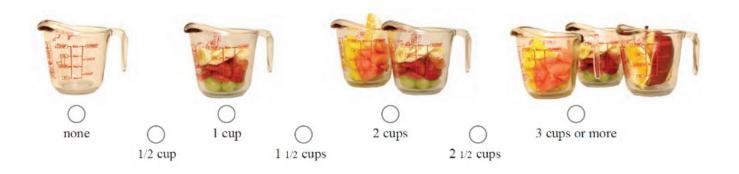


CalFresh Healthy Living Adult Survey

☐ Post	,	A-Z	A-Z	01-12	01-31
PEARS Program Activity ID_ (Your educator will provide you with this ID number)	let <u>y</u> Fl	irst ter of <u>our</u> RST ame	First letter of <u>your</u> LAST name	Birth MONTH	Birth H DAY
These questions are about the ways you plan and fix food. Think about how you usually do things. Choose one answer for each question.					
1.					rinks or punch?
	no		yes, netimes	yes, often	yes, everyday
2.	Do you drink regular soda?				
CHAPTER OF THE PARTY OF THE PAR	no		yes, netimes	yes,	yes, everyday

3. Fruit: How much do you eat each day?



4. Vegetables: How much do you eat each day?



5. Do you eat more than one kind of fruit each day?



no yes, yes, yes, sometimes often always

6.



Do you eat more than one kind of vegetable each day?

no yes, yes, yes, sometimes often always

Serving Stars 5 Crackers (15g)
Servings Per Container About 30
Amount Per Benvine
Calories 60 Calories from Fat 15

1. Builty Value
Total Fat 1.5g 2%
Siturated Fat .5g 2%
Trains Fat .5g 2%
Trains Fat .5g 2%
Othelestered Orig 0%
Sodium 170mg 7%
Potassium 15mg 0%
Total Carbohydrate 11g 4%

Do you use this label when food shopping?

no yes, yes, yes, sometimes often always

8.



Do you run out of food before the end of the month?

\bigcirc	\bigcirc	\bigcirc	\bigcirc
no	yes,	yes,	yes,
	sometimes	often	always

The next questions are about <u>physical activities</u> you do. Please mark the response that <u>best</u> describes how you <u>usually</u> do things.

9. In the past week, how many days did you This includes things like jogging, playing so exercise videos. This 30 minutes could be a Do not include housework, taking care of your continuous could be a continuous to the continuous could be a continuous c	ccer, and doing fitness or dance classes, or all at once or 10 minutes or more at a time.
10. In the past week, how many days did yo your muscles? This includes things like lifting weights and of the second sec	_
11. How often do you make small changes this includes things like walking instead of doing a few minutes of exercise, or moving	driving, getting off the bus one stop early,

Always

12. X 13. X 14. X	
15. S	Select the answer that best describes your age:
(18-59 years
(60-75 years
(76 years and over
(Prefer not to respond
16. S	Select the answer that best describes your gender:
(Male Male
(○ Female
(Non-binary
(Gender not listed
(Prefer not to respond
17. <u>S</u>	Select all answers that apply to your race/ethnicity:
	American Indian or Alaskan Native
	Asian
	Black or African American
	Native Hawaiian or Other Pacific Islander
	Middle Eastern or North African
	Hispanic or Latino
	White
	Prefer not to respond