Appendices

Appendix A. Participants’ Characteristics and Survey Results Tables..........................3

Table 1. Counting Yourself, How Many People Live in Your Household?.........................3
Table 2. How Old Are You?.................................................................................................3
Table 3. Children by Age Group..........................................................................................4
Table 4. Racial and Ethnic Identification (Choose all that apply*).........................................4
Table 5. What is Your Total Monthly Household Income Before Taxes?..............................5
Table 6. Does Anyone in Your Family Participate in Food Assistance Programs?...............5
Table 7. Participation in Food Assistance Programs...............................................................5
Table 8. How Often Do You Cook for Your Family?...............................................................6
Table 9. Who Prepares Most of the Meals in Your Home?.....................................................6
Table 10. Do You or Someone in Your House Plan Meals?...................................................7
Table 11. Frequency of Meal Planning (if “yes” on Table 10)..................................................7
Table 12. Do You Use Recipes When Cooking for Your Family?.........................................7
Table 13. Why Don’t You Use Recipes? (if “no” from table 12).............................................8
Table 14. How Often? (if “yes” on Table 12).......................................................................9
Table 15. Do You Look for New Recipes? (if “yes” on Table 12).........................................9
Table 16. Where Do You Typically Look For or Get Cooking Recipes? (If “Yes” on Table 15).................................................................................................................10
Table 17. What Format Helps You Choose a Recipe? (If “Yes” on Table 12).....................10
Table 18. Factors of Importance in Recipe Selection (If “Yes” on Table 12) .....................11
Table 19. How Comfortable Are You with Making Substitutions in a Recipe? (If “Yes” on Table 12) ...........................................................................................................12
Table 20. Which of These Dried Herbs and Seasonings Do You Use Most Often when Preparing Food? (Choose All that Apply*). ........................................................................12
Table 21. Do You Use Fresh Herbs When Preparing Food? ..............................................13
Table 22. Fresh Herbs - Which Do You Often Use?..........................................................13
Table 23. Alphabetical List - Which of These Food Items Do You Routinely Have on Hand? ........................................................................................................................................13
Table 24. Alphabetical List by Subgroup - Which of These Food Items Do You Routinely Have on Hand? .................................................................15
Table 25. Alphabetical List - Which of These Do You Have in Your Kitchen? ..............17
Table 26. Alphabetical List by Subgroup - Which of These Do You Have in Your Kitchen?18
Table 27. Which of These Food Preparation Methods Do You Currently Use or Would Like to Use? .................................................................................................................19
Table 28. Types of Recipes Participants Usually Look For ..............................................19

Appendix B. Screening and Survey Tools in English and Spanish .................................21
Screening Questions in English .........................................................................................21
Screening Questions in Spanish .........................................................................................23
Survey Questions in English ...............................................................................................25
Survey Questions in Spanish ...............................................................................................33
Photographs for Recipe Survey in English .......................................................................41
Photographs for Recipe Survey in Spanish .......................................................................45
Appendix A. Participants’ Characteristics and Survey Results Tables

Table 1. Counting Yourself, How Many People Live in Your Household?

<table>
<thead>
<tr>
<th>Number of People</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two</td>
<td>48</td>
<td>7.1%</td>
</tr>
<tr>
<td>Three</td>
<td>140</td>
<td>20.7%</td>
</tr>
<tr>
<td>Four</td>
<td>190</td>
<td>28.1%</td>
</tr>
<tr>
<td>Five</td>
<td>147</td>
<td>21.7%</td>
</tr>
<tr>
<td>Six</td>
<td>79</td>
<td>11.7%</td>
</tr>
<tr>
<td>Seven</td>
<td>37</td>
<td>5.5%</td>
</tr>
<tr>
<td>Eight</td>
<td>21</td>
<td>3.1%</td>
</tr>
<tr>
<td>Nine</td>
<td>11</td>
<td>1.6%</td>
</tr>
<tr>
<td>Ten or more</td>
<td>4</td>
<td>0.5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>677</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Table 2. How Old Are You?

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 - 22</td>
<td>64</td>
<td>9.5%</td>
</tr>
<tr>
<td>23 - 27</td>
<td>147</td>
<td>21.7%</td>
</tr>
<tr>
<td>28 - 32</td>
<td>162</td>
<td>23.9%</td>
</tr>
<tr>
<td>33 - 38</td>
<td>169</td>
<td>25.0%</td>
</tr>
<tr>
<td>39 - 44</td>
<td>79</td>
<td>11.7%</td>
</tr>
<tr>
<td>45 - 49</td>
<td>51</td>
<td>7.5%</td>
</tr>
<tr>
<td>Did not respond</td>
<td>5</td>
<td>0.7%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>677</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
Table 3. Children by Age Group.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Yes</th>
<th></th>
<th></th>
<th>No</th>
<th></th>
<th></th>
<th>Did Not Respond</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid Percent</td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid Percent</td>
<td>n</td>
</tr>
<tr>
<td>0-12 months</td>
<td>214</td>
<td>31.6%</td>
<td>31.7%</td>
<td>461</td>
<td>68.1%</td>
<td>68.3%</td>
<td>2</td>
</tr>
<tr>
<td>1-4 years</td>
<td>400</td>
<td>59.1%</td>
<td>59.3%</td>
<td>275</td>
<td>40.6%</td>
<td>40.7%</td>
<td>2</td>
</tr>
<tr>
<td>5-11 years</td>
<td>431</td>
<td>63.7%</td>
<td>63.9%</td>
<td>244</td>
<td>36.0%</td>
<td>36.1%</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>(N=677)</td>
<td>(N=675)</td>
<td>(N=677)</td>
<td>(N=675)</td>
<td>2</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

Table 4. Racial and Ethnic Identification (Choose all that apply*).

