



Survey

Variety with Barley, Rye and Other Grains

Participant Information

Age: (Please check one)

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

Gender: (Please circle one)

Male Female

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 many ounce equivalents of WHOLE grains will you eat per day? _____					
<i>Examples of ounce equivalents are:</i> 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? _____					

Continued on back

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- **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