Please complete this survey to help us improve SNAP-Ed programming. Please be honest – there are no “right” or “wrong” answers. This survey will take about 10-15 minutes to complete. Please answer each question for yourself only, not your entire family. Circle the letter for the best answer to each question. Choose only ONE response for each question.

1. I use MyPlate to make healthy food choices.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

2. I use food labels to make better choices.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

3. I use a smaller plate at meal time to help with portion control.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

4. I drink water instead of sugar-sweetened drinks.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

5. I eat at least one kind of vegetable daily.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

6. I eat at least one kind of fruit daily.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

Turn page over for more questions.

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This institution is an equal opportunity provider. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.
7. I eat fruits and vegetables of different colors.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

8. I eat plant-based protein foods like beans, lentils, soy, or nuts.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

9. When I have dairy products like milk, cheese, yogurt, etc., I choose low fat or fat free options.
   a. Never  
   b. Rarely  
   c. Sometimes  
   d. Usually  
   e. Always

10. When I eat grain products like bread, pasta, rice, cereal, etc., I choose whole grain products.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

11. When I eat meat like beef, pork, chicken, or seafood, I choose lean or low fat options.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

12. I plan meals ahead of time.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

13. I worry that my food might run out.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

14. I make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

15. I am physically active for at least 30 minutes most days of the week.
    a. Never  
    b. Rarely  
    c. Sometimes  
    d. Usually  
    e. Always

16. List one goal you will set to improve your health and wellness because of this program.

Thank you for your responses!