

Office Use Only: Name of the person teaching class:

Location:

SNAP-Ed Adult Survey – First Class Form B - FY 2017

ID # _____

Welcome! Please fill out this survey to help us get to know a little bit about you.

Your name: _____ Date: _____ Age: _____

Your City: _____ Your county: _____

Sex: Male Female Are you Hispanic or Latino? Yes No

Race (you may check more than one): Black/African American White
 Asian American Indian or Alaskan Native Native Hawaiian or Pacific Islander

Please check all you or your children receive:

WIC Free and Reduced Price Lunch SNAP (Food Stamps)

How many fast food meals do you eat each week? _____

Do you want to learn how to make healthy, good tasting veggie dishes? _____

How many servings do you eat or drink in a <u>week</u> ?	Number of Servings
Vegetables like: Salads; Fresh, canned, or frozen vegetables; Potatoes that are not fried; Dried or canned beans; Stir-fries, casseroles, or other dishes with a lot of vegetables in them	
Dairy foods like: Milk (regular, low-fat, or skim); cheese (low-fat); yogurt	
Sweetened drinks like: regular soda or pop made with sugar (not diet); sweetened fruit drinks, such as Kool-Aid® or lemonade; sweetened sports drinks or energy drinks, such as Gatorade® or Red Bull®; coffee or tea that has sugar or honey in it	

In this table and the next put an “X” over the box you choose.	Number of Days							
In the past week, how many days did you exercise for at least 30 minutes? This includes things like jogging, playing soccer, and doing Zumba or exercise videos. The 30 minutes could be all at once or 10 minutes or more at a time. DO NOT COUNT housework, taking care of your kids, or walking to get from place to place.	0	1	2	3	4	5	6	7
In the past week, how many days did you do workouts to build and strengthen your muscles? This includes things like lifting weights and doing push-ups, sit-ups or planks.	0	1	2	3	4	5	6	7

How often do you make small changes <u>on purpose</u> to be more active? This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.	Never	Rarely- about 20% of the time	Sometimes- about 40% of the time	Often- about 60% of the time	Usually- about 80% of the time	Always
I make healthy, good tasting, veggie dishes?	Never	Rarely	Sometimes	Often	Usually	Always