

# FAITHFUL FAMILIES PARTICIPANT ENTRY FORM

12/17 Entry



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

Are you pregnant?  Yes  No

Are you breastfeeding?  Yes  No

Are you Hispanic or Latino?  Yes  No

What is your race?

American Indian or Alaskan Native

Asian

Black or African American

Native Hawaiian or other Pacific Islander

White

What is your highest grade completed in school?

Grade 6 or below

Grade 12

Grade 7

GED

Grade 8

Some College

Grade 9

Graduated 2 Year College

Grade 10

Graduated College

Grade 11

Post Graduate

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

Approximate household income:

\$ \_\_\_\_\_  per week  per month

Please write the age of your child(ren).

Age: \_\_\_\_\_ Age: \_\_\_\_\_ Age: \_\_\_\_\_

Age: \_\_\_\_\_ Age: \_\_\_\_\_ Age: \_\_\_\_\_

How many adults live with you? \_\_\_\_\_



# 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	

**1. How often do you use any of the following:**

- |           |                                |  |   |   |
|-----------|--------------------------------|--|---|---|
| Facebook  | <input type="checkbox"/> Never | <input type="checkbox"/> 1-2 times per month | <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> Almost every day |
| Twitter   | <input type="checkbox"/> Never | <input type="checkbox"/> 1-2 times per month | <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> Almost every day |
| YouTube   | <input type="checkbox"/> Never | <input type="checkbox"/> 1-2 times per month | <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> Almost every day |
| Pinterest | <input type="checkbox"/> Never | <input type="checkbox"/> 1-2 times per month | <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> Almost every day |
| Instagram | <input type="checkbox"/> Never | <input type="checkbox"/> 1-2 times per month | <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> Almost every day |

**2. If you use any of the above, which is your favorite?**

- Facebook     Twitter     YouTube     Pinterest     Instagram

**3. If you use the above, how do you access your favorite social media (Facebook, Twitter, YouTube, etc.)?**

- smart phone/tablet  
 home computer or laptop  
 public computer or laptop

**4. If you use the above, how would you like to connect with Faithful Families? (check all that apply)**

- Facebook     Twitter  
 YouTube     Pinterest  
 Instagram  
 I would not like to receive tips and recipes from Faithful Families.

**5. How did you find out about the Faithful Families classes?**

- Facebook  
 Personal invitation  
 Announcement in my faith community  
 Recruitment flier or bulletin insert  
 Other, list: \_\_\_\_\_

**PHOTO RELEASE (optional)**

I, the undersigned, hereby authorize North Carolina State University, North Carolina A&T State University, and the North Carolina Cooperative Extension Service to use photographs, video or audio, which I have voluntarily allowed to be taken by University representatives. I understand that such use may include but shall not be limited to publications, slide shows, newspaper articles, websites, social media (including but not limited to Facebook, YouTube, Twitter, Instagram) or displays.

I fully understand the comprehensive nature of this release and voluntarily consent to sign it.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

