

# QUESTIONNAIRE

## Start of Block: Introduction

**CONSENT** Thank you for accepting our survey request. The information you provide will be used for research purposes. The following form contains an explanation of our study and your rights as a research participant.

## RESEARCH PARTICIPANT CONSENT FORM

**Key Information:** Please take the time to review this information carefully. This is a research study. Your participation in this study is voluntary, which means you may choose not to participate at any time without penalty. If you decide to take part, please indicate so at the bottom of this form.

**Purpose:** Our goal for this research survey is to track consumer preferences, behaviors, and sentiments concerning the sustainability, quality, and price of food purchased and consumed in the last 30 days.

**Procedures:** This web-based survey will take about 15 minutes to complete. You will answer questions about topics like your food security, food expenditures, and food preferences. We also ask some basic demographic questions.

**Risks of Participation:** The risks associated with this study are minimal. They are not greater than those ordinarily encountered in daily life, and you may stop at any time. Importantly, this survey has a number of questions embedded in it as validity checks to ensure that you are not a robot and are fully reading and answering each question. A unique combination of answers to those questions may result in your survey being rejected.

**Benefits:** This study will help researchers track consumer demand for various food products, understand awareness of food-related issues, and anticipate the impact of current events or activities on the food system.

**Costs:** There are no anticipated costs to participate in this research.

**Confidentiality:** No one will have access to your name. At no point will a data file be constructed in which your name is linked with your responses. The data will be stored by the researchers with no intention to destroy the data. The data will only be released in summaries in which no individual's answers can be identified. The project's research records may be reviewed by departments at Purdue University responsible for regulatory and research oversight.

**Participant Rights:** Your participation in this study is voluntary. You may choose not to participate or, if you agree to participate, you may withdraw your participation at any time without penalty or loss of benefits to which you are otherwise entitled. However, you cannot withdraw the collected data, once the data is transferred to Purdue University's computers.

**Contact Information:** If you have questions or comments about this project, please contact the survey manager Elijah Bryant at [ehbryant@purdue.edu](mailto:ehbryant@purdue.edu) or principal investigator Dr. Joseph Balagtas at (765) 494-4298 or [balagtas@purdue.edu](mailto:balagtas@purdue.edu). To send an anonymous report, visit Purdue's Hotline

at [www.purdue.edu/hotline](http://www.purdue.edu/hotline). If you have questions about your rights while taking part in the study or have concerns about the treatment of research participants, please call the Human Research Protection Program at (765) 494-5942, email [irb@purdue.edu](mailto:irb@purdue.edu), or write to: Human Research Protection Program - Purdue University Ernest C. Young Hall, Room 1032, 155 S. Grant St., West Lafayette, IN 47907-2114.

**Documentation of Informed Consent:** I have read and fully understand the consent form. By clicking below, I am indicating that I freely and voluntarily agree to participate in this study and acknowledge that I am at least 18 years of age. It is recommended that you print a copy of this consent page for your records before you begin.

- Yes, I want to participate in this study. (1)
- No, I do not want to participate in this study. (2)

**End of Block: Introduction**

**Start of Block: Quotas**

**QUO1** What is your age?

- 17 years or younger (1)
- 18 - 24 years old (2)
- 25 - 34 years old (3)
- 35 - 44 years old (4)
- 45 - 54 years old (5)
- 55 - 64 years old (6)
- 65 - 74 years old (7)
- 75 years or older (8)

**QUO2** Do you describe yourself as male, female, or transgender?

- Male (1)
- Female (2)
- Transgender (3)
- None of these (4)

**QUO3** What is your race? (select all that apply)

- White (1)
- Black or African American (2)
- American Indian or Alaska Native (3)
- Asian Indian (4)

- Chinese (5)
- Filipino (6)
- Japanese (7)
- Korean (8)
- Vietnamese (9)
- Other Asian (10)
- Native Hawaiian (11)
- Guamanian or Chamorro (12)
- Samoan (13)
- Other Pacific Islander (14)
- Some other race (15)

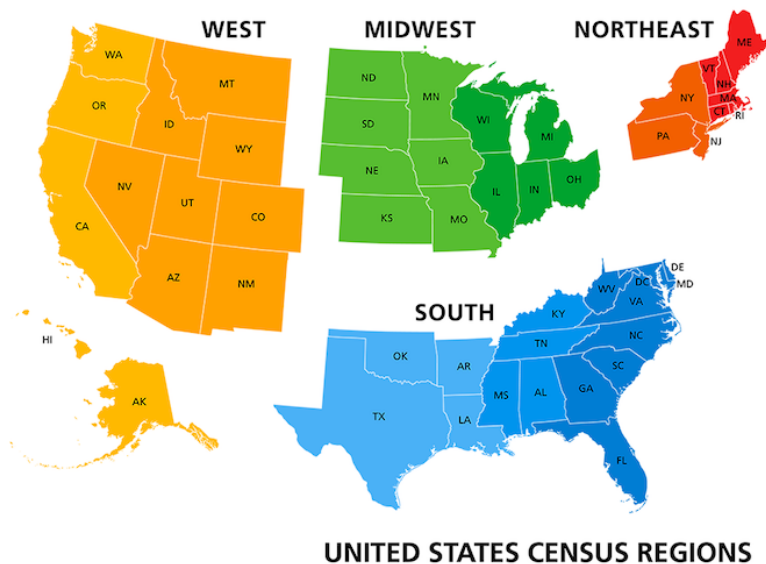
**QUO4** Are you of Hispanic, Latino, or Spanish origin?

