

California  UNIVERSITY OF CALIFORNIA	BREAKFAST	
1. During the past week, did you eat a breakfast that included at least 3 food groups?	□ Yes □ No	
2. Within the next week, how often will you eat a breakfast that includes at least 3 food groups?	☐ Same as before ☐ More often	
Please share with us how this workshop will help you and your family:		
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	(ITC 2/22/13: breakfast)	



Fresh OF CALIFORNIA	FAST FOODS
1. During the past week, did you eat fast foods?	□ Yes □ No
2. Within the next week, how often will you eat fast foods?	☐ Same as before☐ Less often
Please share with us how this workshop will help	you and your family:
	(ITC 2/22/13: fast foods)

Fresh OF CALIFORNIA	FOOD GROUPS	
1. During the past week, did you eat foods from all 5 food groups each day?	□ Yes □ No	
2. Within the next week, how often will you eat foods from all 5 food groups each day?	<ul><li>☐ Same as before</li><li>☐ More often</li></ul>	
Please share with us how this workshop will help you and your family:		
	(ITC 2/22/13: food groups)	

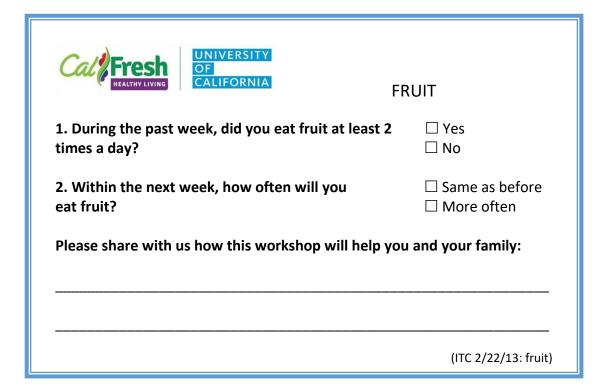
	FOOD GROUPS	
L. During the past week, did you eat foods from all 5 food groups each day?	☐ Yes ☐ No	
2. Within the next week, how often will you eat cods from all 5 food groups each day?	<ul><li>☐ Same as before</li><li>☐ More often</li></ul>	
Please share with us how this workshop will help you and your family:		



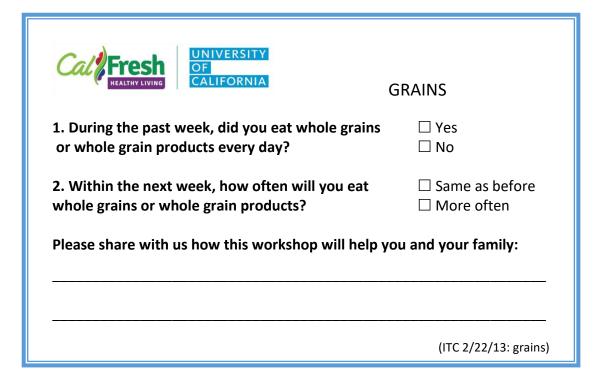
California  FOO	DD LABEL	
1. The last time you shopped, did you use the "Nutrition Facts" on the food label to choose foods?	☐ Yes ☐ No	
2. The next time you go shopping, will you use the "Nutrition Facts" on the food label to choose foods?	☐ Yes ☐ Maybe ☐ No	
Please share with us how this workshop will help you and your family:		
	(ITC 2/22/13: food label)	



Fresh HEALTHY LIVING CALIFORNIA	FRIED FOODS
1. During the past week, did you eat fried foods 2 or more times?	□ Yes □ No
2. Within the next week, how often will you eat fried foods?	☐ Same as before☐ Less often
Please share with us how this workshop will help yo	ou and your family:
	(ITC 2/22/13: fried foods)



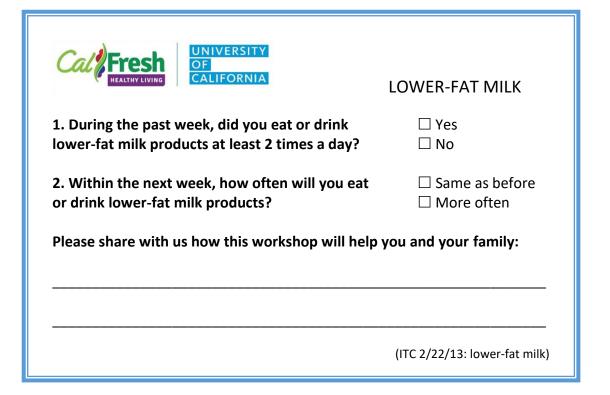
. Within the next week, how often will you ☐ Same as before at fruit? ☐ More often	L. During the past week, did you eat fruit at least 2 imes a day?	□ Yes □ No
	2. Within the next week, how often will you eat fruit?	☐ Same as before
Please share with us how this workshop will help you and your family:		



