



CREATED BY GUSNIP NTAE CENTER

Participant-Level Core Metrics Toolkit

Nutrition Incentive Projects

Resource Prepared by
Center for Nutrition and Health Impact

The Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE) is supported by Gus Schumacher Nutrition Incentive Program grant no. 2019-70030-30415/project accession no. 1020863 and grant no. 2023-70414-40461/project accession no. 1031111 from the USDA National Institute of Food and Agriculture.

Participant-Level Core Metrics Overview

Nutrition Incentive Projects

In order for the Nutrition Incentive Hub to provide evaluation and reporting for those who launch or expand Nutrition Incentive (NI, i.e., SNAP Incentive) projects, it is imperative to collect standardized core metrics that will measure the impact of the project on participants. All NI grantees from the GusNIP family of funding (i.e., GusNIP, GusCRR, ARPA, etc.) will be required to collect participant-level core metrics from a subsample of their participants.

Participant-level core metrics were identified by conducting a comprehensive review of existing tools in the nutrition incentive field. This review included peer-reviewed literature, grey literature, and consultation with invested parties and experts in the nutrition incentive field. Tools were considered for inclusion in the participant-level core metrics based upon validity, reliability, functionality, and ability to contribute to understanding project impact on participants.

Below is an overview of the [participant-level core metrics](#) that have been selected for inclusion in the evaluation of GusNIP NI projects, including example items and rationale for inclusion. Also provided as part of this toolkit and as standalone documents on the Hub website are: (1) the [full list of participant-level survey items](#), with question text, response options, notes, and rationale; (2) the [participant-level survey](#); and (3) a [sample survey cover page](#) to be modified and utilized when identifying information of participants is being collected.

Core Metric	# of Items	Example Item	Rationale
SNAP Use	1	How long have you been receiving EBT, food stamps, or SNAP benefits?	SNAP is an important component of the hunger safety net and length of time in SNAP may act synergistically with new incentive programs.
Firm Types	1	Have you used [Nutrition Incentive program name] to get fruits and vegetables at any of the following places? <i>Check all that apply.</i>	Program impact may differ across firm types.
Dose of Nutrition Incentive Program	1	How long have you been using [Nutrition incentive program name] to get fruits and vegetables at any of the locations you checked above?	This variable helps us to understand "dose" of the intervention. If the intervention really works, you would expect that people who receive a higher dose will experience a greater benefit than those who receive a lower benefit.
Program Satisfaction	1	Overall, how would you rate your experience with [incentive program name]?	Important metric utilized in existing incentive program evaluations that is helpful for grantees, Congress, and other funders.

Core Metric	# of Items	Example Item	Rationale
-------------	------------	--------------	-----------

FV Consumption	10	During the past month, how often did you drink 100% PURE FRUIT JUICE such as orange, apple, grape, etc.?	Dietary intake is a primary outcome of interest for the USDA. This dietary assessment tool is taken from the larger 26-item Dietary Screener Questionnaire (DSQ) developed by the National Institutes of Health (NIH) National Cancer Institute (NCI), and was chosen because: (1) it is well-validated in similar, low-income populations, (2) it can be self-administered, (3) it does not require participants to report serving size, which can be challenging even for people with high numeracy skills, (4) it is relatively precise and accurate, unlike shorter instruments, and (5) it is sensitive enough to change with relatively small changes in dietary intake. The 10-item DSQ scale collects consumption frequency of fruits, fruit juices, and vegetables in the past 30 days. Scoring algorithms convert frequency responses to cup equivalent estimates of average daily dietary intake for fruits and vegetables, using an age and sex coefficient. Obtaining cup equivalents of daily FV consumed is important in order to assess whether program participants are closer to meeting the Dietary Guidelines for Americans. The association between FV intake and chronic disease risk is well established; thus, using a valid, reliable, and responsive tool to assess FV intake is paramount in evaluating the impact nutrition incentive programs.
Food Security	6	In the last 30 days, the food that we bought just didn't last, and we couldn't afford to buy more. Was that often true, sometimes, or never true for your household in the last 30 days?	This is the standard 6-item USDA Food Security Survey module. The 6-item or 'short form' scale provides a reliable substitute for the full USDA 18-item household food security survey, with less respondent burden. The 6-item scale can assign respondents' food security status to high or marginal food security, low food security, and very low food security. Note: the 2-item Hunger Vital Sign (HVS) is not used to assess food security for two reasons: (1) it does not allow us to distinguish different severities of food insecurity, and (2) it can be difficult to detect an improvement in food security as the HVS is intended to be used as a screening tool, not a monitoring/assessment tool.
Health Status	1	Would you say in general your health is excellent, very good, good, fair, or poor?	This single item is the best measure of overall health, validated across dozens of populations, and is highly correlated with mortality.
Sociodemographics	4	Age, Sex, Race, Ethnicity	Basic demographic information allows us to understand who is being reached and whether impacts of the intervention implemented are different across different populations.

