

CREATE FAMILY MEALS POST SURVEY

Use at the end of the **last** class of a series in **FY 2025**.

CREATE
FAMILY MEALS

Please take a few minutes to answer the following questions. All responses are confidential, and there are no right or wrong answers to any questions in this survey. The information you provide will help us improve our program and be accountable to SNAP-Ed funders.

1. How many Create Better Health (SNAP-Ed) classes have you attended this year? (including this one)

- 1 2 3 4 5 6 7 8 or more

2. In the past two weeks, our family members ate fruit ____ times per day, on average.

(Include fresh, frozen, dried, and canned. Do not include juice.)

- 0 1 2 3 4+

3. In the past two weeks, our family members ate vegetables ____ times per day, on average.

(Include fresh, frozen, dried, and canned. Do not count french fries or potato chips.)

- 0 1 2 3 4+

4. In the past two weeks, our family has chosen a variety of foods based on MyPlate recommendations.

- Strongly disagree Disagree Neutral Agree Strongly agree We do not know what MyPlate is.

5. In the past two weeks, our family has followed USDA food safety recommendations.

- Never Rarely Sometimes Often Always

6. In the past two weeks, how would you describe the quality of your family interactions during family mealtimes?

- Very poor Poor Fair Good Excellent

7. In the past week, how many meals did your family eat together? _____ meals

8. In the past week, how many days did your children help with mealtime responsibilities (e.g., planning, preparing, or cleaning)?

- 0 1 2 3 4 5 6 7

For the following two questions, exercise means physical activity or bodily movement that can result in improved physical fitness. It may include walking, playing active games, dancing, stretching, lifting weights, participating in sports, and similar activities.

9. In the past week, how many days did you exercise for at least 30 minutes (on average)?

- 0 1 2 3 4 5 6 7

10. In the past week, how many days did your children exercise for at least 60 minutes (on average)?

- 0 1 2 3 4 5 6 7

11. How much do you agree or disagree with the following statements?	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I can identify multiple foods from each MyPlate group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can describe physical activity recommendations for adults and children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident that I can manage my food budget and plan healthy meals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My whole family can help with family mealtime, including planning and shopping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. What is the most important thing you learned in this class series?

13. What are some things that you intend to do because you attended this class series?

14. How likely are you to recommend Create Better Health classes to others?

- Very likely Likely Neither likely or unlikely Unlikely Very unlikely

For Office Use Only

Ambassador Name: _____ **Family ID:** _____

