

This is a guide for taste testing and completing the **Adult Taste Test Tool** (Adult TTT). We ask that you follow this guide and complete the Adult TTT carefully, so that we can evaluate the effect of food tasting activities on adult's acceptance of the foods tasted.

- The process described below takes about 10 minutes after adults have washed their hands or used hand sanitizer.
- The Adult TTT should be completed using this survey. Please return it to your CalFresh Healthy Living, UCCE program representative.

Background:

Adults shopping within a budget may not choose to purchase and try unfamiliar and perishable foods that might get wasted. Taste tests provide opportunities to try new, healthy foods prepared in appealing ways in an environment without pressure. Adults who are willing to try the foods featured during taste tests again are more likely to purchase and prepare these foods at home for themselves and introduce these new healthy food options to their families.

Process:

1. Check if adults are allergic to any food items. **If an adult is allergic** to any of the foods to be offered, **remind them not to eat that food.**
2. Keep a clean food environment.
 - a. Have adults wash their hands or use hand sanitizer. Please remember hand sanitizers do not remove dirt from hands!
 - b. Wash your hands.
 - c. Use serving utensils or food service gloves.
 - d. Keep cold foods refrigerated or in an ice chest until it is time for the food tasting. Do not let perishable foods (like cut produce, protein foods, dairy products, dips, etc.) sit out longer than 2 hours.
3. Please tell the participants that you have some food(s) for them to try if they like. Tasting is voluntary. We do not collect names, so the responses you share will be anonymous.
4. Adult responses are most commonly collected with a show of hands (e.g., "Please raise your hand if..." and the hands are counted to get the # of adults). However, if you have concerns about adults influencing each other's responses, you can collect participants' responses anonymously using the following data collection methods:
 - Using whiteboards or sheets of paper with 'yes' or 'no' answers held up,
 - Sticking dots on large poster boards with the questions, or
 - Applying post-it notes to a chart.



Adult Taste Testing Tool (Adult TTT)

Please complete this survey when you have a food tasting with CalFresh Healthy Living, UC adult participants. Do not use this survey with youth.

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|---|-------------------|
| County: | Site Name: |
| Date: (MM/DD/YYYY) | __/__/____ |
| Which food did the participants taste in class today? | |
| How was the food presented? (Choose the best answer.) <ul style="list-style-type: none"> <input type="checkbox"/> Raw, plain, served on its own <input type="checkbox"/> Cooked, plain, served on its own <input type="checkbox"/> Dried/roasted, plain <input type="checkbox"/> Dried/roasted, with added ingredients (e.g., sugar, spices, oil, etc.) <input type="checkbox"/> Raw, paired with other food/in a recipe (e.g., paired with dip or dressing; included in a yogurt parfait, smoothie, salad, etc.) <input type="checkbox"/> Cooked, paired with other food/in a recipe (e.g., soup, stir fry, roasted vegetables, etc.) | |
| How many participants attended the class today? (Enter number in digits as in 10) | _____ adults |

| Ask the participants the following questions: | # of adults |
|--|-------------|
| 1. Before today's class, how many of you have tried this food before? | |
| 2. How many of you tried the food today? | |
| 3. How many of you are willing to try the food again? | |
| 4. How many of you are willing to serve this food to your family or prepare it for yourself? | |

Comments: Please add comments and observations during the tasting or observations that were linked to the tasting.