

After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?	MT4a. Clean: wash hands and surfaces often		X				X			X
How often do you thaw frozen food on the counter or in the sink at room temperature?	MT4d. Chill: Refrigerate promptly						X			
How often do you use a meat thermometer to see if meat is cooked to a safe temperature?	MT4c. Cook: cook to proper temperatures						X			X
In the past month, how often did you eat less than you wanted so there was more food for your family?	MT4a. Clean: wash hands and surfaces often			X						X
In the past month, how often did you not have money or another way to get enough food for your family (such as SNAP, WIC, or a food pantry)?	MT2g. Not run out of food before month's end			X						X
How many days a week do you cook dinner (your main meal) at home?				X						X
How often do you compare food prices to save money?	MT2h. Compare prices before buying food			X						X
How often do you plan your meals before you shop for groceries?				X						X
How often do you look in the refrigerator or cupboard to see what you need before you go shopping?				X						X
How often do you make a list before going shopping?	MT2j. Shop with a list			X						X