

WIC CLIENT FOOD PACKAGE SURVEY (rev. 2/2008)

The WIC program will be making some changes in the foods offered to its clients. We would like your answers and comments to the following questions. This will help us offer you more of the foods that you like. Thank you for taking the time to complete this survey.

Grains

1. Which of the following whole grain foods are you most likely to use? Please check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Whole wheat bread |
| <input type="checkbox"/> Whole wheat pita bread | <input type="checkbox"/> Brown rice |
| <input type="checkbox"/> Corn tortillas | <input type="checkbox"/> Bulgur |
| <input type="checkbox"/> Oatmeal products | <input type="checkbox"/> Whole grain bread (Roman Meal) |
| <input type="checkbox"/> Other whole grain foods: _____ | |
| <input type="checkbox"/> None of these | |

2. Which whole grain cereals would you most likely use?
Please check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Grape Nuts | <input type="checkbox"/> Whole Grain Total |
| <input type="checkbox"/> Grape Nut Flakes | <input type="checkbox"/> Wheat Chex |
| <input type="checkbox"/> Bran Flakes | <input type="checkbox"/> Wheaties |
| <input type="checkbox"/> Multigrain Cheerios | <input type="checkbox"/> Life |
| <input type="checkbox"/> Cheerios | <input type="checkbox"/> Banana Nut Crunch |
| <input type="checkbox"/> Toasted Oats | <input type="checkbox"/> Frosted Mini-Wheats Bite-Sized |
| <input type="checkbox"/> Instant Oatmeal | <input type="checkbox"/> Quaker Oatmeal Squares |
| <input type="checkbox"/> Other whole grain cereals: _____ | |
| <input type="checkbox"/> None of these | |

Fruits

3. If the WIC program made it possible to buy fruits every month, what fruits would you buy?
Please check all that apply.

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Grapes (any kind) | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Melon (any kind) | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Peaches | |
| <input type="checkbox"/> Other fruits: _____ | |
| <input type="checkbox"/> None of these | |

4. Which **types** of fruits would you like to get? Please check all that apply.

- Fresh fruits only
- Canned fruits only
- Dried fruits only
- Frozen fruits only
- Some combination of the fruit **types** listed above.
- None of these

Vegetables

5. If the WIC program made it possible for you to buy vegetables every month, what vegetables would you buy? Please check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Bitter melon |
| <input type="checkbox"/> Green beans (any kind) | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Sweet potatoes/Yams | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Radish (any kind) |
| <input type="checkbox"/> Broccoli | |
| <input type="checkbox"/> Other vegetables: _____ | |
| <input type="checkbox"/> None of these | |

6. Which **types** of vegetables would you like to get? Please check all that apply.

- Fresh vegetables only
- Canned vegetables only
- Frozen vegetables only
- Some combination of the vegetable **types** listed above.
- None of these

Soy Products

7. If WIC offered soy products, which soy product would you most likely use instead of cow's milk or cheese? Please check all that apply.

- Soy milk
- Tofu
- Both soy milk and tofu
- Other soy products: _____
- None of these

Beans

8. Which type of beans would you use? Please check all that apply.

- Dried beans
- Canned beans
- Neither type of beans

Milk

9. WIC will be providing only lower fat milk to women and children age 2 and older. What **type** of lower fat milk are you most likely to use if available? Please circle all that apply.

- Fat free (skim milk)
- 1% milk (low fat)
- 2% milk (reduced fat)
- Lactose free milk (low fat)
- I don't buy milk

Baby foods

10. If you had a baby to feed who is 6 – 12 months old, would you buy fruits or vegetables in a jar for the baby?

Yes No

10. a. How often would you buy jarred fruit or vegetable foods for the baby?

Always Sometimes Never

Fish

11. Fully breastfeeding women participating in WIC will have more choices of canned fish. Which types of canned fish would you most likely use if you were fully breast feeding? Please check all that apply.

- Tuna
- Sardines
- Mackerel
- Salmon (pink only)
- None of these