HEALTHY LIVING CALIFORNIA	GRAINS	
1. During the past week, did you eat whole ខ្ or whole grain products every day?	grains □ Yes □ No	
2. Within the next week, how often will you whole grains or whole grain products?	eat ☐ Same as before ☐ More often	
Please share with us how this workshop will help you and your family:		

Fresh DE CALIFORNIA	LIST	
1. The last time you bought food, did you make a list before going to the store?	☐ Yes ☐ No	
2. The next time you buy food, will you make a list before going to the store?	□ Yes □ Maybe □ No	
Please share with us how this workshop will help you and your family:		
	(ITC 4/21/16: list)	

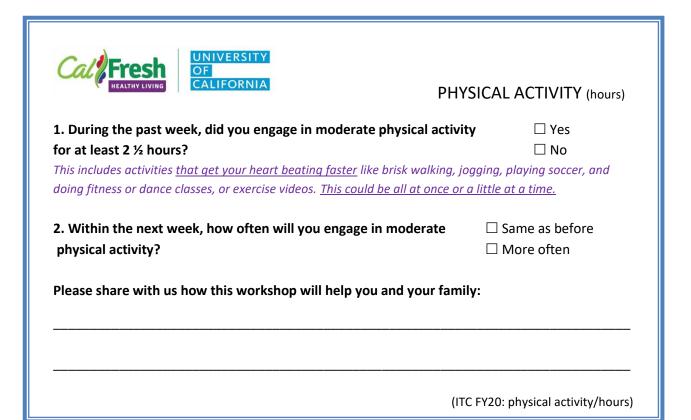
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Please share with us how this workshop will help you and your family:		
	(ITC 4/21/16: list)	

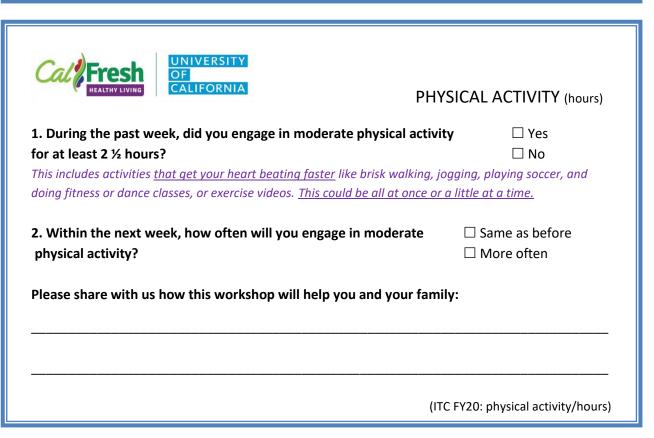


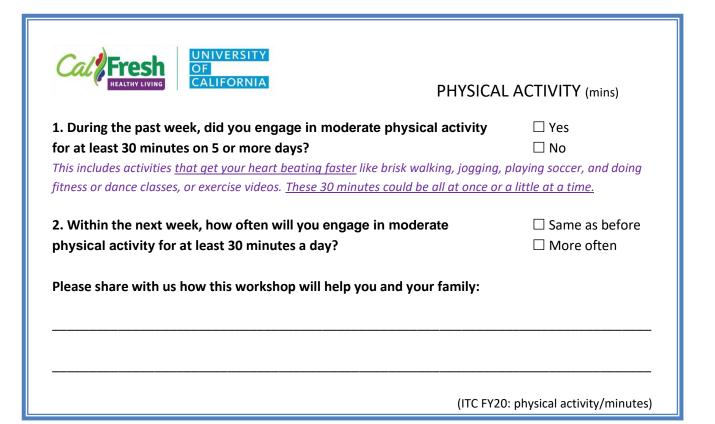
Fresh MEALTHY LIVING CALIFORNIA	LOWER-FAT MILK
1. During the past week, did you eat or drink lower-fat milk products at least 2 times a day?	□ Yes □ No
2. Within the next week, how often will you eat or drink lower-fat milk products?	☐ Same as before☐ More often
Please share with us how this workshop will help	you and your family:
	(ITC 2/22/13: lower-fat milk)

