

Curricula _____

County _____

Date _____



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

FIBER: A GREAT CARBOHYDRATE

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 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

After today, how many ounce equivalents of WHOLE grains will you eat per day? _____

Examples of ounce equivalents are:

1 slice of whole wheat bread

½ cup of cooked oatmeal

½ cup of brown rice

Before today, how many ounce equivalents of WHOLE grains did you eat per day? _____

FIBER: A GREAT CARBOHYDRATE

After today, how many ounce equivalents of ALL grains will you eat per day? _____

Examples of ounce equivalents are:

1 slice of bread

½ cup of cooked cereal, rice or pasta

1 ounce of ready-to-eat cereal

Before today, how many ounce equivalents of ALL grains 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