

# Plan, Shop, Save, and Cook PEARS Survey Guide (English)

1. Start with I.D Box shown below. Read directions provided and fill in the text box with first letter of first name, first letter of last name, birth month, and birth day. [Example: MR0103]

## Add New Response (FY21 Plan, Shop, Save & Cook)

Delete

Go Back to Attach

Create your own 6-digit ID# by entering the:

1. first letter of your FIRST name ("M" for Maria Rodriguez-Herrera),
2. first letter of your LAST name ("R" for Rodriguez-Herrera),
3. 2-digit number for your birth MONTH ("01" for January), and
4. 2-digit number for your birth DAY ("03" for the 3rd day).

In this example, the 6-digit ID# is "MR0103".

**MAKE SURE THE 6-DIGIT ID# YOU ENTER BEFORE THE PROGRAM MATCHES THE ONE YOU ENTER AFTER THE PROGRAM, SO WE CAN MATCH YOUR SURVEYS. \***

MR0103

2. Next, fill in the correct demographic that applies to you. (Example in picture below. Do NOT copy answers).

Check the box that best describes your age:

- < 5 Years
- 5-17 Years
- 18-59 Years
- 60+ Years

Prefer not to respond

Check the box that best describes your sex:

Female

Male

Prefer not to respond

Check the box that best describes your ethnicity:

Hispanic / Latino

Non-Hispanic / Non-Latino

Prefer not to respond

Check all the boxes that apply to your race:

American Indian or Alaska Native

Asian

Black or African American

Native Hawaiian or Pacific Islander

White

Prefer not to respond

**3. Finally, fill out the survey questions below by clicking on the answer that best applies to you. \*\*Question 8 should only be answered if it is the last class. \*\***

**Plan, Shop, Save & Cook Checklist**

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

	Never	Seldom	Sometimes	Most of the time	Almost always
1. How often do you plan meals ahead of time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often do you compare unit prices before buying food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often do you run out of food before the end of the month?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often do you shop with a grocery list?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. When deciding what to feed your family, how often do you think about healthy food choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How often do you use the "Nutrition Facts" on the food label to make food choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. How often do you use MyPlate to make food choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. What changes have you made since you have taken these classes?

*ONLY ANSWER QUESTION 8 **AFTER** COMPLETING THE PLAN, SHOP, SAVE & COOK CLASSES.*

**4. Make sure to click the “green submit button” when finished. You’re all done. Thanks for participating!**

Submit