

# About You

## VCE's Family Nutrition Program SNAP-ED ENTRY FORM

For Remote Programming Only: Fall 2020 - Summer 2021

To be completed by the Program Assistant when talking to the participant by phone. Take your time when asking each question and waiting for a response. Be sure that the entire form is completed before getting off the phone with the participant.

Name	
Address	
City/Zip	Email
Phone (best number to reach you)	

Age   Female  Male  Other **Check all that apply to you:**

Pregnant?  Yes  No  American Indian or Alaskan Native  Asian

Breastfeeding?  Yes  No  Black or African American  White

Hispanic or Latino?  Yes  No  Native Hawaiian or other Pacific Islander

**Highest grade completed (check one):**

<input type="checkbox"/> Grade 6 or less	<input type="checkbox"/> Grade 10	<input type="checkbox"/> Some college
<input type="checkbox"/> Grade 7	<input type="checkbox"/> Grade 11	<input type="checkbox"/> Graduated 2 yr. college
<input type="checkbox"/> Grade 8	<input type="checkbox"/> Grade 12	<input type="checkbox"/> Graduated college
<input type="checkbox"/> Grade 9	<input type="checkbox"/> GED	<input type="checkbox"/> Post graduate

**Ages of other people you live with:**

_____	_____
_____	_____
_____	_____
_____	_____

**Programs that you and your family participate in (check all that apply):**

<input type="checkbox"/> Free and reduced price school meals	<input type="checkbox"/> <b>Food banks and food pantries</b>
<input type="checkbox"/> Head Start	<input type="checkbox"/> The Emergency Food Assistance Program ( <b>TEFAP</b> ) Commodities
<input type="checkbox"/> <b>SNAP benefits</b> (Virginia EBT card)	<input type="checkbox"/> <b>WIC</b>
<input type="checkbox"/> <b>TANF</b> (Temporary Assistance for Needy Families)	<input type="checkbox"/> <b>Public housing</b>
<input type="checkbox"/> Other: <input type="text"/>	

Monthly household income

\$

**FNP use only: for internal use only**

<b>Residence:</b>	<b>Lesson type:</b>	<b>Subgroups:</b>
<input type="checkbox"/> Farm	<input type="checkbox"/> Individual	<input type="checkbox"/> Faithful Families
<input type="checkbox"/> Town <10,000/Rural non-farm	<input type="checkbox"/> Group	<input type="checkbox"/> Food bank recipient
<input type="checkbox"/> Town /City (10,000-50,000)	<input type="checkbox"/> Both	<input type="checkbox"/> Families with children age 12 and younger or women age 45 or younger
<input type="checkbox"/> Suburb of city (>50,000)		<input type="checkbox"/> Adults 45+
<input type="checkbox"/> Central city (>50,000)		<input type="checkbox"/> Farmers market lesson
		<input type="checkbox"/> Grocery store tour
		<input type="checkbox"/> 4-session series
		<input type="checkbox"/> NCSU eXtension lesson
		<input type="checkbox"/> Non English-speaking
		<input type="checkbox"/> SNAP recipient
		<input type="checkbox"/> Teen pregnant/breastfeeding
		<input type="checkbox"/> Young family comprehensive
		<input type="checkbox"/> Phone lesson
		<input type="checkbox"/> Zoom education

City/County where program occurred:

Program Assistant name:

Entry date:  Group name:  Participant ID#:

# Food and You

## SNAP-ED ENTRY FORM

### For Remote Programming Only

These are questions about the ways you plan and fix food. Check the response that best describes how you usually do things. This is not a test. There are no wrong answers.

**1 I always shop with a grocery list.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**6 When I eat protein, I eat lean protein.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**2 I eat 2 or more servings of fruit each day.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**7 I refrigerate or freeze foods within 2 hours after serving.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**3 I eat 3 or more servings of vegetables each day.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**8 I drink regular sodas, fruit punch, fruit drinks, sweet tea or sports drinks.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**4 When I eat grains, I eat whole grains.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**9 In the last year, I could afford to eat healthy foods.**

Never | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**5 I eat 2-3 servings of milk, yogurt and cheese each day.**

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

**10 I can get fresh fruits and vegetables.**

Never | Sometimes | Often | Very often | Almost always  
 |  |  |  |

# Physical Activity & You

## SNAP-ED ENTRY FORM

For Remote Programming Only

These are questions about your physical activity. Check the response that best describes how you usually do things. This is not a test. There are no wrong answers.

11 There are opportunities for me to be physically active.

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

13 I walk, take the stairs, run with my kids, and take other opportunities to be physically active.

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

12 I break up the time I spend sitting at home.

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

14 There are safe, inviting places to be physically active nearby in my neighborhood.

Strongly disagree | Disagree | Undecided | Agree | Strongly agree  
 |  |  |  |

15 I plan my food shopping to avoid food waste.

No | Sometimes | Often | Very often | Almost always  
 |  |  |  |

# Connect with You

These are questions to better understand how to connect with those we serve.

## Social Media

What is your favorite social media site? Check one.

Facebook |  Twitter |  YouTube  
 Blog |  Pinterest |  Instagram

What is your favorite type of social media post? Check one.

Photos |  Videos |  Live Videos  
 Links |  GIFs |  Memes and/or infographics  
(photos that also include information)