



2020 Farmers' Market Nutrition Coupon Program Participant Quick Survey

1. Which city or town do you live in? _____
2. Which organization provides you with the coupons? _____
3. Are you receiving coupons as: Family, Pregnant Person, Senior/Elder, or Others
4. Are you Indigenous? First Nation, Metis, Inuit, Other: No
5. How many years have you been in the coupon program?

1 Year		2 Years		3 Years		4 Years		5 Years		6+ Years
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6. At which market do you use your coupons? _____

7. How often do you shop at the farmers' market?

Every Week		Every Two Weeks		Once a Month		Less than Once a Month
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8. How do you usually get to the farmers' market?

Walk		Drive (myself/family)		Drive (with others)		Hired Bus
Bicycle		Electric Scooter		Public Transit		Other, please specify: _____

9. When shopping at the farmers' market, how much of you own money do you spend? (circle one)

\$0	\$1	\$2	\$3	\$4	\$5	\$6	\$7	\$8	\$9	\$10
\$11	\$12	\$13	\$14	\$15	\$16	\$17	\$18	\$19	\$20	\$20+

10. Who usually goes with you the farmers' market?

I go by myself		I come with friend(s)		I come with my family		I come with other people with coupons
Other, please specify:						

11. Did the nutrition coupon program help you (and your family) eat more vegetables and fruits?

- Yes, No



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12. When you are NOT participating in the coupon program, do you eat LESS vegetables and fruits?

	Yes, we eat less vegetables and fruit when we DON'T have coupons (go to question 13)
	No, we eat veg and fruit (go to question 14)

13. If you answered YES to question 12, please tell us why (select all that apply.)

	I can't afford to buy vegetables and fruits
	Vegetables and fruit are not available in my community
	I don't know how to cook with vegetables and fruit
	I can't find vegetables and fruit that I am familiar with or like
	Other, please specify:

14. On what do you usually spend your coupons (select circle up to 2)

Vegetables	Fruit	Meat	Eggs	Cheese	Nuts	Herbs
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15. As part of this program, what did you learn about? (Check all that apply)

	Following instructions in recipes		Preserving foods such as canning and freezing
	Improvising with ingredients		Grocery shopping
	Reading food labels		Planning healthy meals
	Understanding where food comes from		Understanding how shopping at a farmers' market impacts my community
	Cooking food and storing it safely		

16. What changes happened as part of this program? (Check all that apply)

	I eat a wider variety of vegetables and fruits		I am more confident making healthy meals
	I cook at home more often		I am more confident buying healthy foods
	I use more vegetables and fruit in my recipes		I feel connected to other people in my community
	I eat less processed foods		I feel healthier



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17. Is there anything that the farmers' market you go to could do to improve your experience in the nutrition coupon program?

18. Is there anything your community program/ organization could do to improve your experience in the nutrition coupon program?

19. What do you like best about the nutrition coupon program?

20. Is there anything else you would like us to know?

***Thank you for your feedback!
Please return this survey to your program / organization when
completed.***