In addition, all surveys must include one item about survey administration and one item about survey location, so that the NTAE can control for these variables in their analyses. Your Program Advisor will help tailor these items to best suit your survey administration and location details. Below are example items.

Item	Example Wording	Rationale
Survey Administration	How are you taking this survey today?	Survey administration method helps us understand what methods are most impactful in different types of settings.
Survey location	Please write down or select the name of the site you are currently taking the survey at or visited when you received the URL or QR code for this survey.	This metric helps us understand the impact of participation in different settings.

List of Participant-Level Core Metrics for Nutrition Incentive Projects

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
SNAP Use	Length of time on SNAP	How long have you been receiving EBT, food stamps, or SNAP benefits?	- I just started - Less than a year - More than a year - Don't know/Prefer not to answer	The first set of questions are about your participation in the Supplemental Nutrition Assistance Program, or SNAP, and about your participation in the [insert name of SNAP Incentive program]. If your state has a state-specific program name for SNAP, that can be added in. Example, "How long have you been receiving SNAP (CalFresh) benefits."	Screening Question: If participant states that he/she does not receive SNAP/EBT, end survey. SNAP is an important component of the hunger safety net and length of time in SNAP may act synergistically with new incentive programs.
Nutrition Incentive Program Use	Firm Types	Have you used [Nutrition incentive program name] to get fruits and vegetables as any of the following places? <i>Check all that apply.</i>	- Grocery store - Small food store - Farmers market - Mobile farm truck - CSA or produce box - Don't know/Prefer not to answer	This question should be tailored to the redemption sites offered with your program. In the case that your program has only one firm type, this question can be omitted. The Hub can help modify these for each grantee.	Program impact may differ across firm types.
Nutrition Incentive Program Use	Dose of Nutrition Incentive Program	How long have you been using [Nutrition incentive program name] to get fruits and vegetables at any of the locations you checked above (if interviewer-administered, read checked locations)?	- Today is my first time à skip next question 1-3 months 4-6 months 7-9 months 10-12 months 1-2 years 2-5 years - More than 5 years - Don't know/Prefer not to answer	This question should be tailored to your program. Example, "How many times have you used your Food Buck Rx vouchers to get fruits and vegetables?"	This variable helps us to understand "dose" of the program. If the program works, you would expect that people who receive a higher dose will experience a greater benefit than those who receive a lower dose.
Nutrition Incentive Program Use	Program Satisfaction	Overall, how would you rate your experience with the [insert name of nutrition incentive program]?	- Very negative - Negative - Neutral - Positive - Very positive - Don't know/Prefer not to answer		Important metric utilized in existing incentive program evaluations that is helpful for grantees, Congress, and other funders.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Fruit and Vegetable Consumption	Fruit and Vegetable Consumption	During the past month, how often did you drink 100% PURE FRUIT JUICES such as orange, apple, grape, etc.? DO NOT INCLUDE fruit-flavored drinks with added sugar like Capri-Sun, Sunny D, or other fruit-flavored drinks.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2-3 times per day • 4-5 times per day • 6 or more times per day • Don't know/Prefer not to answer	The next set of questions is about the different kinds of foods you ate or drank during the past month, that is, the past 30 days. When answering, please include meals and snacks eaten at home, at work or school, in restaurants, and anyplace else.	