- No, not of Hispanic, Latino, or Spanish origin (1)
- Yes, Mexican, Mexican American, Chicano (2)
- Yes, Puerto Rican (3)
- Yes, Cuban (4)
- Yes, another Hispanic, Latino, or Spanish origin (5)

**QUO5** In 2022, what was your total household income before taxes?

- Less than \$15,000 (1)
- \$15,000 - \$24,999 (2)
- \$25,000 - \$34,999 (3)
- \$35,000 - \$49,999 (4)
- \$50,000 - \$74,999 (5)
- \$75,000 - \$99,999 (6)
- \$100,000 - \$149,999 (7)
- \$150,000 - \$199,999 (8)
- \$200,000 or more (9)

**QUO6** In which region do you live?



- o Northeast (1)
- o Midwest (2)
- o South (3)
- o West (4)
- o Outside the U.S. (5)

**End of Block: Quotas**

**Start of Block: Sustainability**

**SUS1** Reflect on your own diet and your experience purchasing food in recent weeks. Think about the food you plan to buy over the next few weeks. Do you expect to make any changes? Please tell us which of the following statements apply to you and your food.

- Buy mostly whole fruits, vegetables, grains, nuts, and beans (1)
- Avoid most highly processed foods that have empty calories (2)
- Buy a diversity of foods with many different fats, proteins, vitamins, etc. (3)
- Avoid buying too much food and creating food waste (4)
- Buy foods with lower land, water, and greenhouse gas footprints (5)
- Avoid highly packaged foods and single-use plastics (6)
- Buy food that is produced humanely for both animals and workers (7)
- Avoid food businesses that are unfair or exploitative in their practices (8)
- Buy food that fits my cultural or customary diet (9)

- Buy food that is affordable and fits my budget (10)
- Buy food from stores and restaurants where I have lots of options (11)
- Buy food whenever and wherever I want it (12)
- Buy enough food to last so that I don't go hungry (13)
- Avoid low quality foods that are not desirable or nourishing (14)
- Buy food that is safe and free of dangerous chemicals or bacteria (15)
- Buy tasty food that is pleasing and satisfying to me (16)
- Buy visually appealing food that looks good to me (17)
- Buy food that makes me feel good, physically and mentally (18)
  - o No, and I don't expect to in the next 6 months (0)
  - o No, but I want to start in the next 6 months (1)
  - o I want to and I plan to start in the next month (2)
  - o Yes, but I only started within the last 6 months (3)
  - o Yes, and I have for more than 6 months (4)

**End of Block: Sustainability**

**Start of Block: Ad Hoc**

**AH1** Please select an option from the following list that most closely represents your current familiarity with the U.S. Farm Bill.

- o Not at all familiar - I have not heard of the Farm Bill (1)
- o Not very familiar - I have heard of the Farm Bill, but I do not know what programs it supports (2)
- o Somewhat familiar – I have heard of the Farm Bill and the programs it supports, but I only know some details about it (3)
- o Very familiar – I have heard of the Farm Bill and am familiar with the details of the programs it supports (4)

**AH2** The U.S. Farm Bill governs a variety of agricultural programs within the U.S. The following list of items summarizes the general components of the Farm Bill. Please indicate how important you believe each of these components is. A brief description of each is given in parentheses.

*[randomize responses]*

**Commodities** (price and income support for farmers who raise widely produced and non-perishable crops; includes disaster assistance) (1)

**Conservation** (programs that help farmers implement natural resource conservation efforts) (2)

**Trade** (food export subsidy programs and international food aid) (3)

**Nutrition** (Supplemental Nutrition Assistance Program (SNAP) and other nutrition programs for low-income households) (4)

**Credit** (federal loan programs designed to help farmers access financial credit to grow and sustain their operations) (5)

**Rural Development** (programs to support rural economic growth through business and community development) (6)

**Research, Extension, and Related Matters** (farm and food research, education, and extension programs) (7)

**Forestry** (forest-specific conservation programs) (8)

**Energy** (programs that encourage crops for biofuels, help with renewable energy systems and research) (9)

**Horticulture** (farmers market and local food programs, research funding, and certificate programs) (10)

**Crop Insurance** (premium subsidies to farmers and private crop insurance companies to protect against losses in yield, crop revenue, or whole farm income) (11)

- o Not at all important (1)
- o Somewhat important (2)
- o Very important (3)
- o Don't know (4)

**AH3** Which component of the U.S. Farm Bill do you believe is most important?

*[randomize responses]*

**Commodities** (price and income support for farmers who raise widely produced and non-perishable crops; includes disaster assistance) (1)

