



Meals 4 Health & Healing

Pre-Program Survey

At The Heimerdinger Foundation and through our Meals 4 Health and Healing program, our top priority is providing our clients with food that is nutritious, delicious, and beautiful – with food that is nourishing not only physically but emotionally as well.

Please take a few minutes to answer the survey questions below. We will use the results from your survey to help us evaluate the impact of our program. We will use this information to help us secure funding to keep our program running and to reach even more people. Thank you for your help in this process.

1. Please rate how often you identify with the following statements related to your physical and emotional well-being.

	Never	Rarely	Neutral	Sometimes	Often
I have a lack of energy.	1	2	3	4	5
I am bothered by side effects of treatment.	1	2	3	4	5
I enjoy food/I look forward to meals.	1	2	3	4	5
I feel cared for by others.	1	2	3	4	5
I feel alone in my illness.	1	2	3	4	5
I am content with the quality of my life.	1	2	3	4	5

Comments:

2. Please rate the level to which you agree or disagree with the following statements about nutrition.

Strongly disagree Disagree Neutral Agree Strongly Agree

I know the benefits of eating healthy.

1 2 3 4 5

It is important to me that I have healthy eating habits.

1 2 3 4 5

It is important to me that my family members have healthy eating habits.

1 2 3 4 5

I consider my current eating habits to be healthy.

1 2 3 4 5

I feel confident that I can cook a meal from scratch using real ingredients.

1 2 3 4 5

I eat fast food or packaged food often.

1 2 3 4 5

I drink soda, juice, sweet tea, or other sweetened beverages often.

1 2 3 4 5

3. How many servings of vegetables do you eat in a typical day?

(One serving of vegetables = 1 cup of raw or ½ cup of cooked)

0 1 2 3 4 5 6+

4. How many servings of fresh fruit do you eat in a typical day?

(One serving of fruit = 1 medium whole fruit such as an apple or ½ cup of chopped)

0 1 2 3 4 5 6+

5. How many servings of whole grains do you eat in a typical day?

(One serving of whole grains = 1 piece of whole wheat bread or ½ cup cooked whole-grain pasta, brown rice, oatmeal or other grain)

0 1 2 3 4 5 6+

6. How many servings of gluten-free grains do you eat in a typical day?

(One serving of gluten-free grains = ½ cup wild rice, quinoa, or millet)

0 1 2 3 4 5 6+

7. How many times during a typical *week* do you eat fish?

0 1 2 3 4 5 6+

Please add any additional comments you wish to make about starting our Meals 4 Health & Healing program:

Date

Name (optional):

Thank you for your help!