



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

Bread, Choosing the Best

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.

- **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? _____

- **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? _____

Continued on back

Bread, Choosing the Best

● **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