**Conservation** (programs that help farmers implement natural resource conservation efforts) (2)

**Trade** (food export subsidy programs and international food aid) (3)

**Nutrition** (Supplemental Nutrition Assistance Program (SNAP) and other nutrition programs for low-income households) (4)

**Credit** (federal loan programs designed to help farmers access financial credit to grow and sustain their operations) (5)

**Rural Development** (programs to support rural economic growth through business and community development) (6)

**Research, Extension, and Related Matters** (farm and food research, education, and extension programs) (7)

**Forestry** (forest-specific conservation programs) (8)

**Energy** (programs that encourage crops for biofuels, help with renewable energy systems and research) (9)

**Horticulture** (farmers market and local food programs, research funding, and certificate programs) (10)

**Crop Insurance** (premium subsidies to farmers and private crop insurance companies to protect against losses in yield, crop revenue, or whole farm income) (11)

**AH4** The U.S. Farm Bill addresses a variety of issues within our food system. When thinking about the characteristics of our food, which do you believe the Farm Bill needs to prioritize most? Please rank the following in order from (1) highest priority to (6) lowest priority.

*[randomize responses]*

**Nutrition** (the Farm Bill needs to prioritize supporting healthy and complete diets) \_\_\_\_\_

**Environment** (the Farm Bill needs to prioritize protecting the land, water, air, and climate) \_\_\_\_\_

**Social** (the Farm Bill needs to prioritize socially conscious, humane, and fair agricultural and business practices) \_\_\_\_\_

**Economic** (the Farm Bill needs to prioritize food affordability, economic sustainability for farmers and the supply chain) \_\_\_\_\_

**Security/Availability** (the Farm Bill needs to prioritize food security, safety, and access) \_\_\_\_\_

**Taste** (the Farm Bill needs to prioritize access to foods that look and taste good and fit peoples' preferences) \_\_\_\_\_

**AH5** Farmer subsidies include payments and other kinds of support provided to farmers from the federal government. Examples of such subsidies include income support in the event of low crop prices, crop insurance premium subsidies, and conservation incentives.

Do you support or oppose the U.S. government subsidizing farmers? Please indicate your level of support or opposition.

- Strongly oppose (1)
- Somewhat oppose (2)
- Neutral (3)
- Somewhat support (4)
- Strongly support (5)

**AH6** Do you think the new Farm Bill should increase, decrease, or leave spending on farmer subsidies unchanged?

- Decrease spending (1)
- Leave spending unchanged (2)

Increase spending (3)

Don't know (4)

**AH7** Please indicate your level of agreement with the following statements.

Farmers' incomes are high enough and do not need government support. (1)

We should pay farms to reduce the environmental impact of producing crops and livestock. (2)

We should regulate farms to reduce the environmental impact of producing crops and livestock. (3)

U.S. farms are crucial for an affordable and safe food supply. (4)

It is important to protect farmland from non-farm uses (e.g., residential or commercial development). (5)

All government spending should be reduced to lower taxes or reduce the federal deficit. (6)

Government spending on food and agriculture should be reduced to lower taxes or reduce the federal deficit. (7)

Strongly disagree (1)

Somewhat disagree (2)

Neither disagree nor agree (3)

Somewhat agree (4)

Strongly agree (5)

**AH8** Do you support or oppose the U.S. government spending money on food and nutrition assistance (for example, SNAP benefits)? Please indicate your level of support or opposition.

Strongly oppose (1)

Somewhat oppose (2)

Neutral (3)

Somewhat support (4)

Strongly support (5)

**AH9** Do you think the new Farm Bill should increase, decrease, or leave spending on food and nutrition assistance unchanged?

Decrease spending (1)

Leave spending unchanged (2)

Increase spending (3)

Don't know (4)



**AH10** Please indicate your level of agreement with the following statements.

Government spending on food and nutrition assistance should be reduced to lower taxes or reduce the federal deficit. (1)

The government should increase taxes to increase food and nutrition assistance for low-income families. (2)

It is important to make sure all Americans have access to affordable, nutritious food. (3)

There should be stricter work requirements to qualify for food and nutrition assistance. (4)

The government should make it easier for Americans to qualify for food and nutrition assistance. (5)

- Strongly disagree (1)
- Somewhat disagree (2)
- Neither disagree nor agree (3)
- Somewhat agree (4)
- Strongly agree (5)

**End of Block: Ad Hoc**

**Start of Block: Risk**

**RSK1** How do you evaluate yourself: Are you in general a more risk-taking person or do you try to avoid risks? Please respond on a scale of 0 (risk averse) to 10 (fully prepared to take risks).

- Risk averse 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- Fully prepared to take risks 10 (11)

**RSK2** One can evaluate different areas of risk in different ways. How do you evaluate your attitude towards risk in the following areas? Please respond on a scale of 0 (risk averse) to 10 (fully prepared to take risks).

Your health (1)

Food consumed at home (2)

Food consumed away from home (from restaurants, fast food places, etc.) (3)

- Risk averse 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- Fully prepared to take risks 10 (11)

**RSK3** How do you see yourself: Are you rather impatient or very patient? Please respond on a scale of 0 (very impatient) to 10 (very patient).

