

NAME: _____

Participant ID # _____

This is not a test and there are no wrong answers. These are questions about ways you plan and fix food.

Circle the response that best describes how you usually do things.

	0	1	2	3	4	5
1) How often do you plan meals ahead of time?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
2) How often do you compare prices before you buy food?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
3) How often do you run out of food before the end of the month?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
4) How often do you shop with a grocery list?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
5) This question is about meat and dairy foods. How often do you let these foods sit out for more than two hours?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
6) How often do you thaw frozen meat at room temperature?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
7) When deciding what to feed your family, how often do you think about healthy food choices?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
8) How often have you prepared foods without adding salt?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
9) How often do you use the "Nutrition Facts" on the food label to make food choices?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
10) How often do your children eat something in the morning within 2 hours of waking up?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
11) How often do you choose fat free or low fat milk instead of whole or reduced fat milk?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
12) How often do you choose whole grain bread instead of white bread?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
13) Do your meals consist of a variety of foods?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always
14) How often do you use a meat thermometer to measure the doneness of meat?	Does not apply	Never	Seldom	Some-times	Most of the time	Almost always

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