MyPlate in Practice

SNAP-Ed
Washington State University Extension

Parent Questionnaire

Today was the last MyPlate in Practice lesson. Each week your child brought home a newsletter. Please tell us how you used the information in the newsletters. **Please send the completed questionnaire to school with your child.**

As a result of reading this newsletter, did you or your family do any of the following:	Check Your Answer:	If you marked YES, write what you are doing or what information was most valuable to you:
We did some of the suggested activities in the newsletter.	____ Yes ____ No	
We changed some of the ways we prepare food so they are lower in fat, sugar or salt.	____ Yes ____ No	
We buy healthy snacks more often for my child to eat.	____ Yes ____ No	
We read nutrition labels more often when choosing food.	____ Yes ____ No	
We prepared new foods or recipes from the newsletter at home.	____ Yes ____ No	
We increased the amount of physical activity we did this week.	____ Yes ____ No	
We eat more fruits and vegetables.	____ Yes ____ No	
We are more aware of serving sizes.	____ Yes ____ No	
We eat more meals together as a family.	____ Yes ____ No	
I would attend classes about healthy eating if they are offered. *(If you marked 'yes', please fill in your name and contact information.)*	____ Yes ____ No	Name Phone Address Email

Our funding agency requires that we ask for this information.

Age:	**Are you Hispanic/Latino**?	**Have you received food assistance from any of these community resources in the last three months?** *(Check **all** that apply.)*
☐ 18-59 years ☐ 60+ years	☐ Yes ☐ No	☐ Basic Food (SNAP or EBT card) ☐ Child Nutrition (free/reduced school meals, snacks; summer feeding program) ☐ Food Banks ☐ ECEAP/Head Start ☐ TANF/Job Readiness ☐ Tribal Commodities (FDPIR) ☐ WIC (Women, Infant & Children) ☐ No, I do not receive food assistance.
Gender: ☐ Female ☐ Male	**Race**: *(Check all that apply.)* ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African-American ☐ Native Hawaiian/Pacific Islander ☐ White/Caucasian	