- Very impatient 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- Very patient 10 (11)

**End of Block: Risk**

**Start of Block: Security**

These next questions are about the food eaten in your household in the LAST 30 DAYS and whether you were able to afford the food you need.

**SEC1** "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was this statement often, sometimes, or never true for your household in the LAST 30 DAYS?

- Often true (1)
- Sometimes true (2)
- Never true (3)
- Don't know (4)

**SEC2** "(I/we) couldn't afford to eat balanced meals." Was this statement often, sometimes, or never true for your household in the LAST 30 DAYS?

- Often true (1)
- Sometimes true (2)
- Never true (3)
- Don't know (4)

**SEC3** In the LAST 30 DAYS did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes (1)
- No (2)
- Don't know (3)

**Display This Question:**  
**If SEC3 = 1**

**SEC4** In the LAST 30 DAYS, how many days did you or other adults in your household cut the size of your meals or skip meals because there wasn't enough money for food?

▼ 1 (1) ... Don't know (31)

**SEC5** In the LAST 30 DAYS, did you ever eat less than you felt you should because there wasn't enough money for food?

- Yes (1)
- No (2)
- Don't know (3)

**SEC6** In the LAST 30 DAYS, were you ever hungry but didn't eat because there wasn't enough money for food?

- Yes (1)

- No (2)
- Don't know (3)

**SEC7** In the LAST 30 DAYS, did you or anyone in your household get free groceries from a food pantry, food bank, church, or other place that provides free food?

- Yes (1)
- No (2)

**SEC8** Do you or does anyone in your household CURRENTLY receive benefits from the Supplemental Nutrition Assistance Program (SNAP) or the Food Stamp Program?

- Yes (1)
- No (2)

**Display This Question:**  
**If SEC8 = 1**

**SEC9** How many months have you or anyone in your household been receiving benefits from the Supplemental Nutrition Assistance Program (SNAP) or the Food Stamp Program?

▼ 1 or less (1) ... 24 or more (24)

**Display This Question:**  
**If SEC8 = 2**

**SEC10** Have you or anyone in your household EVER received benefits from the Supplemental Nutrition Assistance Program (SNAP) or the Food Stamp Program?

- Yes (1)
- No (2)

**End of Block: Security**

**Start of Block: Spending**

Now we are going to ask about expenses for food your household has purchased in the LAST 30 DAYS. Think carefully about where you have shopped and what you have eaten recently.

**SPN1** How much of the shopping for food do you do for your household?

- 100% (1)
- 75% (2)
- 50% (3)
- 25% (4)
- None (5)

**SPN2** What has been your household's usual WEEKLY expense for food bought during grocery

shopping?

▼ \$0 (1) ... \$400 or more (81)

**SPN3** Where did your household last purchase or pick up groceries?

- Superstore (1)
- Grocery store (2)
- Convenience store (3)
- Farmers market (4)
- Food bank or pantry (5)
- Specialty or natural foods store (6)
- Other (specify) (7) \_\_\_\_\_
- Club store (e.g., Costco, Sam's Club) (8)
- Discount or dollar store (e.g., Aldi, Dollar General, Dollar Tree) (9)

**SPN4** Were your last groceries...

- Selected and bought in-store (1)
- Selected and bought online and delivered (2)
- Selected and bought online and picked up (3)
- Other (specify) (4) \_\_\_\_\_

**Display This Question:**

**If SPN4 != 2**

**SPN5** Which of the following best describes your household's last trip to purchase or pick up groceries?

- Direct trip (from home to the store) (1)
- Indirect trip (from the office, errands, or another location to the store) (2)

**Display This Question:**

**If SPN4 != 2**

**SPN6** How long did you or someone in your household travel to purchase or pick up your last groceries?

▼ 5 minutes or less (1) ... 1 hour or more (12), Don't know (13)

**Display This Question:**

**If SPN4 != 2**

**SPN7** How did you or someone in your household get to the store?

- o Car (1)
- o Walk (2)
- o Bicycle (3)
- o Bus, subway, or other public transit (4)
- o Taxi, Uber, or other paid driver (5)

**SPN8** How long did you or someone in your household spend shopping for your last groceries?

Note: Estimate time spent shopping online if your groceries were delivered.

▼ 5 minutes or less (1) ... 1 hour or more (12), Don't know (13)

**SPN9** In the LAST 30 DAYS, how many times did you or someone in your household go to the store to purchase or pick up groceries?

▼ 1 or less (1) ... 10 or more (10), Don't know (11)

**SPN10** What has been your household's usual WEEKLY expense for meals or snacks from restaurants, fast food places, cafeterias, carryout, or other such places?

▼ \$0 (1) ... \$400 or more (81)

**Display This Question:**

**If SPN7 != 1**

**SPN11** What share of your spending on meals or snacks from restaurants, fast food places, cafeterias, etc. came from the following? Please divide 100 points between these options.

