

UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Parent,

Hello! We are the University of California CalFresh Program (UC CalFresh). Our program teaches young people about healthy eating and physical activity habits. Our goal is to help people stay healthy. Our program is funded by USDA. The program is free to your school or community.

To find out how well our lessons work, we ask that you complete this survey. However, completing the survey is totally voluntary. *Voluntary* means you can agree or not agree to complete it. It is up to you. You may also skip questions you do not want to answer. But, we hope that you will answer all of them. Any information about who you are will also be kept secret. We will not share your name or id number.

If you have any questions about the survey, just ask us!

Name of your local UC CalFresh educator: _____

Phone number: _____

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

Healthy, Happy Families Evaluation Tool

PRE POST

County: _____

Site: _____

First letter of your FIRST name	First letter of your LAST name	Birth MONTH	Birth DAY
A-Z	A-Z	01-12	01-31
ID#: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



1. My child sits and eats meals with an adult

No/rarely Sometimes Often Very often



2. My child eats snack at about the same time every day.

No/rarely Sometimes Often Very often

3. I warn my child s/he will not get a treat if s/he doesn't eat.

No/rarely Sometimes Often Very often

4. My child sees me eat vegetables.

No/rarely Sometimes Often Very often

5. I prepare at least one food that I know my child will eat.

No/rarely Sometimes Often Very often

Healthy, Happy Families Evaluation Tool



6. My child eats dinner at about the same time every day.

No/rarely **Sometimes** **Often** **Very often**

7. I beg my child to eat his/her food.

No/rarely **Sometimes** **Often** **Very often**

8. I remind my child to keep eating his/her food.

No/rarely **Sometimes** **Often** **Very often**



9. My child skips meals.

No/rarely **Sometimes** **Often** **Very often**

10. If my child did not like a food, I avoid serving it to him/her again.

No/rarely **Sometimes** **Often** **Very often**