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th></th>
<th></th>
<th>No</th>
<th></th>
<th></th>
<th>Did Not Respond</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Race</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>495</td>
<td>73.1%</td>
<td>113</td>
<td>16.7%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>Black or African American</td>
<td>37</td>
<td>5.5%</td>
<td>571</td>
<td>84.3%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>American Indian/Alaskan Native/ Native American</td>
<td>21</td>
<td>3.1%</td>
<td>587</td>
<td>86.7%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>Native Hawaiian or Other Pacific Islander</td>
<td>9</td>
<td>1.3%</td>
<td>599</td>
<td>88.5%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>Multi-racial</td>
<td>5</td>
<td>0.7%</td>
<td>603</td>
<td>89.1%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td>2</td>
<td>0.3%</td>
<td>606</td>
<td>89.5%</td>
<td>69</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>Ethnicity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>456</td>
<td>67.4%</td>
<td>218</td>
<td>32.2%</td>
<td>3</td>
<td>0.4%</td>
<td></td>
</tr>
</tbody>
</table>

Total respondents = 677
* Hispanic ethnicity was reported independent of race.
Table 5. What is Your Total Monthly Household Income Before Taxes?

<table>
<thead>
<tr>
<th>Monthly Income</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than or equal to $2,470</td>
<td>331</td>
<td>48.9%</td>
<td>66.1%</td>
</tr>
<tr>
<td>$2,471 - $3,108</td>
<td>111</td>
<td>16.4%</td>
<td>22.2%</td>
</tr>
<tr>
<td>$3,109 - $3,747</td>
<td>30</td>
<td>4.4%</td>
<td>6.0%</td>
</tr>
<tr>
<td>$3,748 - $4,385</td>
<td>16</td>
<td>2.4%</td>
<td>3.2%</td>
</tr>
<tr>
<td>$4,386 - $5,023</td>
<td>11</td>
<td>1.6%</td>
<td>2.2%</td>
</tr>
<tr>
<td>$5,024 - $5,663</td>
<td>2</td>
<td>0.3%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Did not respond</td>
<td>176</td>
<td>26.0%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td>100% (N=501)</td>
</tr>
</tbody>
</table>

Table 6. Does Anyone in Your Family Participate in Food Assistance Programs?

<table>
<thead>
<tr>
<th>Participation</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>526</td>
<td>77.7%</td>
</tr>
<tr>
<td>No</td>
<td>151</td>
<td>22.3%</td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 7. Participation in Food Assistance Programs

This was only asked if a person said “Yes” to “Does anyone in your family participate in food assistance programs?” However, percentages for the entire sample are provided in this table.

<table>
<thead>
<tr>
<th>Food Assistance Programs</th>
<th>Percent of All Respondents*</th>
<th>Percent of Those on Food Assistance**</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td>WIC</td>
<td>313</td>
<td>46.2%</td>
</tr>
<tr>
<td>SNAP or Nutrition Assistance</td>
<td>296</td>
<td>43.7%</td>
</tr>
<tr>
<td>School lunch/School breakfast</td>
<td>247</td>
<td>36.5%</td>
</tr>
<tr>
<td>Other</td>
<td>17</td>
<td>2.5%</td>
</tr>
<tr>
<td>Total</td>
<td>(N=677)</td>
<td>(N=526)</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.
Table 8. How Often Do You Cook for Your Family?

<table>
<thead>
<tr>
<th>Days Per Week</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-7 days per week</td>
<td>526</td>
<td>77.7%</td>
<td>78.0%</td>
</tr>
<tr>
<td>3-4 days per week</td>
<td>122</td>
<td>18.0%</td>
<td>18.1%</td>
</tr>
<tr>
<td>1-2 days per week</td>
<td>16</td>
<td>2.4%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Less than 1 day per week</td>
<td>6</td>
<td>0.9%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Never</td>
<td>2</td>
<td>0.3%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Not sure</td>
<td>2</td>
<td>0.3%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>674</td>
<td>99.6%</td>
<td></td>
</tr>
<tr>
<td>Did not respond</td>
<td>3</td>
<td>0.4%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

Table 9. Who Prepares Most of the Meals in Your Home?

<table>
<thead>
<tr>
<th>Meal Preparation</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yourself (Respondent)</td>
<td>633</td>
<td>93.5%</td>
<td>94.3%</td>
</tr>
<tr>
<td>Someone else</td>
<td>34</td>
<td>5.0%</td>
<td>5.1%</td>
</tr>
<tr>
<td>Respondent and someone else</td>
<td>4</td>
<td>0.6%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>671</td>
<td>99.1%</td>
<td></td>
</tr>
<tr>
<td>Did not respond</td>
<td>6</td>
<td>0.9%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>
### Table 10. Do You or Someone in Your House Plan Meals?

