

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.**

Internet Resources	Never	A few times a year	1-3 times per month	1-2 times per week	3-6 times per week	Every Day
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"/>							
Recipes	<input type="checkbox"/>							
Healthy kid friendly snacks / meals	<input type="checkbox"/>							
Budget shopping	<input type="checkbox"/>							
Cooking tips	<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