

Adult EFNEP Questionnaire Facilitation Guide REVISED

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM
JUNE 2020 REVISION



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Baker, S., McGirr, K. (2017). *Eating Smart • Being Active Paperwork Booklet*. Colorado State University Extension EFNEP, Colorado State University, Copyright 2017. <http://eatingsmartbeingactive.colostate.edu/for-program-leaders/paperwork/>
Townsend MS, Ganthavorn C, Smith D, Donohue S. *EFNEP Checklist Instruction Guide: Checklist*. Version 3 for FY 2013-14. October 2013

General Directions

Before passing out the questionnaire, introduce the form to your participants.

Next, we are going to go through some questions about your food and physical activity behaviors. There are no right or wrong answers; I just need for you to be as honest as possible. Usually, the first answer you think of is the best. Please feel free to ask any questions you may have as we go.

We will work through this form together as a group. Please do not skip ahead. I will read each question and your answer choices out loud. Check one answer for each question. The answers you provide will be kept private and confidential.

Sometimes a question won't apply to you. If that is the case, you can leave that question blank. Unless that happens, please answer all of the questions by checking the answer that best describes how you usually do things.

Pass out the Questionnaire forms and pencils. If you use display posters for this process, post them as you would any other visuals for participants to see.

First fill out your name and today's date at the top. Also, check the box next to 'entry' (or 'exit').

Now let's start with the questions on page 1.

Read aloud each question and answer choices (if using a display board, you can also point to the questions). Give participants time to mark their answer to the questions.

Questions

1. How many times a day do you eat fruit?

Examples of fruits are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. **Do not include juice.**

- I rarely eat fruit
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Possible Participant Questions

Q: I put fruit in my smoothie. Do I count it?

A: Yes.

Q: I add juice to my smoothie. Do I count that?

A: No, do not count juice. If you add fruit to your smoothie, you can count that.

Q: I had mangos, pineapple, kiwi, tangerines, grapefruit, cherries, apricots, peaches or nectarines. Do I count those?

A: Yes, all fruits count.

Q: What if it was a very small amount – a handful or raisins or a ½ a banana in my cereal? A few slices of apple while I was cutting up fruit for my child's snack?

A: Yes, all amounts count.

2. How many times a day do you eat vegetables?

Examples of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. **Do not count French fries, potato chips or rice.**

- I rarely eat vegetables
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Possible Participant Questions

Q: *Do I count:*

- | | |
|--------------------------------|-----|
| - Vegetables in soup? | Yes |
| - Vegetables in a casserole? | Yes |
| - Vegetables in a stir fry? | Yes |
| - Celery sticks? | Yes |
| - Spinach added to a smoothie? | Yes |
| - Salsa or Pico de Gallo? | No |
| - Guacamole? | No |

Q: *Are beans (pinto, black, lentils) counted as a vegetable?*

A: *Yes, these are counted as a vegetable.*

Q: *How much do I need to eat for it to count? I had a piece of lettuce and 1 slice of tomato on my fast food burger, would that count? I had a little shredded lettuce and tomato on my taco?*

A: *Yes, all vegetables count.*

3. How many different kinds of vegetables do you usually eat a day?

- I rarely eat vegetables
- 1 kind a day
- 2 kinds a day
- 3 kinds a day
- 4 or more kinds a day

Possible Participant Questions

Q: What does 'kind of vegetable' mean?

A: In this question, 'kind of vegetable' means each different vegetable. Peas and carrots are two kinds of vegetables.

Q: I buy frozen bags of mixed vegetables with broccoli, cauliflower, carrots, and zucchini. Do these count as different vegetables even if they are mixed together?

A: Yes, all vegetables count. How many kinds will depend on what is in the mix. In this example, there are four different vegetables.

Q: I add spinach and kale to my smoothies. Can I count those?

A: Yes, these count as two kinds of vegetables.

Q: What if I eat 2 different colors of the same vegetable? For example, if I eat red or green bell peppers, does that count as 1 kind of vegetable (bell pepper) or do I count each color of bell pepper separately?

A: This is one kind of vegetable. We are not looking at color.

4. How many times a day do you drink milk or soymilk?

Do not count almond or coconut milk, or milk with cereal.

- I do not drink milk
- I rarely drink milk
- 1 time a day
- 2 times a day
- 3 or more times a day

Possible Participant Questions

Q: I put a lot of milk on my cereal. Why shouldn't I count that?

A: There is a question about milk on cereal later in the questionnaire.

Q: I am lactose intolerant and drink lactose-free milk. Does this count as milk?

A: Yes. Lactose-free milk is milk.

Q: I add milk to my coffee. Does this count?

