

Five-A-Day Fruit and Vegetable Challenge

Pre-challenge Survey

1. My personal goal is to eat _____ servings of fruits and veggies per week.
2. On a daily basis, I eat:
 - ☐ No fruits
 - ☐ 1-2 servings of fruit
 - ☐ 3-4 servings of fruit
 - ☐ 5-6 servings of fruit
 - ☐ 7-8 servings of fruit
 - ☐ 9+ servings of fruit
3. On a daily basis, I eat:
 - ☐ No veggies
 - ☐ 1-2 servings of veggies
 - ☐ 3-4 servings of veggies
 - ☐ 5-6 servings of veggies
 - ☐ 7-8 servings of veggies
 - ☐ 9+ servings of veggies
4. I have a farmers market within:
 - ☐ 0-5 miles of my house (Name of market: _____)
 - ☐ 5-10 miles of my house (Name of market: _____)
 - ☐ 10-20 miles of my house (Name of market: _____)
 - ☐ I have no idea where the nearest farmers market is.
5. In the summer, I visit the farmers market:
 - ☐ Once a week
 - ☐ Twice a month
 - ☐ Once a month
 - ☐ Once a summer
 - ☐ Never
6. I do most of my grocery shopping at: _____)

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7. I am most likely to eat vegetables:

- ☐ In stew or soup
- ☐ Raw with dressing, or in a salad
- ☐ On noodles, rice, pasta, or pizza
- ☐ As a steamed side dish
- ☐ As a snack

8. I am most likely to eat fruit:

- ☐ As a snack
- ☐ With a meal
- ☐ In a dessert
- ☐ Other
- ☐ Never

9. My favorite vegetables are:

- ☐ Green beans
- ☐ Carrots
- ☐ Broccoli
- ☐ Celery
- ☐ Other (please list): _____)

10. My favorite fruit is:

- ☐ Pineapple
- ☐ Strawberries
- ☐ Blueberries
- ☐ Bananas
- ☐ Other (please list): _____)

11. In general, I like vegetables.

- ☐ Yes
- ☐ No

12. In general, I like fruit.

- ☐ Yes
- ☐ No