Dietary intake is a primary outcome of interest for the USDA. This dietary assessment tool is taken from the larger 26-item Dietary Screener Questionnaire (DSQ) developed by the National Institutes of Health (NIH) National Cancer Institute (NCI), and was chosen because: (1) it is well-validated in similar, low-income populations, (2) it can be self-administered, (3) it does not require participants to report serving size, which can be challenging even for people with high numeracy skills, (4) it is relatively precise and accurate, unlike shorter instruments, and (5) it is sensitive enough to change with relatively small changes in dietary intake. The 10-item DSQ scale collects consumption frequency of fruits, fruit juices, and vegetables in the past 30 days. Scoring algorithms convert frequency responses to cup equivalent estimates of average daily dietary intake for fruits and vegetables, using an age and sex coefficient. Obtaining cup equivalents of daily FV consumed is important in order to assess whether program participants are closer to meeting the Dietary Guidelines for Americans. The association between FV intake and chronic disease risk is well established; thus, using a valid, reliable, and responsive tool to assess FV intake is paramount in evaluating the impact nutrition incentive programs.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat FRUIT like apples, bananas, oranges, melon, or any other fruit? INCLUDE fresh, frozen, canned, or dried fruit. DO NOT INCLUDE juices.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat a GREEN LEAFY OR LETTUCE SALAD, with or without other vegetables?	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat any kind of FRIED POTATOES like French fries, tater tots, hash brown potatoes, or other fried potatoes?	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat any OTHER KIND OF POTATOES that aren't fried, like baked, boiled, mashed, or potatoes used in soups and stews?	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat refried beans, baked beans, pinto beans, black beans, beans in soup, or any other type of COOKED BEANS? INCLUDE canned or dry beans. DO NOT INCLUDE green beans or string beans.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat other VEGETABLES that were not deep-fried? These are vegetables like carrots, broccoli, collards, green beans, corn, or other vegetables that are not deep-fried. INCLUDE canned, frozen, or fresh vegetables. ALSO INCLUDE vegetables that are raw, boiled, broiled, baked, grilled, stir-fried, or microwaved.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat packaged or homemade SALSA made with tomato?	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat PIZZA? INCLUDE frozen pizza, fast food pizza, and homemade pizza.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.
Fruit and Vegetable Consumption (continued)	Fruit and Vegetable Consumption (continued)	During the past month, how often did you eat TOMATO SAUCE in recipes such as spaghetti, lasagna, or other dishes? DO NOT INCLUDE tomato sauce on pizza.	• Never • 1 time per month • 2-3 times per month • 1 time per week • 2 times per week • 3-4 time per week • 5-6 times per week • 1 time per day • 2 or more times per day • Don't know/Prefer not to answer	See page 6.	See page 6.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Food Security	Food Security	In the last 30 days, the food that we bought just didn't last, and we didn't have money to get more. Was that often, sometimes, or never true for your household in the last 30 days? (Q1)	• Often true • Sometimes true • Never true • Don't know/Prefer not to answer	The next set of questions is about the food eaten in your household in the last 30 days. For these questions, please indicate whether the statement was often true, sometimes true, or never true for your household in the last 30 days.	This is the standard 6-item USDA Food Security Survey module. The 6-item or 'short form' scale provides a reliable substitute for the full USDA 18-item household food security survey, with less respondent burden. The 6-item scale can assign respondents' food security status to high or marginal food security, low food security, and very low food security. Note: the 2-item Hunger Vital Sign (HVS) is not used to assess food security for two reasons: (1) it does not allow us to distinguish different severities of food insecurity, and (2) it can be difficult to detect an improvement in food security as the HVS is intended to be used as a screening tool, not a monitoring/assessment tool.
Food Security	Food Security	In the last 30 days, we couldn't afford to eat balanced meals. Was that often, sometimes, or never true for your household in the last 30 days? (Q2)	• Often true • Sometimes true • Never true • Don't know/Prefer not to answer	See above.	See above.
Food Security	Food Security	In the last 30 days, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (Q3)	• Yes • No à Skip next question • Don't know/Prefer not to answer à Skip next question	See above.	See above.
Food Security	Food Security	In the last 30 days, how many days did this happen?	• _____ days	See above.	See above.

