



Series Program

**Nutrition
\$en\$e**

Post-Survey

Instructions for Participants

Please help us make our programs and materials better by circling the best answer for each of the following questions:

Question	Never	Some of the Time	Most of the Time	Always
I use a plan for how I spend my money.	1	2	3	4
I plan my meals ahead of time.	1	2	3	4
I shop for food using a shopping list.	1	2	3	4
I compare prices before I buy food.	1	2	3	4
I prepare some foods from basic ingredients.	1	2	3	4
When I cook, I use a recipe and measure ingredients.	1	2	3	4
I freeze or can foods to use later.	1	2	3	4
Members of my family go hunting, fishing, or do gardening to help provide food for the family.	1	2	3	4



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Distributed by **Deborah Little, Ed.D.**, Extension Family Nutrition Program Coordinator.

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