A: Usually the amount of milk added to regular coffee would not be counted. However, if you have a lot of milk (1/2 cup or more), it would be counted.

Q: I add creamer to my coffee. Does this count?

A: No, do not count coffee creamers such as non-dairy creamer, flavored creamers or half and half.

Q: Does rice or oat milk count?

A: No, do not count rice or oat milk.

Q: Do I count milk that I add to a smoothie?

A: Count milk or soy milk. Do not count almond, rice, oat or coconut milk.

Q: Do I count drinkable yogurt like kefir or probiotic drinks?

A: No. Drinkable yogurt like kefir will be counted in a question about yogurt. Do not count probiotic drinks.

5. Over the last week, how many days did you eat red and orange vegetables?

Examples of red or orange vegetables are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- I did not eat red and orange vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

Possible Participant Questions

Q: What do you mean by the last week?

A: This is the last 7 days.

Q: Do these vegetables count as red or orange?

- Acorn squash Yes
- Butternut squash Yes
- Hubbard squash Yes
- Pattypan squash Yes
- Yams Yes
- Beets Yes
- Peppers Orange or Red Peppers count

Q: Do vegetable juices count – Carrot, Tomato or V-8 juice?

A: Yes.

Q: Are radishes a red vegetable?

A: No.

Q: Do red potatoes count?

A: No.

Q: Do I count salsa or Pico de Gallo?

A: Salsa and Pico de Gallo are usually condiments. Do not count.

Q: Do I count ketchup?

A: No.

6. Over the last week, how many days did you eat dark green vegetables?

Examples of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- I did not eat green vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

Possible Participant Questions

Q: Do these vegetables count as dark green?

– Romaine lettuce	Yes
– Iceberg or head lettuce	No
– Kale, Swiss Chard, Collards	Yes
– Watercress, Endive, Escarole	Yes
– Bok Choy	Yes
– Broccolini, Broccoli Rabe	Yes
– Cucumber	No
– Zucchini	No

Q: What about cucumber or zucchini, if I eat the skin?

A: Cucumbers and Zucchini are in the “other” vegetable category in MyPlate, with or without the skin. They do not count.

Q: Are green olives a vegetable?

A: No.

Q: Do I count avocados, I heard they are really a fruit?

A: No. Avocados are listed in the “other vegetable” subgroup in MyPlate, based on its nutrient content.

Q: Do green onions count?

A: No. Green onions are a vegetable; however, there is more white than green. It is often served as a garnish or condiment instead of eaten as a vegetable.

7. Over the last week, how many days did you eat beans and peas?

Examples of beans and peas include pinto beans, black beans, navy beans, chili beans, refried beans, pork and beans, bean soup, barbeque beans, chickpeas, split peas, and black-eyed peas. Include beans from a can or cooked from dry.

- I did not eat beans and peas
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

Possible Participant Questions

Q: I had frozen green peas. Does that count?

A: No. The peas in this question start out as dried, such as black-eyed peas, split peas or chickpeas. Green peas are considered in the vegetable group, not in the beans and peas group.

Q: I dipped my vegetables in hummus. Does hummus count as beans and peas since it is made of chickpeas?

A: Yes, count this as a day you ate beans and peas.

Q: I had pinto beans in a casserole. Does this count?

A: Yes. Cooked beans in a casserole (pinto beans, black beans, navy beans, chili beans, chickpeas, split peas, or black-eyed peas) count.

Q: I had some refried beans in my fast food Burrito. Does this count?

A: Yes.

Q: I had a Veggie-Burger made with a Bean Pattie. Does this count?

A: Yes.

Q: I had chili with some beans but mostly meat, do I count that?

A: Yes.

8. Over the last week, how many days did you eat yogurt or drink smoothies with yogurt?

- I did not eat yogurt
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

Possible Participant Questions

Q: A recipe I was baking used yogurt as a substitute for milk. Does this count?

A: No. Yogurt in baked goods does not count. The amount of yogurt eaten in each serving of a baked product is small. You would not count the milk in a baked product as drinking milk.

Q: Does frozen yogurt count?

A: No. Frozen yogurt is not just regular yogurt that's been frozen. It has added sugar, flavoring and other additives. It often does not have the same nutrients as regular yogurt.

Q: Does Greek Yogurt count?

A: Yes, Greek Yogurt counts.

Q: Do I count drinkable yogurts, like kefir, or probiotic drinks?

A: Count drinkable yogurts like kefir. Do not count probiotic drinks.

9. Over the last week, how many days did you eat cereal with milk?

- I did not eat cereal with milk
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

Possible Participant Questions

Q: What do you mean by cereal?