Restaurant (dine-in) : \_\_\_\_\_ (1)

Restaurant (take-away) : \_\_\_\_\_ (2)

Restaurant (delivery) : \_\_\_\_\_ (3)

Fast food (dine-in) : \_\_\_\_\_ (4)

Fast food (take-away/drive-through) : \_\_\_\_\_ (5)

Fast food (delivery) : \_\_\_\_\_ (6)

Cafeteria : \_\_\_\_\_ (7)

Other : \_\_\_\_\_ (8)

Total : \_\_\_\_\_

**SPN12** In the LAST 7 DAYS, how many meals did you eat away from home that were purchased from restaurants, fast food places, cafeterias, carryout, or other such places?

▼ 0 (1) ... 21 or more (22)

**SPN13** How many days until you or someone in your household receives your next paycheck from a job, benefit from the government, or any other source of income?

▼ 0 (1) ... Don't know (32)

**SPN14** Will your household have to wait until your next payment to buy groceries again?

- o Yes (1)
- o No (2)

**SPN15** Will your household have to wait until your next payment to eat out at a restaurant again?

- o Yes (1)
- o No (2)

**SPN16** Compared to last year at this time, are the prices you paid for food at the grocery store higher or lower?

▼ 10% lower or more (1) ... 10% higher or more (21)

**SPN17** Thinking ahead to next year at this time, do you expect the prices you pay for food at the grocery store to be higher or lower?

▼ 10% lower or more (1) ... 10% higher or more (21)

### **End of Block: Spending**

### **Start of Block: Behaviors**

**BEH1** Below are several statements about common shopping and eating habits. For each statement, please tell us how often that statement applied to you in the LAST 30 DAYS.

- Chose organic foods over non-organic foods (1)
- Chose local foods over non-local foods (2)
- Chose cage-free eggs over conventional eggs (3)
- Chose wild-caught fish over farm-raised fish (4)
- Chose grass-fed beef over conventional beef (5)
- Chose plant-based proteins over animal proteins (6)
- Chose generic foods over brand foods (7)
- Checked for GMO ingredients (8)
- Checked for natural or clean labels (9)
- Checked the nutrition label before buying new foods (10)
- Checked where my food originated (11)
- Checked how my food was produced (12)
- Checked the use-by/sell-by date at the store (13)

Checked for food recalls (14)

Ate fruits or vegetables without washing them (15)

Ate rare or undercooked meat (16)

Ate raw dough or batter (17)

Took steps to reduce food waste at home (18)

Threw away food past the use-by date (19)

Composted food scraps (20)

Recycled food packaging (21)

- Never (1)
- Rarely (2)
- Sometimes (3)
- Often (4)
- Always (5)
- Does not apply (6)

**BEH2** Are you a vegetarian or a vegan?

- Yes (1)
- No (2)

**BEH3** Is another member of your household vegetarian or vegan?

- Yes (1)
- No (2)
- Does not apply (3)

**BEH4** How often does your household eat home-cooked meals on a WEEKLY basis?

- Less than 1 time (1)
- 1 - 3 times (2)
- 4 - 6 times (3)
- 7 or more times (4)

**BEH5** Do you CURRENTLY grow your own food in a garden?

- Yes, I am growing food in a home garden (1)
- Yes, I am growing food in a community garden (2)



- o No, but I plan to start growing food in a garden this year (3)
- o No, and I do not plan to start growing food in a garden this year (4)

**End of Block: Behaviors**

**Start of Block: Trends**

**TND1** In the LAST 30 DAYS, have you been unable to find a specific food product at the stores where you usually shop?

- o Yes (specify) (1) \_\_\_\_\_
- o No (2)

**TND2** In the LAST 30 DAYS, have you noticed any new food products on the shelves at the grocery store?

- o Yes (specify) (1) \_\_\_\_\_
- o No (2)

**TND3** In the LAST 30 DAYS, have you removed from your diet or tried to limit your intake of a specific food, drink, nutrient, ingredient, or brand?

- o Yes (specify) (1) \_\_\_\_\_
- o No (2)

**End of Block: Trends**

**Start of Block: Trust**

**TRU1** How much do you trust information about healthy and sustainable food from the following sources? Please select the 5 most trusted sources and 5 least trusted sources.

Most trusted (select 5 items)

- \_\_ Food and Drug Administration (1)
- \_\_ Department of Agriculture (2)
- \_\_ Dietary Guidelines for Americans (3)
- \_\_ American Medical Association (4)
- \_\_ American Farm Bureau Federation (5)
- \_\_ Center for Science in the Public Interest (6)
- \_\_ Nestlé (7)
- \_\_ Tyson Foods (8)
- \_\_ McDonald's (9)
- \_\_ Chipotle (10)

Least trusted (select 5 items)

- \_\_ Food and Drug Administration (1)
- \_\_ Department of Agriculture (2)
- \_\_ Dietary Guidelines for Americans (3)
- \_\_ American Medical Association (4)
- \_\_ American Farm Bureau Federation (5)
- \_\_ Center for Science in the Public Interest (6)
- \_\_ Nestlé (7)
- \_\_ Tyson Foods (8)
- \_\_ McDonald's (9)
- \_\_ Chipotle (10)

