

Colour It Up Program

Pre-program Survey

Welcome to the Colour It Up program!

Before we start the program, please fill out this short survey.

The survey will take about 10-15 minutes.

There will be another short survey at the end of the program.

Your answers to these surveys 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 the Colour It Up program and any other program that we offer.
2. All of the information will be kept private.
3. You do not write your name on any of the surveys.
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 do not know how to cook.			
There are <u>fruit</u> that I do not know how to cook.			
There are <u>vegetables</u> that I do not know how to eat.			
There are <u>fruit</u> that I do not know 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. How old are you? Check (✓) one answer below.

- under 25 years
- 26-35 years
- 36-45 years
- 46 or over

6. Including yourself, how many people (adults and children) live in your home? _____

7. How many children in your home are under 18 years old? _____

Thank you!