

New Hampshire WIC Participant Survey

WIC Agency _____ **Town** _____

Intern _____ **Date** _____

My name is (first name only), and I am a nutrition student from the University of New Hampshire doing a project with the WIC program. Next summer the WIC foods will be changing in some healthy and exciting ways, including adding fruits and vegetables, whole grains, and many other choices. We would like to learn which of these foods will be most preferred by you and your family. Responses from this survey and interview will be used to improve the New Hampshire WIC food packages and provide better nutrition education for you. Please answer these questions honestly. There are no right or wrong answers. We are looking for your help to make WIC better for you and your family.

1. The new food packages will offer soymilk and tofu in addition to milk and cheese. If you could choose only one of the following INSTEAD of a gallon of milk, which would you buy?

Soymilk _____

Tofu _____

Cheese _____

I would still buy milk _____

2. If you could buy soymilk or tofu, what would be the most important reason?

Lactose intolerance _____

Medical reason _____

Cultural reason _____

I prefer a non-dairy diet _____

I like soymilk and tofu _____

I do not buy soymilk or tofu _____

Other reason _____

3. If you could buy one of the following with your WIC vouchers, which would you most likely buy?

Peanut butter _____

Canned beans or peas _____

Dried beans or peas _____

None _____

4. If you could buy one of the following with your WIC vouchers, which would you most likely buy?

- Whole wheat bread or whole grain bread _____
- Soft corn or whole wheat tortilla _____
- Brown rice _____
- Oatmeal _____
- Barley _____
- Bulgur _____
- I would not buy any of these. _____

5. If you could buy fruits and vegetables year round with WIC vouchers, what kind would you most likely buy?

- Fresh fruits and vegetables _____
- Frozen fruits and vegetables _____
- Canned fruits and vegetables _____
- Dried fruits and vegetables _____

Would you prefer to use your fruit and vegetable vouchers at the grocery store or at a farmers' market? _____

6. Which of the following information would be most helpful to you in learning how to use the new WIC foods (whole grains, fruits and vegetables, tofu, soymilk)?

- Recipes _____
- Storage information _____
- Preparation tips _____
- Meal suggestions _____
- Shopping tips _____
- Other _____

7. Do you have any other comments about the WIC foods you would like to share?

THANK YOU!