

# FAITHFUL FAMILIES PARTICIPANT EXIT FORM

12/17 Exit



Facilitator Name: \_\_\_\_\_

Faith Community Name: \_\_\_\_\_

## TELL ME ABOUT YOU!

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

North Carolina Zip: \_\_\_\_\_

Phone number: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Sex:  Female  Male

### Programs in which you and your family participate

- Child Nutrition (Free/Reduced Lunch)
- FDPIR (Food Distribution Program on Indian Reservations)
- Head Start
- SNAP (EBT Card)
- TANF (Temporary Assistance for Needy Families)
- TEFAP Commodity (Emergency Food Assistance Program)
- WIC
- Medicaid
- Work First

### 1. How often did you use the Faithful Families social media and website while in the Faithful Families program?

	More than once a day	About once a day	Several times a week	About once a week	Rarely or never
Facebook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Website/Blog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 2. If you used the Faithful Families social media and/or website, how often did you share links, posts and resources through your social media?

- More than once a day   
  About once a day   
  Several times a week   
  About once a week   
  Rarely or never  
 I did not use the Faithful Families social media or website

### 3. In what ways did you use Faithful Families social media and/or website?

- Read healthy eating tips and recipes
- Received reminders for upcoming classes
- Talked with other class participants
- Found out about upcoming programs and events
- Watched videos about healthy eating or physical activity
- Other, list: \_\_\_\_\_
- I did not use the Faithful Families social media or website.

### 4. If you used the Faithful Families social media and/or website, how helpful were they for doing each of the following?

	Very helpful	Helpful	Somewhat helpful	Not helpful	I did not use Faithful Families social media and/or website for this
Helping me connect with other participants in the class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reminding me about upcoming classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving me healthy eating and physical activity tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving me recipe ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Showing me videos about healthy eating and physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Informing me of healthy eating and physical activity programs and events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# TELL ME ABOUT WHAT YOU USUALLY DO!

This is a survey about ways you can plan and fix foods for your family. As you read each question, think about the recent past. This is not a test. There are not any wrong answers. If you do not have children, just answer the questions for yourself.

1. How many days a week do you cook dinner (your main meal) at home?	I rarely cook dinner at home	1	2	3	4	5	6 or 7		
2. How often do you plan meals ahead of time?	Never	Seldom	Sometimes	Most of the time	Always				
3. How often do you eat meals or snacks with one or more family members?	Never	Seldom	Sometimes	Most of the time	Always				
4. How often do you shop with a grocery list?	Never	Seldom	Sometimes	Most of the time	Always				
5. How often do you compare prices before you buy food?	Never	Seldom	Sometimes	Most of the time	Always				
6. When deciding what to eat, how often do you think about healthy food choices?	Never	Seldom	Sometimes	Most of the time	Always				
7. How often do you use <i>MyPlate</i> to make food choices?	Never	Seldom	Sometimes	Most of the time	Always				
8. How often do you use the "Nutrition Facts" on the food label to make food choices?	Never	Seldom	Sometimes	Most of the time	Always				
9. How often do you run out of food before the end of the month?	Never	Seldom	Sometimes	Most of the time	Always				
10. How often do you let meat and/or dairy products sit out for more than two hours?	Never	Seldom	Sometimes	Most of the time	Always				
11. How often do you thaw frozen foods at room temperature?	Never	Seldom	Sometimes	Most of the time	Always				
12. How often do you read food labels to select foods with less salt or sodium?	Never	Seldom	Sometimes	Most of the time	Always				
13. On average, how many total cups (use your fist as a measure of a cup) of vegetables do you eat each day? Count all that you eat whether in a combination dish or by itself.	0	1/2	1	1½	2	2½	3	3½	4+
14. On average, how many total cups (use your fist as a measure of a cup) of fruit do you eat each day? Count all that you eat whether in a combination dish or by itself.	0	1/2	1	1½	2	2½	3	3½	4+
15. On a typical day, how many times do you drink water?	None	1	2	3	4+				
16. On a typical day, how many times do you drink sugar-sweetened beverages? (Sugar sweetened beverages are soft drinks (soda or pop), fruit drinks, sports drinks, tea and coffee drinks, energy drinks, sweetened milk or milk alternatives, and any other beverages to which sugar has been added.)	None	1	2	3	4+				
17. In the past week, how many days did you exercise for at least 30 minutes? (This includes things like jogging, playing soccer, and doing fitness/dance classes and exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. Do not count housework, taking care of your kids, or walking from place to place.)	0	1	2	3	4	5	6	7	