<table>
<thead>
<tr>
<th>Meal Planning</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>555</td>
<td>82.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>No</td>
<td>117</td>
<td>17.3%</td>
<td>17.4%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>672</td>
<td>99.3%</td>
<td>100%</td>
</tr>
<tr>
<td>Did not respond</td>
<td>5</td>
<td>0.7%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>(N=677)</td>
<td></td>
<td></td>
<td>(N=672)</td>
</tr>
</tbody>
</table>

### Table 11. Frequency of Meal Planning (if “yes” on Table 10)

<table>
<thead>
<tr>
<th>Frequency of Meal Planning</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>302</td>
<td>44.6%</td>
<td>56.3%</td>
</tr>
<tr>
<td>Weekly</td>
<td>142</td>
<td>21.0%</td>
<td>26.5%</td>
</tr>
<tr>
<td>Monthly</td>
<td>13</td>
<td>1.9%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Not consistently</td>
<td>79</td>
<td>11.7%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>536</td>
<td>79.2%</td>
<td>100.0%</td>
</tr>
<tr>
<td>Did not respond</td>
<td>15</td>
<td>2.2%</td>
<td></td>
</tr>
<tr>
<td>Not Applicable</td>
<td>126</td>
<td>18.6%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>(N=677)</td>
<td></td>
<td></td>
<td>(N=536)</td>
</tr>
</tbody>
</table>

### Table 12. Do You Use Recipes When Cooking for Your Family?

<table>
<thead>
<tr>
<th>Use of Recipes</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>400</td>
<td>59.1%</td>
<td>59.9%</td>
</tr>
<tr>
<td>No</td>
<td>268</td>
<td>39.6%</td>
<td>40.1%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>668</td>
<td>98.7%</td>
<td>100%</td>
</tr>
<tr>
<td>Did not respond</td>
<td>9</td>
<td>1.3%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>(N=677)</td>
<td></td>
<td></td>
<td>(N=668)</td>
</tr>
</tbody>
</table>
Table 13. Why Don’t You Use Recipes? (if “no” from table 12)

<table>
<thead>
<tr>
<th>Reasons for Not Using Recipes</th>
<th>Yes</th>
<th>No</th>
<th>Did Not Respond</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>% of all respondents</td>
<td>% of all respondents</td>
<td>% of all respondents</td>
</tr>
<tr>
<td>Do not need them</td>
<td>116</td>
<td>17.1%</td>
<td>50.9%</td>
<td>49.1%</td>
</tr>
<tr>
<td>I don’t have all the ingredients</td>
<td>35</td>
<td>5.2%</td>
<td>15.4%</td>
<td>28.5%</td>
</tr>
<tr>
<td>I don’t have all the kitchen equipment or supplies</td>
<td>20</td>
<td>3.0%</td>
<td>8.8%</td>
<td>30.7%</td>
</tr>
<tr>
<td>Never tried</td>
<td>33</td>
<td>4.9%</td>
<td>14.5%</td>
<td>29.0%</td>
</tr>
<tr>
<td>They don’t come out well</td>
<td>16</td>
<td>2.4%</td>
<td>7.0%</td>
<td>31.3%</td>
</tr>
<tr>
<td>They take too much time</td>
<td>34</td>
<td>5.0%</td>
<td>14.9%</td>
<td>28.7%</td>
</tr>
<tr>
<td>Too hard</td>
<td>22</td>
<td>3.2%</td>
<td>9.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Total</td>
<td>(N=677)</td>
<td>(N=229)</td>
<td>(N=677)</td>
<td>(N=229)</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.
Table 14. How Often? (if “yes” on Table 12)

<table>
<thead>
<tr>
<th>Frequency of Recipe Usage</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Always</td>
<td>28</td>
<td>4.1%</td>
<td>7.0%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>83</td>
<td>12.3%</td>
<td>20.9%</td>
</tr>
<tr>
<td>Some of the time</td>
<td>285</td>
<td>42.1%</td>
<td>71.8%</td>
</tr>
<tr>
<td>Never</td>
<td>1</td>
<td>0.1%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>397</td>
<td>58.6%</td>
<td></td>
</tr>
<tr>
<td>Did not respond</td>
<td>12</td>
<td>1.8%</td>
<td></td>
</tr>
<tr>
<td>Not applicable</td>
<td>268</td>
<td>39.6%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

(N=677) (N=397)

Table 15. Do You Look for New Recipes? (if “yes” on Table 12)

<table>
<thead>
<tr>
<th>Search for New Recipes</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Responses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>359</td>
<td>53.0%</td>
<td>91.3%</td>
</tr>
<tr>
<td>No</td>
<td>34</td>
<td>5.0%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Total Valid Responses</td>
<td>393</td>
<td>58.1%</td>
<td></td>
</tr>
<tr>
<td>Did not respond</td>
<td>16</td>
<td>2.3%</td>
<td></td>
</tr>
<tr>
<td>Not applicable</td>
<td>268</td>
<td>39.6%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

(N=677) (N=393)
Table 16. Where Do You Typically Look For or Get Cooking Recipes? (If “Yes” on Table 15)

<table>
<thead>
<tr>
<th>Recipe Sources</th>
<th>Yes</th>
<th>No</th>
<th>Did Not Respond</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid %</td>
<td>n</td>
</tr>
<tr>
<td>Blogs</td>
<td>46</td>
<td>6.8%</td>
<td>12.6%</td>
<td>320</td>
</tr>
<tr>
<td>Cookbooks</td>
<td>109</td>
<td>16.1%</td>
<td>29.8%</td>
<td>257</td>
</tr>
<tr>
<td>Family or Friends</td>
<td>179</td>
<td>26.4%</td>
<td>48.9%</td>
<td>187</td>
</tr>
<tr>
<td>Magazines</td>
<td>86</td>
<td>12.7%</td>
<td>23.5%</td>
<td>280</td>
</tr>
<tr>
<td>Package Labels</td>
<td>52</td>
<td>7.7%</td>
<td>14.2%</td>
<td>314</td>
</tr>
<tr>
<td>Pinterest</td>
<td>136</td>
<td>20.1%</td>
<td>37.2%</td>
<td>230</td>
</tr>
<tr>
<td>Social Media</td>
<td>190</td>
<td>28.1%</td>
<td>51.9%</td>
<td>176</td>
</tr>
<tr>
<td>Television</td>
<td>64</td>
<td>9.5%</td>
<td>17.5%</td>
<td>302</td>
</tr>
<tr>
<td>Websites</td>
<td>223</td>
<td>32.9%</td>
<td>60.9%</td>
<td>143</td>
</tr>
<tr>
<td>Total</td>
<td>(N=677)</td>
<td>(N=366)</td>
<td>(N=677)</td>
<td>(N=366)</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

