

Save It Now Savor It Later

Participant PRE-Survey

Please answer the questions below *before* you complete the Save It Now Savor It Later experience.

- 1. What is your name? _____
- 2. What is today's date? __/ __/ ____ MM DD YYYY
- 3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The benefits of food preservation	1	2	3	4	5	6
Common ways to preserve fruits and vegetables	1	2	3	4	5	6

4. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Freeze a food for later use	1	2	3	4	5	6
Preserve your produce through drying or canning methods	1	2	3	4	5	6



Save It Now Savor It Later

Participant POST-Survey

Please answer the questions below *after* you complete the Save It Now Savor It Later experience.

- 1. What is your name? _____
- 2. After participating in the *Save It Now Savor It Later* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The benefits of food preservation	1	2	3	4	5	6
Common ways to preserve fruits and vegetables	1	2	3	4	5	6

3. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Freeze a food for later use	1	2	3	4	5	6
Preserve your produce through drying or canning methods	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *Save It Now Savor It Later*. Circle your choice below.

Poor	Below Average	Average Above Average		Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the *Save It Now Savor It Later* experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6

©2021 American Heart Association, Inc. All rights reserved.

Unauthorized use prohibited. Healthy for Life® is a registered trademark of Aramark.