Fresh DF CALIFORNIA	MEAL	
1. The last time you bought food, did you plan meals before going to the store?	□ Yes □ No	
2. The next time you buy food, will you plan meals before going to the store?	□ Yes □ Maybe □ No	
Please share with us how this workshop will help you and your family:		
	(ITC 4/21/16: meal)	

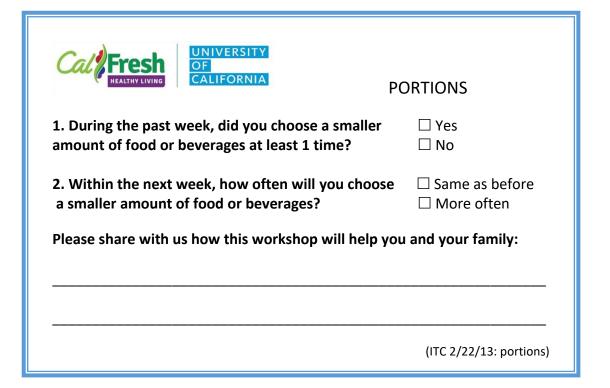
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Please share with us how this workshop will help you	and your family:
	(ITC 4/21/16: meal)







THE ST CALIFORNIA PHYSIC	AL ACTIVITY (mins)
1. During the past week, did you engage in moderate physical activity	☐ Yes
for at least 30 minutes on 5 or more days?	□ No
This includes activities <u>that get your heart beating faster</u> like brisk walking, joggin	g, playing soccer, and doing
fitness or dance classes, or exercise videos. <u>These 30 minutes could be all at once</u>	or a little at a time.
2. Within the next week, how often will you engage in moderate	☐ Same as before
physical activity for at least 30 minutes a day?	$\square$ More often
Please share with us how this workshop will help you and your family:	



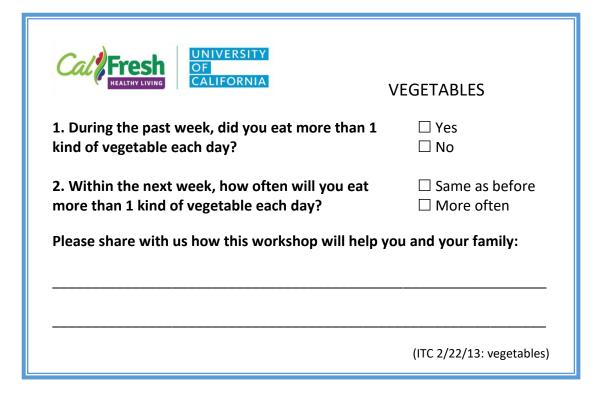
	PRTIONS
1. During the past week, did you choose a smaller amount of food or beverages at least 1 time?	☐ Yes ☐ No
2. Within the next week, how often will you choose a smaller amount of food or beverages?	<ul><li>☐ Same as before</li><li>☐ More often</li></ul>
Please share with us how this workshop will help you	and your family:



1. During the past week, did you drink a sweet beverage (regular sodas, sports drinks, fruit punche teas, or other drinks sweetened with sugar) every described to the sugar of the sweetened with sweetened with sugar of the sweetened with sw		
2. Within the next week, how often will you drink a sweet beverage?	☐ Same as before ☐ Less often	
Please share with us how this workshop will help you and your family:		
	TC 2/22/13: sweet beverage)	

Fresh OF CALIFORNIA	UNIT PRICES	
1. The last time you shopped, did you compare unit prices before choosing foods?	□ Yes □ No	
2. The next time you shop, will you compare unit prices before choosing foods?	□ Yes □ Maybe □ No	
Please share with us how this workshop will help you and your family:		
(IT	C 4/21/16: unit prices)	

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2. The next time you shop, will you compare unit prices before choosing foods?	□ Yes □ Maybe □ No	
Please share with us how this workshop will help you and your family:		
(IT	C 4/21/16: unit prices)	



Fresh DE CALIFORNIA	VEGETABLES
1. During the past week, did you eat more than 1 kind of vegetable each day?	☐ Yes ☐ No
2. Within the next week, how often will you eat more than 1 kind of vegetable each day?	☐ Same as before ☐ More often
Please share with us how this workshop will help	you and your family:
	(ITC 2/22/13: vegetables)