Table 17. What Format Helps You Choose a Recipe? (If “Yes” on Table 12)

<table>
<thead>
<tr>
<th>Recipe Formats</th>
<th>Yes</th>
<th>No</th>
<th>Did Not Respond</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid %</td>
<td>n</td>
</tr>
<tr>
<td>Written</td>
<td>261</td>
<td>38.6%</td>
<td>71.9%</td>
<td>102</td>
</tr>
<tr>
<td>Video</td>
<td>222</td>
<td>32.8%</td>
<td>61.2%</td>
<td>141</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>0.7%</td>
<td>1.4%</td>
<td>358</td>
</tr>
<tr>
<td>Total</td>
<td>(N=677)</td>
<td>(N=363)</td>
<td>(N=677)</td>
<td>(N=363)</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.
### Table 18. Factors of Importance in Recipe Selection (If “Yes” on Table 12)

<table>
<thead>
<tr>
<th>Recipe Preferences</th>
<th>Very Important</th>
<th>Important</th>
<th>Neutral</th>
<th>Unimportant</th>
<th>Very Unimportant</th>
<th>Did Not Respond</th>
<th>Not Applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid %</td>
<td>n</td>
<td>% of all respondents</td>
<td>Valid %</td>
<td>n</td>
</tr>
<tr>
<td>Availability of ingredients</td>
<td>232</td>
<td>34.3%</td>
<td>63.9%</td>
<td>77</td>
<td>11.4%</td>
<td>21.2%</td>
<td>36</td>
</tr>
<tr>
<td>Healthy ingredients</td>
<td>192</td>
<td>28.4%</td>
<td>53.0%</td>
<td>98</td>
<td>14.5%</td>
<td>27.1%</td>
<td>50</td>
</tr>
<tr>
<td>Variety of flavors, textures, ingredients</td>
<td>172</td>
<td>25.4%</td>
<td>47.9%</td>
<td>103</td>
<td>15.2%</td>
<td>28.7%</td>
<td>58</td>
</tr>
<tr>
<td>Ingredients you already have</td>
<td>169</td>
<td>25.0%</td>
<td>46.4%</td>
<td>109</td>
<td>16.1%</td>
<td>29.9%</td>
<td>63</td>
</tr>
<tr>
<td>Have the needed utensils</td>
<td>171</td>
<td>25.3%</td>
<td>47.6%</td>
<td>99</td>
<td>14.6%</td>
<td>27.6%</td>
<td>59</td>
</tr>
<tr>
<td>MyPlate food groups</td>
<td>155</td>
<td>22.9%</td>
<td>42.7%</td>
<td>117</td>
<td>17.3%</td>
<td>32.2%</td>
<td>54</td>
</tr>
<tr>
<td>Amount of time to prepare</td>
<td>170</td>
<td>25.1%</td>
<td>46.7%</td>
<td>102</td>
<td>15.1%</td>
<td>28.0%</td>
<td>55</td>
</tr>
<tr>
<td>Cost of ingredients</td>
<td>167</td>
<td>24.7%</td>
<td>46.4%</td>
<td>92</td>
<td>13.6%</td>
<td>25.6%</td>
<td>70</td>
</tr>
<tr>
<td>Includes picture of food</td>
<td>135</td>
<td>19.9%</td>
<td>37.5%</td>
<td>94</td>
<td>13.9%</td>
<td>26.1%</td>
<td>61</td>
</tr>
<tr>
<td>Difficulty or ease in making</td>
<td>121</td>
<td>17.9%</td>
<td>33.4%</td>
<td>104</td>
<td>15.4%</td>
<td>28.7%</td>
<td>86</td>
</tr>
<tr>
<td>Number of ingredients</td>
<td>124</td>
<td>18.3%</td>
<td>34.4%</td>
<td>84</td>
<td>12.4%</td>
<td>23.3%</td>
<td>91</td>
</tr>
<tr>
<td>Taste</td>
<td>249</td>
<td>36.8%</td>
<td>69.4%</td>
<td>65</td>
<td>9.6%</td>
<td>18.1%</td>
<td>25</td>
</tr>
<tr>
<td>Video is available</td>
<td>103</td>
<td>15.2%</td>
<td>28.6%</td>
<td>84</td>
<td>12.4%</td>
<td>23.3%</td>
<td>76</td>
</tr>
<tr>
<td>WIC foods are included</td>
<td>118</td>
<td>17.4%</td>
<td>32.9%</td>
<td>40</td>
<td>5.9%</td>
<td>11.1%</td>
<td>78</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>62</td>
<td>9.2%</td>
<td>17.2%</td>
<td>34</td>
<td>5.0%</td>
<td>9.4%</td>
<td>82</td>
</tr>
</tbody>
</table>

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.
Table 19. How Comfortable Are You with Making Substitutions in a Recipe? (If “Yes” on Table 12)

