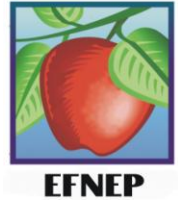




**Ohio Expanded Food and Nutrition Education Program**  
**EFNEP SURVEY / BEHAVIOR CHECKLIST**



<b>Name:</b>	<b>Date:</b>
<b>Program Assistant Name:</b>	<b>Participant ID #:</b> <b>Entry</b> <input type="checkbox"/> <b>Exit</b> <input type="checkbox"/>

This is a survey about ways you plan and fix foods for your family. As you read each question, think about the recent past. If you do not have children, just answer the questions for yourself. This is not a test. There are not right or wrong answers. For each question, think about how you usually do things.  
**CIRCLE**  the option that best answers each question.

<b>Planning and Shopping for Food</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Some-times</b>	<b>Most of the time</b>	<b>Almost always</b>
1.	How often do you plan meals ahead of time?	Never	Seldom	Sometimes	Most of the time	Almost always
2.	How often do you compare prices before you buy food?	Never	Seldom	Sometimes	Most of the time	Almost always
3.	How often do you run out of food before the end of the month?	Never	Seldom	Sometimes	Most of the time	Almost always
4.	How often do you shop with a grocery list?	Never	Seldom	Sometimes	Most of the time	Almost always

<b>Choosing and Preparing Foods</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Some-times</b>	<b>Most of the time</b>	<b>Almost always</b>
5.	Think about meat and dairy foods. How often do you let these foods sit out for more than two hours?	Never	Seldom	Sometimes	Most of the time	Almost always
6.	How often do you thaw frozen foods at room temperature?	Never	Seldom	Sometimes	Most of the time	Almost always
7.	When deciding what to feed your family, how often do you think about healthy food choices?	Never	Seldom	Sometimes	Most of the time	Almost always
8.	How often have you prepared foods without adding salt?	Never	Seldom	Sometimes	Most of the time	Almost always
9.	How often do you use the "Nutrition Facts" on the food label to make food choices?	Never	Seldom	Sometimes	Most of the time	Almost always

<b>Eating in the Morning</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Some-times</b>	<b>Most of the time</b>	<b>Almost always</b>
10.	How often do your children eat something in the morning within 2 hours of waking up?	Never	Seldom	Sometimes	Most of the time	Almost always



**Ohio Expanded Food and Nutrition Education Program**  
**EFNEP SURVEY / BEHAVIOR CHECKLIST**



**EFNEP**

<b>Foods You Eat</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Sometimes</b>	<b>Most of the time</b>	<b>Almost always</b>
11.	How often do you eat more than one kind of fruit <u>a day</u> ?	Never	Seldom	Sometimes	Most of the time	Almost always
12.	How often do you eat more than one kind of vegetable <u>a day</u> ?	Never	Seldom	Sometimes	Most of the time	Almost always
13.	How often do you eat low-fat foods instead of high-fat foods?	Never	Seldom	Sometimes	Most of the time	Almost always
14.	Do you drink regular soda (not diet) every day?	Never	Seldom	Sometimes	Most of the time	Almost always
15.	When you eat bread, how often do you eat whole wheat bread?	Never	Seldom	Sometimes	Most of the time	Almost always

<b>Preparing Foods</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Sometimes</b>	<b>Most of the time</b>	<b>Almost always</b>
16.	How often do you wash your hands with soap and warm running water before preparing food?	Never	Seldom	Sometimes	Most of the time	Almost always
17.	How often do you use a meat thermometer to measure the doneness of meat?	Never	Seldom	Sometimes	Most of the time	Almost always
18.	How often do you wash utensils and surfaces that have touched raw meat, chicken or seafood in hot soapy water before you continue cooking?	Never	Seldom	Sometimes	Most of the time	Almost always

<b>Physical Activity</b>		<b>Never</b>	<b>Seldom or Rarely</b>	<b>Sometimes</b>	<b>Most of the time</b>	<b>Almost always</b>
19.	How often do you participate in at least 30 minutes of moderate physical activity every day? (e.g. walking, sweeping, dancing)	Never	Seldom	Sometimes	Most of the time	Almost always

<b>Afford the Foods that You Need</b>						
20.	In the last month, did you worry about whether your food will run out before you can buy more?	Never	Seldom	Sometimes	Most of the time	Almost always
21.	In the last month, the food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.	Often true	Seldom	Sometimes true	Most of the time	Never true