The World In A Garden Nutrition Assessment Survey

1. I believe I have	strong nutritio	onal knowledge.				
Strongly agree	Agree	Neutral	Disagree	Strongly disagree		
2. Which of the fol all that apply.	llowing foods (do you think are g	rown locally d	uring the fall? Check		
Kale		Арр	oles			
Strawberries			Peppers			
Lemons			Zucchini			
Pumpkin		Squ	ash			
Turnips			Tomatoes			
3. Rate the import foods. (1 = highes			ctors when you	're purchasing		
Price			٠٠٠٠٠			
Organic			Quality	Preparation time/convenience		
Local			•			
Fresh vs	packaged		Tastiness	5		
Brand			Safe			
Nutrition	nal value					

4. Which of the following factors do you associate with local food? Check all that apply.					
	Healthy		Organic		
	Sustainable		Accessible		
	Seasonal		Tasty		
	Expensive		Safe		
	Affordable				
5. D	o you eat foods seasonally?				
	□ Yes		□ No		
6. D	o you eat seasonal foods that are grown	local	ly in your area?		
	□ Yes		□ No		
7. H	7. How often do you buy local fruits and vegetables?				
	Less than 2 times a month				
	2-4 times a month				
	More than 4 times a month				
8. What are some barriers to accessing/growing your own local food? (e.g. lack of space, lack of knowledge)					

9. What areas of nutrition would you like to learn more about, and why? (e.g. food safety, serving sizes, Canada's food guide)				
10. What types of produce do you eat most often?				
11. Fresh produce accounts for what percentage of your diet/groceries?				
	<25%		50 - 75%	
	25 – 50%		>75%	
12. In your household, are you responsible for purchasing and preparing the food?				
	☐ Yes		□ No	
13. When buying groceries, how many people are you usually shopping for?				
	Yourself		4-6 people	
	2-4 people		6 or more people	

14. With regards to the people you used for your answer to $\#13$, indicate how many of them fit into the following age ranges:					
	female, 5 years old or younger		male, 5 years old or younger		
	female, 5 – 10 years old		male, 5 – 10 years old		
	female, 10 – 18 years old		male, 10 – 18 years old		
	female, 18 – 30 years old		male, 18 – 30 years old		
	female, 30 – 40 years old		male, 30 – 40 years old		
	female, 40 – 50 years old		male, 40 – 50 years old		
	female, >50 years old		male, >50 years old		
15. Please select the category that best describes you.					
	female, 18 – 30 years old		male, 18 – 30 years old		
	female, 30 – 40 years old		male, 30 – 40 years old		
	female, 40 – 50 years old		male, 40 – 50 years old		
	female, >50 years old		male, >50 years old		

Thank you for participating in our survey!

By completing this survey, you have given your consent for us to use this information in a pilot test assessment created and run by UBC students in LFS 350 (in association with The World in a Garden). Your information will remain confidential and anonymous.