<table>
<thead>
<tr>
<th>Comfort Level with Recipe Substitutions</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very comfortable</td>
<td>176</td>
<td>26.0%</td>
<td>48.9%</td>
</tr>
<tr>
<td>Somewhat comfortable</td>
<td>149</td>
<td>22.0%</td>
<td>41.4%</td>
</tr>
<tr>
<td>Uncomfortable</td>
<td>29</td>
<td>4.3%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Very uncomfortable</td>
<td>6</td>
<td>0.9%</td>
<td>1.7%</td>
</tr>
<tr>
<td><strong>Total Valid Responses</strong></td>
<td><strong>360</strong></td>
<td>53.2%</td>
<td></td>
</tr>
<tr>
<td>Did not respond</td>
<td>49</td>
<td>7.2%</td>
<td></td>
</tr>
<tr>
<td>Not applicable</td>
<td>268</td>
<td>39.6%</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>677</strong></td>
<td>100%</td>
<td>(N=677)</td>
</tr>
</tbody>
</table>

Table 20. Which of These Dried Herbs and Seasonings Do You Use Most Often when Preparing Food? (Choose All that Apply*).

<table>
<thead>
<tr>
<th>Dried Herbs</th>
<th>Yes</th>
<th>%</th>
<th>No</th>
<th>%</th>
<th>Did Not Respond</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Basil</td>
<td>312</td>
<td>46.1%</td>
<td>359</td>
<td>53.0%</td>
<td>6</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>275</td>
<td>40.6%</td>
<td>396</td>
<td>58.5%</td>
<td>6</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>263</td>
<td>38.8%</td>
<td>408</td>
<td>60.3%</td>
<td>6</td>
</tr>
<tr>
<td>Chili powder</td>
<td>373</td>
<td>55.1%</td>
<td>298</td>
<td>44.0%</td>
<td>6</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>457</td>
<td>67.5%</td>
<td>214</td>
<td>31.6%</td>
<td>6</td>
</tr>
<tr>
<td>Crushed red</td>
<td>268</td>
<td>39.6%</td>
<td>403</td>
<td>59.5%</td>
<td>6</td>
</tr>
<tr>
<td>Cumin</td>
<td>346</td>
<td>51.1%</td>
<td>325</td>
<td>48.0%</td>
<td>6</td>
</tr>
<tr>
<td>Curry powder</td>
<td>132</td>
<td>19.5%</td>
<td>539</td>
<td>79.6%</td>
<td>6</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>584</td>
<td>86.3%</td>
<td>87</td>
<td>12.9%</td>
<td>6</td>
</tr>
<tr>
<td>Ground ginger</td>
<td>166</td>
<td>24.5%</td>
<td>505</td>
<td>74.6%</td>
<td>6</td>
</tr>
<tr>
<td>Ground mustard</td>
<td>99</td>
<td>14.6%</td>
<td>572</td>
<td>84.5%</td>
<td>6</td>
</tr>
<tr>
<td>Italian seasoning</td>
<td>288</td>
<td>42.5%</td>
<td>383</td>
<td>56.6%</td>
<td>6</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>291</td>
<td>43.0%</td>
<td>380</td>
<td>56.1%</td>
<td>6</td>
</tr>
<tr>
<td>Onion powder</td>
<td>402</td>
<td>59.4%</td>
<td>269</td>
<td>39.7%</td>
<td>6</td>
</tr>
<tr>
<td>Oregano</td>
<td>486</td>
<td>71.8%</td>
<td>185</td>
<td>27.3%</td>
<td>6</td>
</tr>
<tr>
<td>Paprika</td>
<td>257</td>
<td>38.0%</td>
<td>414</td>
<td>61.2%</td>
<td>6</td>
</tr>
<tr>
<td>Rosemary</td>
<td>233</td>
<td>34.4%</td>
<td>438</td>
<td>64.7%</td>
<td>6</td>
</tr>
<tr>
<td>Sage</td>
<td>4</td>
<td>0.6%</td>
<td>667</td>
<td>98.5%</td>
<td>6</td>
</tr>
<tr>
<td>Thyme</td>
<td>183</td>
<td>27.0%</td>
<td>488</td>
<td>72.1%</td>
<td>6</td>
</tr>
<tr>
<td>None</td>
<td>37</td>
<td>5.5%</td>
<td>634</td>
<td>93.6%</td>
<td>6</td>
</tr>
<tr>
<td>Others</td>
<td>11</td>
<td>1.6%</td>
<td>657</td>
<td>97.0%</td>
<td>9</td>
</tr>
</tbody>
</table>

Total respondents =677
*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

Table 21. Do You Use Fresh Herbs When Preparing Food?

<table>
<thead>
<tr>
<th>Use of Fresh Herbs</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>560</td>
<td>82.7%</td>
</tr>
<tr>
<td>No</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Total</td>
<td>677</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 22. Fresh Herbs - Which Do You Often Use?

<table>
<thead>
<tr>
<th>Fresh Herbs</th>
<th>Yes</th>
<th></th>
<th>No</th>
<th></th>
<th>Not Applicable</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td>Basil</td>
<td>209</td>
<td>30.9%</td>
<td>351</td>
<td>51.8%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Chives</td>
<td>255</td>
<td>37.7%</td>
<td>305</td>
<td>45.1%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Cilantro</td>
<td>502</td>
<td>74.2%</td>
<td>58</td>
<td>8.6%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Dill</td>
<td>52</td>
<td>7.7%</td>
<td>508</td>
<td>75.0%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Mint</td>
<td>267</td>
<td>39.4%</td>
<td>293</td>
<td>43.3%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Oregano</td>
<td>308</td>
<td>45.5%</td>
<td>252</td>
<td>37.2%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Rosemary</td>
<td>154</td>
<td>22.7%</td>
<td>406</td>
<td>60.0%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Sage</td>
<td>60</td>
<td>8.9%</td>
<td>500</td>
<td>73.9%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Thyme</td>
<td>115</td>
<td>17.0%</td>
<td>445</td>
<td>65.7%</td>
<td>117</td>
<td>17.3%</td>
</tr>
<tr>
<td>Others</td>
<td>15</td>
<td>2.2%</td>
<td>659</td>
<td>97.3%</td>
<td>3</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

Total respondents =677

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

Table 23. Alphabetical List - Which of These Food Items Do You Routinely Have on Hand?

