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 | 1 | 2 | 3 | 4 | 5 |

|  |
| --- |
| 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 |