Oklahoma Cooperative Extension Service

Please take a moment to complete this survey

INSTRUCTIONS:

BEFORE THIS PROGRAM, I USUALLY: When choosing your answer, think about the foods you eat and the beverages you drink. Mark (x) the number that best matches what you usually do.

NEXT WEEK I PLAN TO: When choosing your answer, think about the foods you eat and the beverages you drink. Mark (x) the number that best matches what you plan to do next week.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Never | Seldom | Sometimes | Often | Always |  | Never | Seldom | Sometimes | Often | Always |
| Before this program, I | My Activity | Next week, I plan to |
| 1 | 2 | 3 | 4 | 5 | use money saving “before shopping” strategies to eat healthy | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | use money saving “while shopping” strategies to eat healthy | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | use money saving “after shopping” strategies to eat healthy |  |  |  |  |  |

We need to collect some basic information for our reporting.

|  |  |  |  |
| --- | --- | --- | --- |
| **Gender** | 🗆 Male | 🗆 Female |  |
| **Ethnicity** | 🗆Are you Hispanic? | 🗆No | 🗆Yes |
| **Race** | 🗆American Indian/Alaska Native | 🗆Asian | 🗆Black/African American |
|  | 🗆Hawaiian/Pacific Islander | 🗆White | 🗆Other |