<table>
<thead>
<tr>
<th>Foods on Hand</th>
<th>Yes</th>
<th></th>
<th>No</th>
<th></th>
<th>Did Not Respond</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td>Baking powder</td>
<td>465</td>
<td>68.7%</td>
<td>211</td>
<td>31.2%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Baking soda</td>
<td>448</td>
<td>66.2%</td>
<td>228</td>
<td>33.7%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Balsamic vinegar</td>
<td>177</td>
<td>26.1%</td>
<td>499</td>
<td>73.7%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Beef (canned)</td>
<td>224</td>
<td>33.1%</td>
<td>452</td>
<td>66.8%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Black beans (canned)</td>
<td>196</td>
<td>29.0%</td>
<td>480</td>
<td>70.9%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Black beans (dry)</td>
<td>155</td>
<td>22.9%</td>
<td>521</td>
<td>77.0%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Broth/ stock/ bouillon cubes</td>
<td>361</td>
<td>53.3%</td>
<td>315</td>
<td>46.5%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>382</td>
<td>56.4%</td>
<td>294</td>
<td>43.4%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Butter/ margarine</td>
<td>626</td>
<td>92.5%</td>
<td>50</td>
<td>7.4%</td>
<td>1</td>
<td>0.1%</td>
</tr>
<tr>
<td>Canned soups</td>
<td>328</td>
<td>48.4%</td>
<td>348</td>
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### Appendixes

**Arizona Nutrition Network**

**Recipe Project Report**

1102 E Ina Rd. Tucson, AZ 85718  •  520-873-8562  •  www.evaluationstrategies.net

**July 13, 2017**

**Page | 15**

---

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<th>%</th>
<th>No</th>
<th>%</th>
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Total respondents =677

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

**Table 24. Alphabetical List by Subgroup - Which of These Food Items Do You Routinely Have on Hand?**

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<tr>
<th>Foods on Hand</th>
<th>Yes</th>
<th>%</th>
<th>No</th>
<th>%</th>
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<tr>
<td>Red wine vinegar</td>
<td>87</td>
<td>12.9%</td>
<td>589</td>
</tr>
<tr>
<td>White wine vinegar</td>
<td>164</td>
<td>24.2%</td>
<td>512</td>
</tr>
</tbody>
</table>

Total respondents = 677

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.*
Table 25. Alphabetical List - Which of These Do You Have in Your Kitchen?

