

# APPENDICES

## APPENDIX 1

Anonymous Veteran Survey

### **Please help us improve our Veteran Food Box Delivery Service!**

We're conducting the survey to learn more about your thoughts on the food box service. It will only take you 10 minutes. And to show we really mean what we said, you'll get A \$30 TARGET GIFT CARD from us as a thank you once you complete the survey.

#### **1.What is your age? (Circle Answer)**

- A.Below 30
- B.30-50
- C.Over 50

#### **2.What is your gender? (Circle Answer)**

- A.Male
- B.Female
- C.Nonbinary
- D.Prefer not to state

#### **3.How long have you been obtaining food boxes from this source? (Free Response)**

\_\_\_\_\_ Years \_\_\_\_\_ Months

#### **4.Tell me about your availability of food during a given week before the program:**

I.Missed meals during the week? (Circle Answer)

- A.Often
- B.Sometimes
- C.Never

II.Rationed food due to budget constraints? (Circle Answer)

- A.Often
- B.Sometimes
- C.Never



III. Ate proteins, vegetables, and fruits? (Circle Answer)

- A. Often
- B. Sometimes
- C. Never

**5. Since starting to receive the food box, do you feel your nutritional health has improved? And if so, to what degree? (Circle Answer)**

- A. Slightly
- B. Moderately
- C. Greatly
- D. None

**6. How important is the food box that you have been receiving to your meal preparation? (Circle Answer)**

- A. Extremely important
- B. Very important
- C. Slightly important
- D. Not important at all

**7. What challenges have you had in utilizing the food boxes? Please check all that apply:**

- A. Insufficient Cooking Equipment (\_\_\_)
- B. Insufficient Cooking Ideas/Recipes (\_\_\_)
- C. Insufficient Safe Storage (\_\_\_)
- D. Dietary Restrictions (\_\_\_)
- E. Cultural Restrictions(\_\_\_)
- F. Food Preferences (\_\_\_)
- G. Other: \_\_\_\_\_

**8. How much of the food do you use from the food boxes? (Circle Answer)**

- A. 0%
- B. 25%
- C. 50%
- D. 75%
- E. 100%



**9. Rank which of the 5 options you would find most helpful for improving your experience of food boxes from (1) the most helpful, to (5) the least helpful.**

- More Kitchen Tools \_\_\_
- Cooking Classes \_\_\_
- Information on Ingredients \_\_\_
- Recipes \_\_\_
- More Variety of Items \_\_\_

Free response questions:

1. What items do you prefer to have in future food box deliveries?

2. What suggestions do you have for improving the current state of food boxes? (Answer in a few sentences, if no suggestions, leave blank)

We would really appreciate  
your participation!

Thank you !

