

Wisconsin Nutrition Education Program — Beginning the Program

Name	Date	ID#
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This is a survey about how you plan and fix foods for your family. This is not a test. There are no wrong answers. For these statements, think about how you usually do things. Put a check in the box that applies to you.	0	1	2	3	4	5
	Does Not Apply	Never	Seldom	Sometimes	Most of the time	Almost Always
1. I plan meals ahead of time.						
2. I compare prices before I buy food.						
3. I run out of food before the end of the month.						
4. I shop with a grocery list.						
5. I let meat or leftovers, like a casserole, sit out for more than two hours.						
6. I thaw frozen meats at room temperature.						
7. I think about healthy food choices when deciding what to feed my family						
8. I prepare foods without adding salt.						
9. I use the "Nutrition Facts" on the food label to make food choices.						
10. My children eat something in the morning within two hours of waking up.						
11. I make sure healthful foods are available for my children to eat for snacks.						
12. I cool large amounts of hot foods in shallow containers in the refrigerator.						
13. I wash knives and cutting surfaces with hot, soapy water after cutting raw meat.						
14. I choose fat free or low fat milk instead of whole or reduced fat milk.						
15. I choose whole grain bread instead of white bread.						
16. I choose lower fat foods instead of higher fat foods.						
17. I eat more than one kind of vegetable each day.						
18. I save money for occasional expenses (like children's clothes, heating bills or gifts).						
19. I use a written spending plan or budget.						
20. I am active doing things like walking, gardening or heavy house work for at least 30 minutes a day.						

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