Module	Construct	Question	Response Options	Instructions/Notes	Rationale
Food Security	Food Security	In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food? (Q5)	• Yes • No • Don't know/Prefer not to answer	See page 11.	See page 11.
Food Security	Food Security	In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food? (Q6)	• Yes • No • Don't know/Prefer not to answer	See page 11.	See page 11.
Health	Health	Would you say in general your health is excellent, very good, good, fair, or poor?	• Poor • Fair • Good • Very good • Excellent • Don't know/Prefer not to answer	The last section is about you.	This single item is the best measure of overall health, validated across dozens of populations, and is highly correlated with mortality.
Sociodemographics and Household Characteristics	Age	What is your age?	• Age: _____ • Don't know/Prefer not to answer	See above.	Continuous age (e.g., 23, 57, etc.) is necessary for use in the algorithm used to calculate cup equivalents of fruits and vegetables in the DSQ.
Sociodemographics and Household Characteristics	Sex	What is your sex?	• Female • Male • Don't know/Not sure • Prefer not to answer	See above.	Basic demographic information allows us to understand who is being reached and whether impacts of the intervention implemented are different across different populations.
Sociodemographics and Household Characteristics	Ethnicity	Are you of Hispanic, Latino/a, or Spanish origin?	• Yes • No • Prefer not to answer	See above.	See above on Basic demographic information.
Sociodemographics and Household Characteristics	Race	How would you describe your racial or ethnic background? <i>Check all that apply.</i>	• American Indian or Alaska Native • Asian • Black or African American • Native Hawaiian • Other Pacific Islander • White • Some other race (please specify) • Prefer not to answer	See above.	See above on Basic demographic information.

Consent Statement Note: You may use your own consent statement or tailor the one provided below.

Thank you for your willingness to participate in this survey. If you are an adult (at least 18 years of age) and currently participating in *[name of nutrition incentive program]*, you are eligible for this survey. If you complete this survey, it will be included in a research study evaluating the program. Participation in this study is voluntary and anonymous. Your name and contact information will not be linked with your responses. You can choose to not answer any questions you do not want to answer and/or you can stop at any time. We will protect the information that you provide by not attaching your name to your responses and safely storing this information. The information provided will be combined with responses from other individuals. You may contact our program manager at *[e-mail]* if you have any questions about this research. You may also contact a representative at *[name of IRB]* with any questions about your involvement in this study at *[e-mail]*. By participating in this survey, I agree to my survey responses being part of a research study.

1. How are you taking this survey today?

Note: The answers for this question should be tailored to the survey distribution methods your program will use.

- ☐ Someone read me the questions in person
- ☐ Someone read me the questions over the phone/zoom
- ☐ I took the survey in-person but I read the questions to myself
- ☐ I took the survey at home using an electronic link
- ☐ Prefer not to answer

2. Please select/write the name of the site (i.e., Von's or Central Station farmers market) where you purchase fruits and vegetables most frequently using your *[insert incentive program (e.g., Double Up Food Bucks)]*.

The first set of questions are about your participation in the Supplemental Nutrition Assistance Program, or SNAP, and about your participation in the *[insert name of Nutrition Incentive program]*.

3. How long have you been receiving EBT, food stamps, or SNAP benefits?

- ☐ I just started
- ☐ Less than a year
- ☐ More than a year
- ☐ Don't know/ Prefer not to answer

4. Have you used *[Nutrition incentive program name]* to get fruits and vegetables at any of the following places? Check all that apply.

Note: The answers for this question should be tailored to the redemption sites offered with your program. In the case that your program has only one firm type and location, this question can be omitted. (Locations can be added to firm type for more specificity. For example, Grocery store - Omaha, Grocery store - Lincoln).

- ☐ Grocery store
- ☐ Small food store (e.g., corner store, bodega, etc.)
- ☐ Farmers market
- ☐ Mobile farm truck
- ☐ CSA or produce box
- ☐ Don't know/ Prefer not to answer

5. How long have you been using *[Nutrition incentive program name (e.g., Double Up Food Bucks)]* to get fruits and vegetables at any of the locations you checked above?