\_\_\_ New York Times (11)

\_\_\_ Fox News (12)

\_\_\_ CNN (13)

\_\_\_ NPR (14)

\_\_\_ Joe Rogan (15)

\_\_\_ Harvard University (16)

\_\_\_ Purdue University (17)

\_\_\_ Primary care physician (18)

\_\_\_ Friends (19)

\_\_\_ Family (20)

\_\_\_ New York Times (11)

\_\_\_ Fox News (12)

\_\_\_ CNN (13)

\_\_\_ NPR (14)

\_\_\_ Joe Rogan (15)

\_\_\_ Harvard University (16)

\_\_\_ Purdue University (17)

\_\_\_ Primary care physician (18)

\_\_\_ Friends (19)

\_\_\_ Family (20)

### **End of Block: Trust**

### **Start of Block: Beliefs**

**BLF1** To what extent do you agree or disagree with the following statements?

Genetically modified food is safe to eat (1)

Organic food is more nutritious than non-organic food (2)

Local food is better for the environment (3)

Grass-fed beef tastes better than grain-fed beef (4)

Food with deoxyribonucleic acid is unsafe to eat (5)

Eating less meat is better for the environment (6)

Gluten-free food is healthier for you (7)

Agriculture is a significant contributor to climate change (8)

Plant-based milk is healthier than dairy milk (9)

Climate change will impact food prices (10)

Please select 'strongly agree' to show you are paying attention (11)

Strongly disagree (1)

Somewhat disagree (2)

Neither agree nor disagree (3)

Somewhat agree (4)

Strongly agree (5)

## End of Block: Beliefs

### Start of Block: Diet Quality<sup>1</sup>

Thinking about the food you ate in the LAST 30 DAYS, please answer the following questions.

#### **DQ1** How often did you eat fresh fruits in the LAST 30 DAYS?

Examples: Apples, bananas, pears, oranges, grapes, strawberries, blueberries, etc. Include fresh fruits and frozen fruits with no added sugar. Please do not include preserved or dried fruits or fruit juice in your estimates.

[One serving equals: 1 small apple or ½ large banana (approximately 1 cp, size of a small fist); 1 cup mandarin oranges, melon or raspberries; ¾ cup blueberries; 1 ½ cup whole strawberries]

- I did not eat it at all (1)
- Less than 1 serving per week (2)
- 1-2 servings per week (3)
- 3-4 servings per week (4)
- 5-6 servings per week (5)
- 1 serving per day (6)
- 2-3 servings per day (7)
- 4-5 servings per day (8)
- 6 or more servings per day (9)

#### **DQ2** How often did you eat vegetables in the LAST 30 DAYS?

Examples: Tomatoes, peppers, cucumbers, broccoli, carrots, green beans, cabbage, spinach, arugula, and other leafy vegetables. Include raw or cooked non-starchy vegetables. Please do not include starchy vegetables (such as potatoes) and fried vegetables in your estimates.

[One serving equals: 1 cup raw vegetables (e.g., tomatoes, baby carrots celery, green peas); ½ cup cooked vegetables (such as broccoli and spinach); 1 cup arugula]

- I did not eat it at all (1)
- Less than 1 serving per week (2)
- 1-2 servings per week (3)
- 3-4 servings per week (4)
- 5-6 servings per week (5)
- 1 serving per day (6)
- 2-3 servings per day (7)

- o 4-5 servings per day (8)
- o 6 or more servings per day (9)

**DQ3** How often did you eat legumes, nuts, and seeds in the LAST 30 DAYS?

Examples: Legumes – cooked or canned beans, lentils, chickpeas or peas, miso, tofu, tempeh, hummus

Nuts – almonds, walnuts, hazelnuts, peanuts, etc.

Seeds – sesame, sunflower, pumpkin, flax seeds, etc.

[One serving equals: ½ cup of cooked or canned legumes; 1/3 cup hummus or bean dip; ½ cup tofu; ¼ cup tempeh; a small handful of nuts or seeds]

- o I did not eat it at all (1)
- o Less than 1 serving per week (2)
- o 1-2 servings per week (3)
- o 3-4 servings per week (4)
- o 5-6 servings per week (5)
- o 1 serving per day (6)
- o 2-3 servings per day (7)
- o 4-5 servings per day (8)
- o 6 or more servings per day (9)

**DQ4** How often did you eat fish or seafood in the LAST 30 DAYS?

Examples: Fresh water fish or sea water fish (e.g., salmon, sardines, trout, Atlantic, Pacific, mackerel, etc.) and seafood. Include canned fish/seafood in your estimates.

