

EFNEP Food and Activity Behaviors Questionnaire – Alignment with SNAP-Ed Evaluation Framework

Food Behavior Checklist Item	SNAP-Ed Evaluation – Outcome Measure	#1 Welcome	#2 Move	#3 Plan	#4 Veggies	#5 Grain	#6 Protein	#7 Bones	#8 Change	#9 Celebrate
How many times a day do you eat fruit?	MT1c. Ate more than one kind of fruit				X					X
How many times a day do you eat vegetables?	MT1d. Ate more than one kind of vegetable				X					X
How many different kinds of vegetables do you usually eat a day?	MT1d. Ate more than one kind of vegetable				X					
How many times a day do you drink milk or soy milk?	MT1i. Consuming low-fat or fat-free milk (including with cereal), milk products (e.g., yogurt or cheese), or fortified soy beverages							X		
Over the last week, how many days did you eat red and orange vegetables?	MT1d. Ate more than one kind of vegetable				X					X
Over the last week, how many days did you eat dark green vegetables?	MT1d. Ate more than one kind of vegetable				X					X
Over the last week, how many days did you eat beans and peas?							X			
Over the last week, how many days did you eat yogurt or drink smoothies with yogurt?	MT1i. Consuming low-fat or fat-free milk (including with cereal), milk products (e.g., yogurt or cheese), or fortified soy beverages							X		
Over the last week, how many days did you eat cereal with milk?	MT1i. Consuming low-fat or fat-free milk (including with cereal), milk products (e.g., yogurt or cheese), or fortified soy beverages							X		

How many days a week do you cook dinner (your main meal) at home?	MT2m. Cook healthy foods on a budget			X						
How often do you drink regular sodas (not diet)?	MT1h. Drinking fewer sugar-sweetened beverages (e.g., regular soda or sports drinks)								X	X
In the past week, how many days did you exercise for at least 30 minutes?	Mt3a. Physical activity and leisure sport		X							X
In the past week, how many days did you do workouts to build and strengthen your muscles?	MT3c. Physical activity to make your muscles stronger (muscular strength)		X							X
How often do you make small changes on purpose to be more active?	MT3g. Television viewing MT3h. Computer and video games MT3i. Sitting on weekdays while at work, at home, while doing course work, and during leisure time		X							X
How often do you wash your hands with soap and running water before preparing food?	MT4a. Clean: wash hands and surfaces often	X	X	X	X	X	X	X	X	X
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
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
How often do you compare prices to save money?	MT2h. Compare prices before buying foods			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
How often do you use food coupons for food purchases?	MT2i. Identify foods on sale or use coupons to save money			X						X
How often do you use a written weekly or monthly food spending plan?				X						X
How often do you budget enough money for food purchases?	MT2g. Not run out of food before month's end			X						X
How often do you check for sales on foods before you shop?	MT2i. Identify foods on sale or use coupons to save money			X						X
How often do you check for food items on sale when you are at the store?	MT2i. Identify foods on sale or use coupons to save money			X						X
The food that I bought just didn't last, and I didn't have money to get more.	MT2g. Not run out of food before month's end			X						X
I couldn't afford to eat balanced meals.	MT2g. Not run out of food before month's end			X						X
Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	MT2g. Not run out of food before month's end			X						X