A: Cereal can be any boxed, dry cereal like cornflakes or granola or a cooked cereal like oatmeal.

Q: I don't drink the leftover milk in the bowl when I am done eating my cereal. Should I still count the milk?

A: Yes, you should still count the milk you ate with the cereal even if you didn't drink the remaining milk.

Q: I make my oatmeal with milk instead of water. Should I count that?

A: Yes.

Q: I add milk to my oatmeal after it is cooked. Should I count that?

A: Yes.

10. How many days a week do you cook dinner (your main meal) at home?

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

Possible Participant Questions

Q: Some nights we have a salad for dinner, which doesn't require cooking - does that count?

A: Yes.

Q: What do you mean by cook?

A: Cook means you are preparing a meal for your family. This could include making a sandwich, heating leftovers or soup or baking a store-bought frozen meal as well as preparing a meal from fresh ingredients.

11. How often do you drink regular sodas (not diet)?

- Never
- 1 - 3 times a week
- 4 - 6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Possible Participant Questions

Q: If I drink 2 sodas at a meal, how do I count that?

A: 2 sodas at one meal count as 1 time.

Q: I drink diet soda. Do I count that?

A: No, do not count diet soda.

Q: What about club soda or flavored seltzer water?

A: No, do not count club soda or flavored seltzer water unless the seltzer has sugar added to it.

12. In the past week, how many days did you exercise for at least 30 minutes?

This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or a few minutes at a time. **Do not count housework, taking care of your kids, or walking from place to place.**

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Possible Participant Questions

Q: What do you mean by the past week?

A: This is the last 7 days.

Q: Do these exercises count?

- *Walking briskly or fast*
- *Bicycling*
- *General gardening*
- *Heavy yard work*
- *Dancing*
- *Water aerobics*
- *Canoeing*
- *Tennis*
- *Swimming*
- *Shoveling snow*
- *Raking leaves*

A: Yes, all these exercises count.

13. 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 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Possible Participant Questions

Q: What is a plank?

A: The plank involves maintaining a position similar to a push-up and holding it for one to two minutes.

Q: Do these activities count?

- Using resistance bands
- Pull-ups
- Carrying heavy loads
- Heavy gardening such as digging or hoeing

A: Yes, all these activities count.

14. How often do you make small changes on purpose 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

Possible Participant Questions

Q: Do these changes count?

- Taking the stairs instead of the elevator
- Using a push mower

A: Yes.

15. How often do you wash your hands with soap and running water before preparing food?

- 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

Possible Participant Questions

Q: I use hand sanitizer. Does that count?

A: No.

Q: Does it need to be hot water? My water doesn't get very hot.

A: No, it does not need to be hot water.

16. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?

- 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

Possible Participant Questions

Q: I wipe the items with a towel. Does that count?

A: No.

Q: Do I need to use bleach or does it count if I just use soap and water?

A: It counts if you just use soap and water.

Q: I don't eat meat or seafood. How should I answer?

A: Answer the question as if you were preparing meat or seafood for someone else.

Note: if your participant says they would never touch meat or seafood, tell them to skip this question.

17. How often do you thaw frozen food on the counter or in the sink at room temperature?

- 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

Possible Participant Questions

Q: I thaw frozen food in the sink in cold water. What should I check?

A: If you thaw food in cold water, answer never.

Q: I always thaw meat, hamburger or chicken in the sink using hot water. What should I check?

A: Check always.

Q: I always thaw meat, hamburger or chicken in the sink under cold running water. What should I check?

A: Check never.

18. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?

- 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

Possible Participant Questions

Q: Does the pop-up thermometer in the Thanksgiving turkey count?

A: No.

Q: I don't eat meat.

A: Answer the question as if you were preparing meat or seafood for someone else.

Note: if your participant says they would never touch meat or seafood, tell them to skip this question.

19. How often do you compare food prices to save money?

- 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

Possible Participant Questions

Q: I compare prices but sometimes choose the more expensive items. Does that count?

A: Yes.

Q: Is this just at the grocery store or when I'm purchasing food at a restaurant or convenience store as well?

A: This is when you are purchasing groceries at the grocery store. If you purchase groceries at a convenience store, count that also.

Q: What if I just choose the store brand because I know it's usually cheaper, does that count?

A: No.

20. How often do you plan your meals before you shop for groceries?

- 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

Possible Participant Questions

Q: Can I count planning at the supermarket?

A: No.

Q: Does planning mean I have to be cooking?

A: Most of the time planning would involve cooking but not always.

Q: I don't shop for a week at a time, but I think of what to make for dinner while at work. Does this count?

A: Yes.

21. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?

- 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

Possible Participant Questions

Q: I look in the cupboard all the time. Does that count?