[One serving equals: 3 oz. of cooked or canned fish (about the size of a deck of cards); a palm-size piece of raw fish]

- o I did not eat it at all (1)
- o Less than 1 serving per week (2)
- o 1-2 servings per week (3)
- o 3-4 servings per week (4)
- o 5-6 servings per week (5)
- o 1 serving per day (6)
- o 2-3 servings per day (7)
- o 4-5 servings per day (8)

- o 6 or more servings per day (9)

**DQ5** How often did you eat whole grains in the LAST 30 DAYS?

Examples: Whole grain bread, whole grain bread roll, muesli, unsweetened ready to eat cereal, cooked grits/porridge, brown rice, whole grain pasta, corn tortilla. Please do not include white bread, white roll or bagels, white rice or pasta, or wheat tortilla in your estimates.

[One serving equals: 1 slice of whole grain bread; ½ cup cooked cereal (oats, oatmeal, quinoa); ½ cup cooked brown rice or whole grain pasta; 1 small corn tortilla; ½ cup cooked grits; 1 cup ready-to-eat cereal flakes]

- o I did not eat it at all (1)
- o Less than 1 serving per week (2)
- o 1-2 servings per week (3)
- o 3-4 servings per week (4)
- o 5-6 servings per week (5)
- o 1 serving per day (6)
- o 2-3 servings per day (7)
- o 4-5 servings per day (8)
- o 6 or more servings per day (9)

**DQ6** How often did you eat refined grains in the LAST 30 DAYS?

Examples: White bread; white roll, bagel or English muffin; white rice or pasta, wheat tortilla. Please do not include whole grains considered in the above question (such as whole grain bread or bread roll).

[One serving equals: 1 slice white bread; ½ roll; ½ small white bagel or English muffin; ½ cup cooked white rice or pasta; 1 small wheat tortilla]

- o I did not eat it at all (1)
- o Less than 1 serving per week (2)
- o 1-2 servings per week (3)
- o 3-4 servings per week (4)
- o 5-6 servings per week (5)
- o 1 serving per day (6)
- o 2-3 servings per day (7)
- o 4-5 servings per day (8)
- o 6 or more servings per day (9)

**DQ7** How often did you eat low-fat dairy in the LAST 30 DAYS?

Examples: Low-fat milk (1%) or fat-free (skim) milk or soy milk; yogurt with reduced fat content; low-fat cheese, mozzarella, cottage cheese.

[One serving equals: 1 cup low-fat or skim milk;  $\frac{3}{4}$  cup (6oz.) low-fat yogurt; 1 pre-packaged slice low-fat cheese; 1  $\frac{1}{2}$  oz. mozzarella]

- I did not eat it at all (1)
- Less than 1 serving per week (2)
- 1-2 servings per week (3)
- 3-4 servings per week (4)
- 5-6 servings per week (5)
- 1 serving per day (6)
- 2-3 servings per day (7)
- 4-5 servings per day (8)
- 6 or more servings per day (9)

**DQ8** How often did you eat high-fat dairy and saturated fats in the LAST 30 DAYS?

Examples: 2% milk or whole milk; butter; cream; cream cheese; cheese with not reduced-fat content; yogurt with 2% or higher milk fat; ice cream. Butter, coconut oil or shortening used for cooking. Please do not include low-fat dairy in the above question in your estimates.

[One serving equals: 1 cup 2% milk and whole milk;  $\frac{3}{4}$  cup (6oz.) yogurt; 1 pre-packaged slice of cheese; 2oz. processed cheese;  $\frac{1}{2}$  cup ice cream; 1 teaspoon butter, shortening or coconut oil]

- I did not eat it at all (1)
- Less than 1 serving per week (2)
- 1-2 servings per week (3)
- 3-4 servings per week (4)
- 5-6 servings per week (5)
- 1 serving per day (6)
- 2-3 servings per day (7)
- 4-5 servings per day (8)
- 6 or more servings per day (9)

**DQ9** How often did you eat sweets and sweet foods in the LAST 30 DAYS?

Examples: Commercial sweets, candies, cookies, cakes, pastries, sweet snacks.

[One serving equals: 1.5 oz. gummy candy (e.g., Haribo); 3 pieces hard candy (e.g., Werther's); 1 small piece of cake or pastry; 1 medium doughnut or sweet snack; 2-3 sweet biscuits or cookies (about 1 oz.)]

- I did not eat it at all (1)
- Less than 1 serving per week (2)
- 1-2 servings per week (3)
- 3-4 servings per week (4)
- 5-6 servings per week (5)
- 1 serving per day (6)
- 2-3 servings per day (7)
- 4-5 servings per day (8)
- 6 or more servings per day (9)

**End of Block: Diet Quality**

**Start of Block: Demographics**

This last section is going to ask additional questions about you and your household.

