.158	1.269	0.005	0.153	1.282	−0.038	0.152	1.300
Eating habits (unweighted)	−0.073	0.047	1.295	−0.068	0.045	1.303	−0.092*	0.046	1.346
Travel mode last week	0.054	0.046	1.028	0.044	0.044	1.031	0.053	0.045	1.084
Generalized trust				0.159***	0.020	1.080	0.162***	0.020	1.088
Social value orientation				0.003	0.004	1.078	0.003	0.004	1.083
Age							−0.020**	0.006	1.529
Gender ²							−0.296**	0.110	1.044
Income							0.078**	0.027	1.527
Adj. R ²	0.016**			0.091***			0.111***		
ΔR ²	0.016**			0.075***			0.020***		
F	3.745**			12.909***			11.398***		

¹ Subjective wellbeing modeled as dependent variable. ² Male is numerically higher. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$.

Table S2. Hierarchical multiple regression model testing the relation between pro-environmental behaviors and subjective economic resources (with unweighted eating variables). Unstandardized correlations (*B*), Standard error (*SE*) and Collinearity diagnostics (*VIF*). *N* = 834.

Variables	Model ¹								
	1			2			3		
	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>
Grocery shopping last time	0.612*	0.287	2.224	0.397	0.271	2.245	0.264	0.249	2.251
Grocery shopping habits	−0.052	0.057	2.269	−0.079	0.055	2.325	−0.065	0.050	2.350
Ate yesterday (unweighted)	−0.110	0.179	1.269	−0.197	0.170	1.289	−0.222	0.157	1.307
Eating habits (unweighted)	0.091†	0.053	1.296	0.111*	0.051	1.309	0.139**	0.047	1.355
Travel mode last week	0.031	0.052	1.028	0.016	0.050	1.046	0.105*	0.047	1.098
Subjective wellbeing				0.327***	0.039	1.114	0.285***	0.036	1.143
Social value orientation				0.006	0.004	1.084	0.008*	0.004	1.089
Generalized trust				0.074**	0.024	1.247	0.072**	0.022	1.258
Trust in environmental institutions				−0.083	0.072	1.160	−0.075	0.066	1.161
Age							−0.044***	0.006	1.551
Gender ²							0.203	0.113	1.053
Income							0.353***	0.028	1.542
Adj. R ²	0.005†			0.117***			0.260***		
ΔR ²	0.005†			0.112***			0.143***		
F	1.918†			13.215***			25.374***		

¹ Subjective economic resources modeled as dependent variable. ² Male is numerically higher. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, † $p < 0.1$.

Table S3. Hierarchical multiple regression model testing the relation between pro-environmental behaviors and the subjective resource time (with unweighted eating variables). Unstandardized correlations (*B*), Standard error (*SE*) and Collinearity diagnostics (*VIF*). *N* = 834.

Variables	Model ¹								
	1			2			3		
	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>

Grocery shopping last time	-0.163	0.283	2.224	-0.220	0.283	2.245	-0.191	0.283	2.251
Grocery shopping habits	-0.002	0.056	2.269	-0.011	0.057	2.325	-0.005	0.057	2.350
Ate yesterday (weighted)	0.103	0.177	1.269	0.081	0.178	1.289	0.069	0.179	1.307
Eating habits (weighted)	0.017	0.053	1.296	0.018	0.053	1.309	0.020	0.054	1.355
Travel mode last week	0.119*	0.052	1.028	0.122*	0.052	1.046	0.100 [†]	0.053	1.098
Subjective wellbeing				0.080*	0.040	1.114	0.090*	0.041	1.143
Social value orientation				0.004	0.004	1.084	0.004	0.004	1.089
Generalized trust				0.039	0.025	1.247	0.038	0.025	1.258
Trust in environmental institutions				-0.107	0.075	1.160	-0.112	0.075	1.161
Age							0.002	0.007	1.551
Gender ²							0.167	0.129	1.053
Income							-0.058 [†]	0.032	1.542
Adj. R ²	0.003			0.011*			0.014		
ΔR ²	0.003			0.008*			0.003		
F	1.478			2.007*			1.983*		

¹ Subjective resource time modeled as dependent variable. ² Male is numerically higher. *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, [†] $p < 0.1$.

Table S4. Hierarchical multiple regression model testing the relation between pro-environmental behaviors and the subjective resource social networks (with unweighted eating variables). Unstandardized correlations (*B*), Standard error (*SE*) and Collinearity diagnostics (*VIF*). *N* = 834.

Variables	Model ¹								
	1			2			3		
	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>
Grocery shopping last time	-0.122	0.250	2.224	-0.346	0.234	2.245	-0.351	0.234	2.251
Grocery shopping habits	0.107*	0.050	2.269	0.092 [†]	0.047	2.325	0.103*	0.047	2.350
Ate yesterday (weighted)	0.093	0.156	1.269	0.029	0.147	1.289	0.003	0.147	1.307
Eating habits (weighted)	-0.040	0.047	1.296	-0.021	0.044	1.309	-0.013	0.044	1.355
Travel mode last week	0.020	0.046	1.028	0.006	0.043	1.046	0.004	0.044	1.098
Subjective wellbeing				0.336***	0.033	1.114	0.335***	0.034	1.143
Social value orientation				0.006 [†]	0.003	1.084	0.006 [†]	0.003	1.089
Generalized trust				0.036 [†]	0.020	1.247	0.035 [†]	0.020	1.258
Trust in environmental institutions				-0.075	0.062	1.160	-0.078	0.062	1.161
Age							-0.011 [†]	0.006	1.551
Gender ²							0.222*	0.107	1.053
Income							0.035	0.026	1.542
Adj. R ²	0.004			0.133***			0.139*		
ΔR ²	0.004			0.129***			0.006*		
F	1.649			15.248***			12.168***		

¹ Subjective resource social networks modeled as dependent variable. ² Male is numerically higher
*** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, [†] $p < 0.1$.

Table S5. Hierarchical multiple regression model testing the relation between pro-environmental behaviors and the subjective resource emotional support (with unweighted eating variables). Unstandardized correlations (*B*), Standard error (*SE*) and Collinearity diagnostics (*VIF*). *N* = 833.

Variables	Model ¹								
	1			2			3		
	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>	<i>B</i>	<i>SE</i>	<i>VIF</i>
Grocery shopping last time	0.084	0.273	2.224	-0.198	0.247	2.245	-0.196	0.247	2.251
Grocery shopping habits	0.102 [†]	0.054	2.269	0.083 [†]	0.050	2.325	0.088 [†]	0.050	2.350

Ate yesterday (weighted)	0.214	0.171	1.270	0.133	0.156	1.291	0.127	0.157	1.308
Eating habits (weighted)	0.008	0.051	1.296	0.040	0.046	1.309	0.050	0.047	1.355
Travel mode last week	0.075	0.050	1.028	0.052	0.045	1.046	0.052	0.046	1.098
Subjective wellbeing				0.439***	0.035	1.114	0.442***	0.036	1.143
Social value orientation				0.002	0.004	1.086	0.003	0.004	1.091
Generalized trust				0.054*	0.022	1.249	0.052*	0.022	1.261
Trust in environmental institutions				-0.060	0.065	1.162	-0.063	0.065	1.163
Age							-0.004	0.006	1.550
Gender ²							0.190 [†]	0.113	1.053
Income							0.017	0.028	1.542
Adj. R ²	0.014**			0.198***			0.198		
ΔR ²	0.014**			0.184***			0.000		
F	3.361**			23.798***			18.125***		

¹ Subjective resource emotional support modeled as dependent variable. ² Male is numerically higher.

*** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, † $p < 0.1$.