



Participant Information

Age: (Please check one)

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

Gender: (Please circle one)

Male Female

Survey

Protein Palette: Red, White, Yellow

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.*

- **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? _____

	Never		Often		Always				
● After today , how often will you cook eggs until they are no longer runny?	1		2		3		4		5
● Before today , how often did you cook eggs until they were no longer runny?	1		2		3		4		5

Continued on back

Protein Palette: Red, White, Yellow

- | | Never | | Often | | Always |
|---|-------|---|-------|---|--------|
| ● After today , how often will you let meat and dairy foods sit out for more than 2 hours? | 1 | 2 | 3 | 4 | 5 |
| ● Before today , how often did you let meat and dairy foods sit out for more than 2 hours? | 1 | 2 | 3 | 4 | 5 |
- **After today**, how often will you eat fried foods (such as french fries)?
 1. never
 2. less than 1 time per week
 3. 1-3 times per week
 4. 4-6 times per week
 5. every day
 - **Before today**, how often did you eat fried foods (such as french fries)?
 1. never
 2. less than 1 time per week
 3. 1-3 times per week
 4. 4-6 times per week
 5. every 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