

Ktunaxa Nation Health

Community Food Action Initiative Survey

1. What type of project did you participate in (*Please only circle one*)?

- | | |
|---|---|
| <input type="checkbox"/> Food forum and action plan
<input type="checkbox"/> Community garden
<input type="checkbox"/> Community Kitchen
<input type="checkbox"/> School program | <input type="checkbox"/> Emergency food service (e.g. gleaning, food bank)
<input type="checkbox"/> Policy development
<input type="checkbox"/> Other _____ |
|---|---|

2. There are many ways to be involved in the project. Did you (Check all that apply):

- Help with inviting other people to come?
- Help organize the project activities?
- Get involved with decision-making?

3. How satisfied were you with the following:

	Not good		Very good		
a. The organization of your project activities	1	2	3	4	5
b. The actual project activities	1	2	3	4	5
c. The decisions made about your project	1	2	3	4	5
d. The projects' accomplishments	1	2	3	4	5

4. What would you do differently in the organizing of your project?

5. What does the term "food security" mean?

The following two lists contain some changes you may or may not have experienced because of participating in your project. Please indicate "yes" or "no" with the following statements:

6. Because I participated in this Community Food Action Initiative project...

	Yes	No	Already there*	n/a
a. I am better at making decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I am better at planning ahead	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I am better at setting goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I am better at solving problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I am more of a leader	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I work better with others on a team	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I feel I can make more of a difference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*note: "already there" means you already knew this or had this skill

7. Because I participated in this Community Food Action Initiative project...

	Yes	No	Already there*	n/a
a. I know more about how my food is grown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I know more about what foods are grown around here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I know more about foods that are healthy/not healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I know more about health and diet related issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I make healthier food choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I eat more foods that are traditional for my culture or family background	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I know more about cooking and preparing a healthy meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. I am more physically active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE TURN OVER

8. What do you think the project could do differently to improve your knowledge and skills?

9. As a result of your participation in your project, please rate your

	Not good			Very good	
a. Your understanding of the term "Food Security"	1	2	3	4	5
b. Your knowledge of food security issues	1	2	3	4	5
c. Your access to local healthy food	1	2	3	4	5
d. You knowledge of food systems	1	2	3	4	5
e. Your food knowledge and food skills	1	2	3	4	5
f. Your knowledge about food security policies	1	2	3	4	5

10. Did you share your food knowledge and skills with others outside your project?
Please Explain how.

11. How did you hear about your project (circle one)?

- Email Word of mouth
 Newspapers, TV, or radio Other _____
 Newsletters, flyers & brochures

12. What was your most important experience from the project?

ABOUT YOU!

13. I am: Male Female

14. What year were you born? _____

15. Have you moved to Canada in the last 5 years? Yes No

16. Are you Aboriginal? Yes No

i. If yes, are you: First Nations Métis Inuit

17. What is the highest grade level you achieved in school? _____

i. If you went to college/university, how many years did you complete? _____

18. What is your marital status?

- Single Married Common-law Divorced/separated

19. What is your household income before tax per month? _____

20. How many people does your income support in your household? _____

21. What is the size of your community?

- Less than 30,000 30,000-99,999 100,000-499,999 500,000 +

Please fill out the survey and return to Ktunaxa Health, Diane Whitehead. Your name will be entered for a chance to win a \$50.00 gift card!