

## Food Security & Habits

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These questions are about the food eaten in your household in the last 12 months, and whether you were able to afford the food you need. Adapted from the USDA U.S. Household Food Security Survey Module.

Below are statements that people have made about their food situation.

*Required answers: 0      Allowed answers: 0*

For these statements, please state whether the statement was often true, sometimes true, or never true for (you/your household) in the last 12 months:

Q1 The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.

Often true[Code = 1]

Sometimes[Code = 1]

Never true[Code = 0]

*Required answers: 1      Allowed answers: 1*

Q2 (I/we) couldn't afford to eat balanced meals.

Often true[Code = 1]

Sometimes[Code = 1]

Never true[Code = 0]

*Required answers: 1      Allowed answers: 1*

Q3 In the last 12 months, did (you/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, almost every month[Code = 2]

Yes, some months but not every month[Code = 2]

Yes, only 1 or 2 months[Code = 1]

No[Code = 0]

*Required answers: 1      Allowed answers: 1*

Q4 In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Yes[Code = 1]

No[Code = 0]

*Required answers: 1      Allowed answers: 1*

Q5 In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Yes[Code = 1]

No[Code = 0]

*Required answers: 1      Allowed answers: 1*

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**Habits/Barriers**

*Required answers: 0      Allowed answers: 0*

Q6 In an average **week**, how frequently do you eat prepackaged meals or meals prepared outside of your place of residence (such as fast food, restaurants, etc.)?

Never[Code = 1]

1 - 3 times per week[Code = 2]

4 - 6 times per week[Code = 3]

7 - 9 times per week[Code = 4]

10 or more times per week[Code = 5]

Required answers: 1      Allowed answers: 1

Q7 What reasons are you likely to choose prepackaged meals or meals prepared outside of your place of residence? (Check all that apply)

Convenience/Not enough time to cook[Code = 1]

Less expensive than other options[Code = 2]

Don't know how to cook[Code = 3]

Other (please specify)[Code = 4] [Textbox]

Required answers: 1      Allowed answers: 4

Q8 In an average **day**, how many servings of fruits and vegetable do you consume? (A serving is around 1 cup)

0 servings per day[Code = 0]

1 - 2 servings per day[Code = 1]

3 - 4 servings per day[Code = 2]

5 - 7 servings per day[Code = 3]

More than 7 servings per day[Code = 4]

Required answers: 1      Allowed answers: 1

Q9 In an average **day**, how many servings of whole grains do you consume? (A serving is 1 oz., or 1 slice of whole grain bread, 1/2 cup of cooked pasta, brown rice, oatmeal, or 1 cup of dry cereal)

0 servings per day[Code = 0]

1 - 2 servings per day[Code = 1]

3 - 4 servings per day[Code = 2]

5 - 7 servings per day[Code = 3]

More than 7 servings per day[Code = 4]

Required answers: 1      Allowed answers: 1

### **Program/Planning**

Required answers: 0      Allowed answers: 0

Q10 Which of these potential strategies do you think would be helpful on campus? (Check your top 3; please scroll)

Food bank on campus[Code = 1]

Food boxes across campus where you can anonymously take food and give food[Code = 2]

Financial planning to help you learn how to budget to afford healthier kinds of food[Code = 3]

Quick, easy healthy recipes for students[Code = 4]

Healthy grocery list on a budget[Code = 5]

Monthly cooking classes[Code = 6]

Guide to making healthy food choices on campus[Code = 7]

App that tells you where free food is on campus[Code = 8]

Guide to making healthy choices when eating out[Code = 9]

Cooking for special diets (vegetarian, vegan, gluten-free, etc.)[Code = 10]

Other (please specify)[Code = 11] [Textbox]

None[Code = 0] [N/A]

Required answers: 1

Allowed answers: 3

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**Demographics**

Required answers: 0

Allowed answers: 0

Q11 Where do you currently live?

On campus (e.g., residence hall, apartment, family housing)[Code = 1]

Fraternity or sorority housing[Code = 2]

Off campus, alone or with friends/roommates [Code = 3]

Off campus, with my parent(s)/guardian(s)[Code = 4]

Off campus, with my spouse/partner/children [Code = 5]

Other (please specify)[Code = 6] [Textbox]

Required answers: 1

Allowed answers: 1

Q12 How would you describe your current financial situation?

Always stressful [Code = 5] [Numeric Value = 5]

Often stressful [Code = 4] [Numeric Value = 4]

Sometimes stressful [Code = 3] [Numeric Value = 3]

Rarely stressful [Code = 2] [Numeric Value = 2]

Never stressful[Code = 1] [Numeric Value = 1]

Required answers: 1

Allowed answers: 1

Q13 Please indicate your current yearly income: (Please scroll)

Less than \$5,000 [Code = 1]

\$5,000 - 9,999 [Code = 2]

\$10,000 - 14,999 [Code = 3]

\$15,000 - 19,999 [Code = 4]

\$20,000 - 24,999 [Code = 5]

\$25,000 - 34,999 [Code = 6]

\$35,000 - 44,999 [Code = 7]

\$45,000 - 54,999 [Code = 8]

\$55,000 - 64,999 [Code = 9]

\$65,000 or more [Code = 10]

I do not know[Code = 99] [N/A]

I prefer not to respond to this question[Code = 0] [N/A]

Required answers: 1

Allowed answers: 1

Q14 What is your current year in school?

Freshman[Code = 1]

Sophomore[Code = 2]

Junior[Code = 3]

Senior[Code = 4]

Graduate student[Code = 5]

Required answers: 1

Allowed answers: 1

Q15 What is your age?

Under 18[Code = 1]

18 - 20[Code = 2]

21 - 24[Code = 3]

25 - 30[Code = 4]

31 - 39[Code = 5]

40 or older[Code = 6]

Required answers: 1

Allowed answers: 1

Q16 What is your race/ethnicity? (Check all that apply; please scroll)

Asian[Code = 1]

Black/African American[Code = 2]

Latino/a/Hispanic/Chicano/a[Code = 3]

Middle Eastern[Code = 4]

Native American/American Indian[Code = 5]

Pacific Islander/Native Hawaiian [Code = 6]

White/Caucasian[Code = 7]

Self-identified race (please specify)[Code = 8] [Textbox]

Required answers: 1

Allowed answers: 8

Q17 What is your gender? (Check all that apply)

Female[Code = 1]

Intersex[Code = 2]

Male[Code = 3]

Transgender[Code = 4]

Self-identified gender (please specify)[Code = 5] [Textbox]

Required answers: 1

Allowed answers: 5

Q18 How do you identify? (Check all that apply)

Bisexual [Code = 1]

Gay[Code = 2]

Heterosexual[Code = 3]

Lesbian[Code = 4]

Queer [Code = 5]

Other (please specify)[Code = 6] [Textbox]

Required answers: 1

Allowed answers: 6

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