<table>
<thead>
<tr>
<th>Food Preparation Tools</th>
<th>Yes</th>
<th></th>
<th>No</th>
<th></th>
<th>Did Not Respond</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Baking sheet</td>
<td>488</td>
<td>72.1%</td>
<td>186</td>
<td>27.5%</td>
<td>3</td>
</tr>
<tr>
<td>Blender</td>
<td>614</td>
<td>90.7%</td>
<td>60</td>
<td>8.9%</td>
<td>3</td>
</tr>
<tr>
<td>Can opener</td>
<td>632</td>
<td>93.4%</td>
<td>42</td>
<td>6.2%</td>
<td>3</td>
</tr>
<tr>
<td>Casserole dish</td>
<td>442</td>
<td>65.3%</td>
<td>232</td>
<td>34.3%</td>
<td>3</td>
</tr>
<tr>
<td>Chef's knife</td>
<td>497</td>
<td>73.4%</td>
<td>177</td>
<td>26.1%</td>
<td>3</td>
</tr>
<tr>
<td>Colander</td>
<td>492</td>
<td>72.7%</td>
<td>182</td>
<td>26.9%</td>
<td>3</td>
</tr>
<tr>
<td>Cutting board</td>
<td>616</td>
<td>91.0%</td>
<td>58</td>
<td>8.6%</td>
<td>3</td>
</tr>
<tr>
<td>Food processor</td>
<td>195</td>
<td>28.8%</td>
<td>479</td>
<td>70.8%</td>
<td>3</td>
</tr>
<tr>
<td>Food storage containers</td>
<td>562</td>
<td>83.0%</td>
<td>112</td>
<td>16.5%</td>
<td>3</td>
</tr>
<tr>
<td>Grater</td>
<td>558</td>
<td>82.4%</td>
<td>116</td>
<td>17.1%</td>
<td>3</td>
</tr>
<tr>
<td>Grill (outdoor or indoor)</td>
<td>435</td>
<td>64.3%</td>
<td>239</td>
<td>35.3%</td>
<td>3</td>
</tr>
<tr>
<td>Hot plate</td>
<td>329</td>
<td>48.6%</td>
<td>345</td>
<td>51.0%</td>
<td>3</td>
</tr>
<tr>
<td>Kitchen scissors</td>
<td>448</td>
<td>66.2%</td>
<td>226</td>
<td>33.4%</td>
<td>3</td>
</tr>
<tr>
<td>Ladle</td>
<td>487</td>
<td>71.9%</td>
<td>187</td>
<td>27.6%</td>
<td>3</td>
</tr>
<tr>
<td>Liquid measuring cup</td>
<td>447</td>
<td>66.0%</td>
<td>227</td>
<td>33.5%</td>
<td>3</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>551</td>
<td>81.4%</td>
<td>123</td>
<td>18.2%</td>
<td>3</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>490</td>
<td>72.4%</td>
<td>184</td>
<td>27.2%</td>
<td>3</td>
</tr>
<tr>
<td>Meat thermometer</td>
<td>245</td>
<td>36.2%</td>
<td>429</td>
<td>63.4%</td>
<td>3</td>
</tr>
<tr>
<td>Microwave</td>
<td>626</td>
<td>92.5%</td>
<td>48</td>
<td>7.1%</td>
<td>3</td>
</tr>
<tr>
<td>Mixer (hand or stand)</td>
<td>405</td>
<td>59.8%</td>
<td>268</td>
<td>39.6%</td>
<td>4</td>
</tr>
<tr>
<td>Mixing bowls</td>
<td>537</td>
<td>79.3%</td>
<td>137</td>
<td>20.2%</td>
<td>3</td>
</tr>
<tr>
<td>Mixing spoons</td>
<td>529</td>
<td>78.1%</td>
<td>145</td>
<td>21.4%</td>
<td>3</td>
</tr>
<tr>
<td>Muffin pan</td>
<td>438</td>
<td>64.7%</td>
<td>236</td>
<td>34.9%</td>
<td>3</td>
</tr>
<tr>
<td>Potato masher</td>
<td>481</td>
<td>71.0%</td>
<td>193</td>
<td>28.5%</td>
<td>3</td>
</tr>
<tr>
<td>Saucepans</td>
<td>527</td>
<td>77.8%</td>
<td>147</td>
<td>21.7%</td>
<td>3</td>
</tr>
<tr>
<td>Skillet</td>
<td>552</td>
<td>81.5%</td>
<td>122</td>
<td>18.0%</td>
<td>3</td>
</tr>
<tr>
<td>Slotted spoon</td>
<td>375</td>
<td>55.4%</td>
<td>299</td>
<td>44.2%</td>
<td>3</td>
</tr>
<tr>
<td>Slow cooker</td>
<td>452</td>
<td>66.8%</td>
<td>222</td>
<td>32.8%</td>
<td>3</td>
</tr>
<tr>
<td>Spatula</td>
<td>554</td>
<td>81.8%</td>
<td>120</td>
<td>17.7%</td>
<td>3</td>
</tr>
<tr>
<td>Steamer</td>
<td>266</td>
<td>39.3%</td>
<td>408</td>
<td>60.3%</td>
<td>3</td>
</tr>
<tr>
<td>Timer</td>
<td>292</td>
<td>43.1%</td>
<td>382</td>
<td>56.4%</td>
<td>3</td>
</tr>
<tr>
<td>Toaster</td>
<td>537</td>
<td>79.3%</td>
<td>137</td>
<td>20.2%</td>
<td>3</td>
</tr>
<tr>
<td>Toaster oven</td>
<td>314</td>
<td>46.4%</td>
<td>360</td>
<td>53.2%</td>
<td>3</td>
</tr>
<tr>
<td>Tongs</td>
<td>557</td>
<td>82.3%</td>
<td>117</td>
<td>17.3%</td>
<td>3</td>
</tr>
<tr>
<td>Vegetable peeler</td>
<td>536</td>
<td>79.2%</td>
<td>138</td>
<td>20.4%</td>
<td>3</td>
</tr>
<tr>
<td>Whisk</td>
<td>531</td>
<td>78.4%</td>
<td>143</td>
<td>21.1%</td>
<td>3</td>
</tr>
</tbody>
</table>

Total respondents = 677

*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.
### Table 26. Alphabetical List by Subgroup - Which of These Do You Have in Your Kitchen?