- ☐ Today is my first time
- ☐ 1-3 months
- ☐ 4-6 months
- ☐ 7-9 months
- ☐ 10-12 months
- ☐ 1-2 years
- ☐ 2-5 years
- ☐ More than 5 years
- ☐ Don't know/ Prefer not to answer

6. Overall, how would you rate your experience with *[insert name of Nutrition Incentive program]*?

- ☐ Very negative
- ☐ Negative
- ☐ Neutral
- ☐ Positive
- ☐ Very positive
- ☐ Don't know/ Prefer not to answer

The next set of questions is about the different kinds of foods you ate or drank during the past month, that is, the past 30 days. When answering, please include meals and snacks eaten at home, at work or school, in restaurants, and anyplace else.

7. During the past month, how often did you drink 100% PURE FRUIT JUICES such as orange, apple, grape, etc.?

DO NOT INCLUDE fruit-flavored drinks with added sugar like Capri-Sun, Sunny D, or other fruit-flavored drinks.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2-3 times per day
- ☐ 4-5 times per day
- ☐ 6 or more times per day
- ☐ Don't know/ Prefer not to answer

8. During the past month, how often did you eat FRUIT like apples, bananas, oranges, melon, or any other fruit?

INCLUDE fresh, frozen, canned, or dried fruit.
DO NOT INCLUDE juices.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

9. During the past month, how often did you eat a GREEN LEAFY OR LETTUCE SALAD, with or without other vegetables?

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

10. During the past month, how often did you eat any kind of FRIED POTATOES like French fries, tater tots, hash brown potatoes, or other fried potatoes?

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

11. During the past month, how often did you eat any OTHER KIND OF POTATOES that aren't fried, like baked, boiled, mashed, or potatoes used in soups and stews?

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

12. During the past month, how often did you eat refried beans, baked beans, pinto beans, black beans, beans in soup, or any other type of COOKED BEANS?

INCLUDE canned or dry beans.

DO NOT INCLUDE green beans or string beans.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

13. During the past month, how often did you eat other VEGETABLES that were not deep-fried? These are vegetables like carrots, broccoli, collards, green beans, corn, or other vegetables that are not deep-fried.

INCLUDE canned, frozen, or fresh vegetables. ALSO INCLUDE vegetables that are raw, boiled, broiled, baked, grilled, stir-fried, or microwaved.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

14. During the past month, how often did you eat packaged or homemade SALSA made with tomato?

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

15. During the past month, how often did you eat PIZZA?

INCLUDE frozen pizza, fast food pizza, and homemade pizza.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

16. During the past month, how often did you eat TOMATO SAUCE in recipes such as spaghetti, lasagna, or other dishes?

DO NOT INCLUDE tomato sauce on pizza.

- ☐ Never
- ☐ 1 time last month
- ☐ 2-3 times last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day
- ☐ Don't know/ Prefer not to answer

The next set of questions is about the food eaten in your household in the last 30 days, and whether you were able to afford the food you need.

17. The food that we bought just didn't last, and we didn't have money to get more. Was that often, sometimes, or never true for your household in the last 30 days?

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ Don't know/Prefer not to answer

18. We couldn't afford to eat balanced meals. Was that often, sometimes, or never true for your household in the last 30 days?

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ Don't know/Prefer not to answer

19. In the last 30 days, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

- ☐ Yes
- ☐ No à **Go to Question 21**
- ☐ Don't know/Prefer not to answer à **Go to Question 21**

20. In the last 30 days, how many days did this happen?

_____days

21. In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

- ☐ Yes
- ☐ No
- ☐ Don't know/Prefer not to answer

22. In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

- ☐ Yes
- ☐ No
- ☐ Don't know/Prefer not to answer

The last section is about you.

23. Would you say that in general your health is poor, fair, good, very good, or excellent?

- ☐ Poor
- ☐ Fair
- ☐ Good
- ☐ Very good
- ☐ Excellent
- ☐ Don't know/ Prefer not to answer

24. What is your age?

- ☐ Age: _____
- ☐ Prefer not to answer

25. What is your sex?

- ☐ Female
- ☐ Male
- ☐ Don't know/Not sure
- ☐ Prefer not to answer

26. Are you of Hispanic, Latino/a, or Spanish origin?

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

27. How would you describe your racial or ethnic background? *Check all that apply.*

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian
- ☐ Other Pacific Islander
- ☐ White
- ☐ Other race: _____
- ☐ Don't know/not sure
- ☐ Prefer not to answer

**You have completed the survey.
Please return your survey to the
program staff. Thank you for your
participation!**