**DEM1** What is your ZIP Code?

\_\_\_\_\_

**DEM2** In what year were you born?

▼ 1920 (1) ... 2020 (101)

**DEM3** Where were you born?

- In the United States (1)
- Outside the United States (specify) (2) \_\_\_\_\_

**DEM4** Do you speak a language other than English at home?

- Yes (specify) (1) \_\_\_\_\_
- No (2)

**DEM5** What is your current marital status?

- Now married (1)
- Widowed (2)
- Divorced (3)
- Separated (4)

- o Never married (5)

**DEM6** What is the highest level of education you have completed?

- o Less than high school (1)
- o Some high school (2)
- o High school graduate or equivalent (for example: GED) (3)
- o Some college, but degree not received or is in progress (4)
- o 2-year college degree (for example: AA, AS) (5)
- o 4-year college degree (for example: BA, BS) (6)
- o Graduate degree (for example: MA, PhD, MD, JD) (7)

**DEM7** Are you currently a student enrolled at a college or university?

- o Yes (1)
- o No (2)

**DEM8** How many total people (including yourself) live in your household?

- ▼ 1 (1) ... 10 or more (10)

**DEM9** How many people under 18 years old currently live in your household?

- ▼ 0 (0) ... 10 or more (10)

**Display This Question:**

**If DEM9 != 0**

**DEM10** In your household, are there...

Children under 5 years old? (1)

Children 5 through 11 years old? (2)

Children 12 through 17 years old? (3)

**DEM11** In the LAST WEEK, did you work for pay at a job (or business)?

- o Yes (1)
- o No (2)

**DEM12** During the LAST 4 WEEKS, have you been actively looking for work?

- o Yes (1)
- o No (2)

**DEM13** Are you retired (receive pension or retirement-income)?



- No (1)
- Yes, but still working and consider myself a worker (2)
- Yes, still working but consider myself a retiree (3)
- Yes, full-time retiree (4)

**DEM14** During the LAST 4 WEEKS, what was your household income?

- Less than \$2,000 (1)
- \$2,000 - \$2,999 (2)
- \$3,000 - \$3,999 (3)
- \$4,000 - \$4,999 (4)
- \$5,000 - \$5,999 (5)
- \$6,000 - \$6,999 (6)
- \$7,000 - \$7,999 (7)
- \$8,000 - \$8,999 (8)
- \$9,000 - \$9,999 (9)
- \$10,000 or above (10)

**DEM15** Do you currently farm or ranch for a living?

- Yes (1)
- No (2)

**DEM16** Did your parents farm or ranch for a living?

- Yes (1)
- No (2)

**DEM17** What is your religion, if any?

- Protestant (1)
- Roman Catholic (2)
- Mormon (3)
- Orthodox such as Greek or Russian Orthodox (4)
- Jewish (5)
- Muslim (6)
- Buddhist (7)

- Hindu (8)
- Atheist (9)
- Agnostic (10)
- Something else (11)
- Nothing in particular (12)

**DEM18** In general, would you describe your political views as...

- Very liberal (1)
- Liberal (2)
- Moderate (3)
- Conservative (4)
- Very conservative (5)

**DEM19** With which political party do you most identify?

- Democratic (1)
- Republican (2)
- I am an independent (3)
- Other (for example: Green, Libertarian) (4)

**DEM20** What is your weight in pounds?

▼ 50 (1) ... 400 (351)

**DEM21** What is the ideal weight in pounds that you would like to reach or keep?

▼ 50 (1) ... 400 (351)

**DEM22** What is your height in feet and inches?

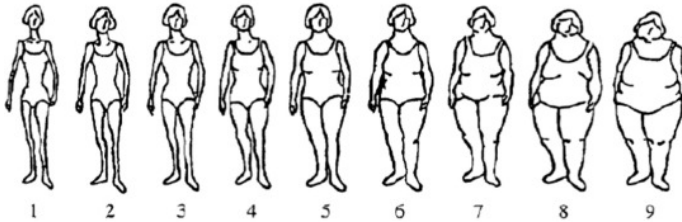
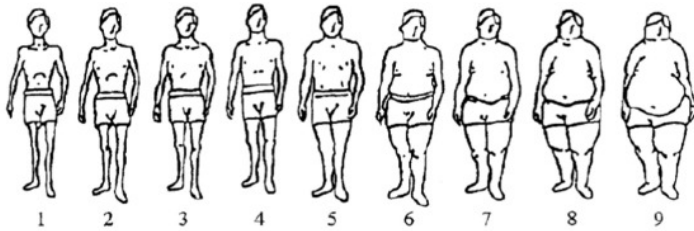
▼ 4ft (1) ... 7ft (37)

**DEM23** In general, would you say your health is...

- Excellent (1)
- Very good (2)
- Good (3)
- Fair (4)
- Poor (5)

- o Don't know (6)

**DEM24** Please choose the figure that reflects how you think you look.



- o 1 (1)
- o 2 (2)
- o 3 (3)
- o 4 (4)
- o 5 (5)
- o 6 (6)
- o 7 (7)
- o 8 (8)
- o 9 (9)

**End of Block: Demographics**



**1** The "Diet Quality" question block is a monthly version of the 9-item screener created by researchers from Mayo Clinic for food intake and diet assessment.

Lara-Breitinger KM et al. Validation of a Brief Dietary Questionnaire for Use in Clinical Practice: Mini-EAT (Eating Assessment Tool). *J Am Heart Assoc.* 2023 Jan 3;12(1):e025064. doi: 10.1161/JAHA.121.025064. Epub 2022 Dec 30. PMID: 36583423; PMCID: PMC9973598.