

**Pennsylvania WIC Program**  
**2016 Nutrition Education Satisfaction Survey for WIC Participants**

Thank you for completing our survey. Your feedback is important to help us provide better services to you.

1. Please select your age group:
  - 18 or less
  - 19-24
  - 25-30
  - 31 and over
  
2. Please select which category applies to you.
  - Pregnant
  - Breastfeeding
  - Non-breastfeeding
  - I do not receive WIC checks for myself.
  
3. Please select which category applies to your children. (Check all that apply.)
  - Breastfed infant (with or without formula)
  - Formula fed infant
  - Child 1-3 years
  - Child 4-5 years
  
4. How long have you or your immediate family participated in the WIC Program?
  - Less than 6 months
  - 6 months – 1 year
  - 1-2 years
  - More than 2 years
  
5. During your recent WIC visits, did you receive nutrition education on: (Check all that apply.)
  - Answers to your questions
  - Topics of your choice or interest
  - Topics that did not interest you
  - I did not receive nutrition education.
  
6. How helpful is the nutrition education you receive at WIC?
  - Very helpful
  - Somewhat helpful
  - Not helpful
  - I did not receive nutrition education.
  
7. How helpful are the nutrition flyers and pamphlets that you receive at WIC?
  - Very helpful
  - Somewhat helpful
  - Not helpful
  - I did not receive flyers or pamphlets.

8. How often do you look at the nutrition flyers and pamphlets provided at WIC after you leave your appointment?
- Often
  - Sometimes
  - Rarely
  - Never
  - I did not receive flyers or pamphlets.
9. Which of the following items would you use if WIC provided them? (Check all that apply.)
- Toothbrushes
  - Cups for infants and toddlers
  - Spoons for infants and toddlers
  - Plates
  - Recipe books
10. What changes has WIC helped you make in the way you eat or feed your family? (Check all that apply.)
- Eat more fruits and vegetables
  - Eat more whole grains
  - Eat more iron-rich foods
  - Eat more dairy foods
  - Eat less fast food
  - Drink more water
  - Drink fewer sugary drinks
  - Drink less juice
  - Eat more meals together as a family
  - Wean baby from bottle
  - Breastfeed longer
  - Smoke less or quit smoking
  - Exercise more
  - Cook more meals
  - Try new foods
  - Other (Please specify.)\_\_\_\_\_
11. How do you prefer to learn about nutrition for you and your family? (Check all that apply.)
- Conversation with WIC staff
  - Group class
  - Short lesson on a computer at the WIC office
  - Short lesson on computer or phone from home
  - Food demonstration or cooking class
  - Bulletin boards and displays
  - Flyer or pamphlet
  - Text messaging
12. What topics would you like to learn more about? (Check all that apply.)
- Eating more fruits and vegetables
  - Losing weight/ maintaining a healthy weight
  - Feeding a toddler or preschooler
  - Infant feeding
  - Picky eaters
  - Food safety
  - Healthy snacks
  - Physical activity
  - Recipes for quick and healthy meals
  - Shopping on a budget
  - Other (Please specify.)\_\_\_\_\_