

FAITHFUL FAMILIES PARTICIPANT ENTRY FORM

04/16 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 7
- Grade 8
- Grade 9
- Grade 10
- Grade 11
- Grade 12
- GED
- Some College
- Graduated 2 Year College
- Graduated College
- Post Graduate

Programs in which you and your family participate

- Child Nutrition (Free/Reduced Lunch)
- FDIPIR (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 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 often do you plan meals ahead of time?	Never	Seldom	Sometimes	Most of the time	Always
2. How often do you compare prices before you buy food?	Never	Seldom	Sometimes	Most of the time	Always
3. How often do you run out of food before the end of the month?	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. This question is about meat and dairy foods. How often do you let these foods sit out for more than two hours?	Never	Seldom	Sometimes	Most of the time	Always
6. How often do you thaw frozen foods at room temperature?	Never	Seldom	Sometimes	Most of the time	Always
7. When deciding what to feed your family, how often do you think about healthy food choices?	Never	Seldom	Sometimes	Most of the time	Always
8. How often have you prepared foods without adding salt?	Never	Seldom	Sometimes	Most of the time	Always
9. How often do you use the "Nutrition Facts" on the food label to make food choices?	Never	Seldom	Sometimes	Most of the time	Always
10. How often do your children eat something in the morning within 2 hours of waking up?	Never	Seldom	Sometimes	Most of the time	Always
11. How often do you eat meals or snacks with one or more family members?	Never	Seldom	Sometimes	Most of the time	Always
12. On average how many servings of vegetables do you eat per day? Some examples of one serving of vegetables are 1 cup of raw, leafy vegetables like lettuce or greens (about the size of a baseball), 1/2 cup of chopped vegetables such as carrots (about the size of a computer mouse) or 10 French fries (about the size of a deck of cards).	None	1	2	3	4+
13. On average, how many servings of fruit do you eat per day? Some examples of one serving of fruit would be one medium apple, orange, pear, or banana, or 1/2 cup of chopped or canned fruit (about the size of a computer mouse).	None	1	2	3	4+
14. 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, typically high fructose corn syrup or sucrose (table sugar), has been added.)	None	1 time/day	2 times/day	3 times/day	4+ times/day
15. How often do you use MyPlate to make food choices?	Never	Seldom	Sometimes	Most of the time	Always
16. How many days per week do you get at least 30 minutes of moderate exercise? Moderate exercise is where your heart beats faster than normal and you can talk, but you can't sing. Examples include fast walking, aerobic class, strength training, and swimming gently.	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

