

Curricula _____

County _____

Date _____

**Eat
Healthy
to be
Healthy**

Survey

Participant Information

Age: (Please check one)

- Teen
- Adult age 19-40
- Adult age 41-59
- Adult age 60+

Gender: (Please circle one)

Male Female

EAT HEALTHY TO BE HEALTHY

Please help us make our programs and materials better by answering the following questions. First think about what you will do from now on and then think back to what you did before. *Circle the best answer for each.*

	Never		Often		Always
After today , how often will you eat meals that include a variety of foods from MyPyramid?	1	2	3	4	5
Before today , how often did you eat meals that included a variety of foods from MyPyramid?	1	2	3	4	5
After today , how often will you eat more fiber-rich foods per day?	1	2	3	4	5
Before today , how often did you eat fiber-rich foods per day?	1	2	3	4	5

EAT HEALTHY TO BE HEALTHY

After today, how many cups of fruits and vegetables will you eat per day? _____

Examples of 1 cup are:

1 large banana or orange

1 cup 100% fruit juice

1 cup canned fruit

1 cup cooked vegetable

2 cups tossed lettuce salad

Before today, how many cups of fruits and vegetables did you eat per day? _____

After today, how many ounce equivalents from the meat group will you eat per day? _____

Examples of an ounce equivalent are:

1 ounce of meat, fish or poultry

1 tablespoon peanut butter

1 egg

¼ cup pinto or black beans

Before today, how many ounce equivalents from the meat group did you eat per day? _____

Which of these food programs do you think you will use in the next 12 months?
(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program

Which of these food programs did you use in the last 12 months?
(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program