

Thank you for agreeing to take this survey. The survey asks about how you use the internet, the nutrition topics you are interested in, and where you want to see that information. Please let me know if you have questions.

**Please consider the time you spend on the Internet while at home, work and other places.**

1. **Do you use the internet? Circle one: Yes / No** If No: please end survey
2. **How often do you use the internet? Please pick the best answer from the options below.**
  - Constantly
  - A few times a day
  - About once a day
  - A few times a week
  - About one time per week
  - Less than one time per week
3. **Circle ALL the ways you search for information online, visit websites or use social media.**
  - Desktop
  - Laptop
  - Smartphone
  - Tablet
4. **Where are you usually when you use the internet? Choose one.**
  - Anywhere I want with my smartphone
  - Home
  - Work
  - Library
  - Other location: \_\_\_\_\_
5. **Do you use a smartphone to find information online, visit websites or use social media?**
  - No
  - Yes → **IF YES:** Do you worry about running out of data? **Circle one: Yes / No**
6. **How often do you use each of these types of internet resources? Pick the best answer.**

<b>Internet Resources</b>	<b>Never</b>	<b>A few times a year</b>	<b>1-3 times per month</b>	<b>1-2 times per week</b>	<b>3-6 times per week</b>	<b>Every Day</b>
Website:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blog:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facebook:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YouTube or Vimeo:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instagram:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twitter:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pinterest:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you go to the library to use the internet? *Circle one:* Yes / No

8. What do you usually use when you visit websites or blogs? *Circle one.*

Smartphone      Desktop      Laptop      Tablet      I don't visit websites or blogs

9. What do you usually use when you use social media (ex. Facebook or YouTube)? *Circle one.*

Smartphone      Desktop      Laptop      Tablet      I don't use social media

10. Check the box next to all of the food or nutrition topics that you search for on the internet:

- Healthy eating                       Healthy shopping on a budget                       Cooking tips  
 Recipes                                       Kid friendly snacks / meals                       Other: \_\_\_\_\_

11. Check the box next to any food or nutrition topics you would like more information about:

- Healthy eating                       Recipes                                       Healthy shopping on a budget  
 My child's nutrition                       Recipe videos                                       Understanding the nutrition label  
 Calories needed each day                       Kid friendly snacks / meals                       Heart health  
 Added sugar                                       Cooking tips                                       Diabetes  
 Healthy snacking tips                       Other (write in): \_\_\_\_\_

12. Check the box below for each option that you are interested in:

- Short videos online about recipes, cooking, healthy eating or nutrition  
 Online videos with shopping tips  
 Email newsletters, websites or blogs to find out about healthy eating  
 Asking a registered dietitian any questions about nutrition for free via email

13. Where would you like to see information about food and nutrition-related topics that interest you? *Check all that apply.*

- Texting                       Blog                                       Facebook                       Twitter                       Other \_\_\_\_\_  
 Email                       Website                                       YouTube                       Pinterest                       Other \_\_\_\_\_  
 e-newsletter                       Online Videos                                       Instagram                       Vimeo

14. For each topic you are interested in, check the boxes for where you want to see that information.

Topic	Email	Text	Website	Blog	Facebook	Online Videos	YouTube	Instagram
Healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy kid friendly snacks / meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Budget shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**15. Have you heard of snap4ct.org?**

- Yes  
 No

**16. In the past 12 months, have you or anyone in your household received food assistance, such as SNAP (Supplemental Nutrition Assistance Program) benefits, WIC or EBT?**

- Yes  
 No

**17. What is your age?**

- 18-24 years old  
 25-34 years old  
 35-44 years old  
 45-54 years old  
 55-64 years old  
 65 years or older