FARMacy Pre-Survey

(please mark one answer)

1. In general, how healthy is the food you eat?

            o Excellent

            o Very Good

            o Good

            o Fair

            o Poor

1. I need help to improve my overall health?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree

1. Most of my health problems can be fixed by what I eat?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree

1. How much do you know about the importance of fresh fruits and vegetables in your diet?

            o Know a lot

            o Know Some

            o Know only a little

            o Know nothing

1. If I was given money to spend on veggies and fruits, I would regularly use it?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree

1. How often do you or someone you live with shop at a farmer's market?

            o Never

            o Rarely/ several times a year

            o Once a month

            o 2-3 times a month

            o Weekly or more

1. How often do you buy fresh fruits?

            o Always

            o Very Often

            o About half the time

            o Rarely

            o Never

1. How often do you buy fresh vegetables?

            o Always

            o Very Often

            o About half the time

            o Rarely

            o Never

1. In the last month, how many of your daily meals included fresh fruits, such as apples, oranges, berries, grapes?

            o All of my meals

            o At least two meals per day

            o At least one meal per day

            o None of my meals

1. In the last month, how many of your daily meals included fresh vegetables, such as green beans, broccoli, spinach, carrots.... (NOT CORN)

            o All of my meals

            o At least two meals per day

            o At least one meal per day

            o None of my meals

1. In the last month, how often did you eat fresh vegetables?

            o Often

            o Sometimes

            o Rarely

            o Never

1. In the last month, how many of your daily meals were microwaveable, frozen, or take out?

            o All of my meals

            o At least two meals per day

            o At least one meal per day

            o None of my meals

1. How often are your meals prepared away from home in places such as restaurants, fast food places, soup kitchens, food stands, grocery stores, or from vending machines?

            o Often

            o Sometimes

            o Rarely

            o Never

1. I cook my own meals?

            o Always

            o Very Often

            o About half the time

            o Rarely

            o Never

1. I'm confident in my ability to cook different kinds of vegetables?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree

1. How much do you feel you know about how to prepare fresh fruits and vegetables?

            o Know a lot

            o Know some

            o Know only a little

            o Know nothing

1. In the last year, what has been the food situation in your home?

            o Often not enough to eat

            o Sometimes not enough to eat

            o Enough, but not always the kind of food I want

            o Plenty of the kind of food I eat

1. I can't afford to eat a diet with fresh fruits and vegetables?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree

1. Why don't you buy fresh fruits and vegetables? (Mark all that apply)

            o Don't like them

            o Cost too much

            o Don't know how to use them

            o Cannot find a store that sells them

1. I have been worried about not having enough food in my home at least some of the time over the last year?

            o Strongly Agree

            o Agree

            o Disagree

            o Strongly Disagree