

Colour It Up Program

3 Month Post-program Survey

It has been 3 months since you have finished the Colour It Up program.

We would like to see how you are doing.

Please fill out this last survey.

The survey will take about 15-20 minutes.

Your answers to this survey will help us make the Colour It Up program better.

Please note:

1. You do not have to take this survey if you do not want to. You can still come to any of the programs that we offer.
2. All of the information will be kept private.
3. You do not write your name on this survey.
4. It is OK if you answer "don't know" for any of the questions.
5. If you do not want to answer a question, just skip that question.

1. According to *Canada's Food Guide*, how many servings of vegetables and fruit should an adult woman eat every day? Check (✓) one answer below.

- 1-2 servings
- 3-4 servings
- 5-6 servings
- 7-8 servings
- 9-10 servings
- don't know

2. How much is a serving size of cooked vegetables? Check (✓) one answer below.

- ¼ cup (50 mL)
- ½ cup (125 mL)
- 1 cup (250 mL)
- 2 cups (500 mL)
- don't know

3. Tell us if you agree or disagree with these statements. Check (✓) one answer for each statement below.

	Agree	Disagree	Don't know
<u>Vegetables</u> are too expensive.			
<u>Fruit</u> is too expensive.			
It takes too much time to prepare <u>vegetables</u> .			
It takes too much time to prepare <u>fruit</u> .			
There are <u>vegetables</u> that I don't know how to cook or eat.			
There are <u>fruit</u> that I don't know how to eat.			
There are <u>vegetables</u> that I don't how to eat.			

4. Tell us how you feel in these different situations. Check (✓) one answer for each situation below.

	I am <u>confident</u> or <u>sure</u> that I can...	I am <u>not confident</u> or <u>not sure</u> that I can...	I <u>don't know</u> that I can...
...eat 7-8 Food Guide Servings of vegetables and fruit <u>on weekends</u>			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when I am in a hurry</u>			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when I have to cut, wash or cook them</u>			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when there are not many kinds of fresh vegetables and fruit available</u>			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when my family does not want to eat them</u>			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when I am eating out</u> (e.g. at a restaurant or at a friend's house)			
...eat 7-8 Food Guide Servings of vegetables and fruit <u>when I do not have enough money to spend on food</u>			

5. Think about the last 3 months and check (✓) one answer.

- I am eating **MORE vegetables** now than I did before I took the program.
- I am eating **LESS vegetables** now than I did before I took the program.
- I am eating **ABOUT THE SAME AMOUNT** of **vegetables** now as I did before I took the program.
- I **DON'T KNOW** if I am eating more or less **vegetables** now than I did before I took the program.

6. Think about the last 3 months and check (✓) one answer.

- I am eating **MORE fruit** now than I did before I took the program.
- I am eating **LESS fruit** now than I did before I took the program.
- I am eating **ABOUT THE SAME AMOUNT** of **fruit** now as I did before I took the program.
- I **DON'T KNOW** if I am eating more or less **fruit** now than I did before I took the program.

7. Think about the last 3 months and check (✓) one answer.

- My **family** is eating **MORE vegetables and fruit** now than they did before I took the program.
- My **family** is eating **LESS vegetables and fruit** now than they did before I took the program.
- My **family** is eating **ABOUT THE SAME AMOUNT** of **vegetables and fruit** now as they did before I took the program.
- I **DON'T KNOW** if my family is eating more or less **vegetables and fruit** now than they did before I took the program.
- Not applicable

8. Think about the last 3 months. Tell us what you are doing now because of the Colour It Up program. Check (✓) one answer for each statement below.

	Yes I am doing this now	Not yet But, I will try to do this in the next 3 months	No I do not plan to do this
I eat 7-8 servings of vegetables and fruit every day			
I buy a variety of colourful vegetables			
I buy a variety of colourful fruit			
I eat vegetables that I never used to eat before			
I eat fruit that I never used to eat before			
I cook vegetables in new ways			
I cook fruit in new ways			
I store vegetables to keep them fresh longer			
I store fruit to keep them fresh longer			
What else are you doing or planning to do? (Please tell us): _____			

9. Do you have any other comments about the Colour It Up program (for example, things you would like to learn more about, things you have forgotten, etc.)?

Thank you!