A: Not if you were looking in the cupboard for something to eat. It would count if you are looking in the cupboard to see what you have versus what you need to buy at the store before you go to the store.

Q: I call my partner/son/daughter and ask him/her to check while I'm at the grocery store. Does that count?

A: No, that is not before going shopping.

Q: Do I need to write down specific items I have or cross them off my grocery list? What if I just take a quick look to determine if I'm running low on items? Does that count?

A: Yes.

22. How often do you make a list before going shopping?

- 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

Possible Participant Questions

Q: I think about my list but do not write it on paper. Does that count?

A: If you plan your list in your head, check “never”. If you write down your list on paper or have an electronic list with you, check one of the “yes” answers (rarely, sometimes, often, usually, always).

Q: I write my shopping list on the note pad in my phone. Does that count?

A: Yes, that counts if the phone list is with you in the market. Check one of the “yes” answers (rarely, sometimes, often, usually, always).

Q: I make a grocery list and use it in the store but sometimes I do not buy everything on it. Does that count?

A: Yes, that counts. Check the “yes” answer that’s most appropriate based on how often you do this: rarely, sometimes, often, usually, always.

23. How often do you use food coupons for food purchases?

- 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

Possible Participant Questions

Q: Can I count digital coupons on the store's app on my smartphone?

A: Yes, count all coupons used. They could be from the store's printed ad, a smartphone app, sent to e-mail or received in your mailbox.

24. How often do you use a written weekly or monthly food spending plan?

- 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

Possible Participant Questions

Q: Can I count the budget I make using a smartphone app?

A: Yes, this counts as a written spending plan even if you did not write by hand with a pen and paper.

Q: My food budget is on my EBT card. Does this count?

A: No.

Q: I divide my SNAP benefits by 4 so I know how much I can spend on food each week of the month, does that count? I don't write it down, I just set the money aside. Does this count?

A: No.

25. How often do you budget enough money for food purchases?

- 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

Possible Participant Questions

Q: When I shop right after I receive my paycheck, I always have enough money for groceries. Sometimes when I shop before the next paycheck, I have to remove items from my list at the store.

A: If there are times that you don't budget enough money for all the food you need, check the "yes" answer that's most appropriate based on how often this happens to you: rarely, sometimes, often, usually, always.

Q: My food budget is on my EBT card. Does this count?

A: No.

Q: Sometimes I don't have enough money left the last week of the month to shop for fresh vegetables, milk or meat but we have enough food on hand (pantry and freezer) to make meals, what should I mark?

A: If there are times that you don't budget enough money for all the food you need, check the "yes" answer that's most appropriate based on how often this happens to you: rarely, sometimes, often, usually, always.

26. How often do you check for sales on foods before you shop?

- 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

Possible Participant Questions

Q: I buy items that I see on sale when I get to the store. Does this count?

A: No, checking for sales before you shop means that you check for sales before you arrive at the store, usually when you are planning your budget or shopping list.

Q: What if I pick up the store circular as I enter the grocery store and check the sales before I begin shopping? Does that count?

A: Yes.

27. How often do you check for food items on sale when you are at the store?

- 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

Possible Participant Questions

Q: Does it count if I wasn't looking for the item but saw it was on sale and bought it?

A: Yes.

The next section has statements people have made about their food situation. Choose the answer that best fits your food situation over the last 30 days.

28. The food that I bought just didn't last, and I didn't have money to get more.

- Often true
- Sometimes true
- Never true
- Don't know

Possible Participant Questions

Q: What if I ran out of food but got more from the food pantry?

A: If you run out of food and cannot buy more, check the answer that's most appropriate based on how often this happens to you: often true, sometimes true, never true or don't know.

Q: Should I count the food I buy with my EBT?

A: Yes.

29. I couldn't afford to eat balanced meals.

- Often true
- Sometimes true
- Never true
- Don't know

Possible Participant Questions

Q: What does 'balanced' mean?

A: Balanced meals means that every day, you eat a variety of foods that includes fruits, vegetables, grains, dairy, and protein foods.

Q: What counts as often or sometimes?

A: There aren't any right or wrong answers to this question. Choose the answer that you feel most often describes your situation based on what these words mean to you.

30. Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes
- No
- Don't know

Possible Participant Questions

Q: What if I ate less to be sure there was enough for my child?

A: Check 'yes' if you ate less for any reason because there wasn't enough money for food.

Q: I ate less because I am trying to lose weight. Does this count?

A: No.

Q: Does it count if I don't have enough of 1 food group but I use more of another food group. For example, we only had 1 small chicken breast left, so I cut it up small and used it in a casserole with extra noodles and some vegetables.

A: No.