



New Jersey Agricultural
Experiment Station

Family & Community Health Sciences

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**Healthy Meal Planning
Presentation (Pre)**

Program Location: _____

Program Date: _____

Instructor: _____

Before Participating in this educational program, we would greatly appreciate your responses to the following questions. Your answers will remain confidential. (Please circle your responses.)

Have you used a meal planning guide in the last year?

Yes

No

If so how many times have you meal planned in the last year? _____

Knowledge Questions	
What is a nutrient that is missing from the average American diet?	
How much does the average American throw out every year?	
What is meatless Mondays and how is it beneficial?	

Attitude & Beliefs Questions			
How confident do you feel you can meal plan?	Not confident at all	Somewhat confident	Very confident
How valuable do you feel meal planning is?	Not valuable at all	Somewhat valuable	Very valuable
Why is it important to meal plan each week?			

Behavior Change Questions			
Do you feel that you have enough resources to meal plan?	Not enough resources	Somewhat Sufficient Resources	Sufficient resources
How likely are you to meal plan in the next year?	Not likely at all	Somewhat likely	Very likely
How likely are you to participate in Meatless Mondays?	Not likely at all	Somewhat likely	Very likely
How likely are you to follow the recommendations for the dietary guidelines for Americans?	Not likely at all	Somewhat likely	Very likely