<table>
<thead>
<tr>
<th>Food Preparation Tools</th>
<th>Yes n</th>
<th>Yes %</th>
<th>No n</th>
<th>No %</th>
<th>Did Not Respond n</th>
<th>Did Not Respond %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cookware</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baking sheet</td>
<td>488</td>
<td>72.1%</td>
<td>186</td>
<td>27.5%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Casserole dish</td>
<td>442</td>
<td>65.3%</td>
<td>232</td>
<td>34.3%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Muffin pan</td>
<td>438</td>
<td>64.7%</td>
<td>236</td>
<td>34.9%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Saucepans</td>
<td>527</td>
<td>77.8%</td>
<td>147</td>
<td>21.7%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Skillet</td>
<td>552</td>
<td>81.5%</td>
<td>122</td>
<td>18.0%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Kitchen Gadgets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colander</td>
<td>492</td>
<td>72.7%</td>
<td>182</td>
<td>26.9%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Cutting board</td>
<td>616</td>
<td>91.0%</td>
<td>58</td>
<td>8.6%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Food storage containers</td>
<td>562</td>
<td>83.0%</td>
<td>112</td>
<td>16.5%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Mixing bowls</td>
<td>537</td>
<td>79.3%</td>
<td>137</td>
<td>20.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Timer</td>
<td>292</td>
<td>43.1%</td>
<td>382</td>
<td>56.4%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Kitchen Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can opener</td>
<td>632</td>
<td>93.4%</td>
<td>42</td>
<td>6.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Chef’s knife</td>
<td>497</td>
<td>73.4%</td>
<td>177</td>
<td>26.1%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Grater</td>
<td>558</td>
<td>82.4%</td>
<td>116</td>
<td>17.1%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Kitchen scissors</td>
<td>448</td>
<td>66.2%</td>
<td>226</td>
<td>33.4%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Ladle</td>
<td>487</td>
<td>71.9%</td>
<td>187</td>
<td>27.6%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Liquid measuring cup</td>
<td>447</td>
<td>66.0%</td>
<td>227</td>
<td>33.5%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>551</td>
<td>81.4%</td>
<td>123</td>
<td>18.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>490</td>
<td>72.4%</td>
<td>184</td>
<td>27.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Meat thermometer</td>
<td>245</td>
<td>36.2%</td>
<td>429</td>
<td>63.4%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Mixing spoons</td>
<td>529</td>
<td>78.1%</td>
<td>145</td>
<td>21.4%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Potato masher</td>
<td>481</td>
<td>71.0%</td>
<td>193</td>
<td>28.5%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Slotted spoon</td>
<td>375</td>
<td>55.4%</td>
<td>299</td>
<td>44.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Spatula</td>
<td>554</td>
<td>81.8%</td>
<td>120</td>
<td>17.7%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Tongs</td>
<td>557</td>
<td>82.3%</td>
<td>117</td>
<td>17.3%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Vegetable peeler</td>
<td>536</td>
<td>79.2%</td>
<td>138</td>
<td>20.4%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Whisk</td>
<td>531</td>
<td>78.4%</td>
<td>143</td>
<td>21.1%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Small Appliances</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blender</td>
<td>614</td>
<td>90.7%</td>
<td>60</td>
<td>8.9%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Food processor</td>
<td>195</td>
<td>28.8%</td>
<td>479</td>
<td>70.8%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Grill (outdoor or indoor)</td>
<td>435</td>
<td>64.3%</td>
<td>239</td>
<td>35.3%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Hot plate</td>
<td>329</td>
<td>48.6%</td>
<td>345</td>
<td>51.0%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Microwave</td>
<td>626</td>
<td>92.5%</td>
<td>48</td>
<td>7.1%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Mixer (hand or stand)</td>
<td>405</td>
<td>59.8%</td>
<td>268</td>
<td>39.6%</td>
<td>4</td>
<td>0.4%</td>
</tr>
<tr>
<td>Slow cooker</td>
<td>452</td>
<td>66.8%</td>
<td>222</td>
<td>32.8%</td>
<td>3</td>
<td>0.4%</td>
</tr>
</tbody>
</table>
### Food Preparation Tools

<table>
<thead>
<tr>
<th>Food Preparation Tools</th>
<th>Yes</th>
<th></th>
<th>No</th>
<th></th>
<th>Did Not Respond</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td>Steamers</td>
<td>266</td>
<td>39.3%</td>
<td>408</td>
<td>60.3%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Toasters</td>
<td>537</td>
<td>79.3%</td>
<td>137</td>
<td>20.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
<tr>
<td>Toasters oven</td>
<td>314</td>
<td>46.4%</td>
<td>360</td>
<td>53.2%</td>
<td>3</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

Total respondents = 677
*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

### Table 27. Which of These Food Preparation Methods Do You Currently Use or Would Like to Use?

<table>
<thead>
<tr>
<th>Cooking Methods</th>
<th>Currently Use</th>
<th>Would Like to Use</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Grilling fruits or vegetables</td>
<td>394</td>
<td>58.2%</td>
<td>182</td>
</tr>
<tr>
<td>Grilling meat</td>
<td>522</td>
<td>77.1%</td>
<td>89</td>
</tr>
<tr>
<td>Roasting or baking fruits or vegetables in the oven</td>
<td>406</td>
<td>60.0%</td>
<td>183</td>
</tr>
<tr>
<td>Roasting or baking meat in the oven</td>
<td>504</td>
<td>74.4%</td>
<td>110</td>
</tr>
<tr>
<td>Sautéing</td>
<td>458</td>
<td>67.7%</td>
<td>131</td>
</tr>
<tr>
<td>Steaming</td>
<td>488</td>
<td>72.1%</td>
<td>130</td>
</tr>
</tbody>
</table>

Total respondents = 677
*Respondents could choose more than one item, so percentages of “yes” responses did not total 100%.

### Table 28. Types of Recipes Participants Usually Look For

<table>
<thead>
<tr>
<th>Categories</th>
<th>Details</th>
<th>n</th>
<th>% of those participants who responded to the question on types of recipes they were looking for (N = 485)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audience</td>
<td>Kid-friendly</td>
<td>18</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Vegetarian</td>
<td>7</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Family</td>
<td>7</td>
<td>1%</td>
</tr>
<tr>
<td>Culturally-specific</td>
<td>Mexican</td>
<td>45</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td>Italian</td>
<td>17</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Latin/Hispanic</td>
<td>6</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Chinese</td>
<td>4</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Comfort/soul food/homemade</td>
<td>3</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>American</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Traditional/good old country</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Amish</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Arabic</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Categories</td>
<td>Details</td>
<td>n</td>
<td>% of those participants who responded to the question on types of recipes they were looking for (N = 485)</td>
</tr>
<tr>
<td>---------------------</td>
<td>-------------</td>
<td>----</td>
<td>--------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Greek</td>
<td>1</td>
<td></td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Southern</td>
<td>1</td>
<td></td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Ingredients</td>
<td>Chicken</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pasta</td>
<td>29</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Meats</td>
<td>29</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td>28</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>13</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Fish and seafood</td>
<td>8</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Spices</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Preferences</td>
<td>Easy/fast/simple</td>
<td>79</td>
<td>16%</td>
</tr>
<tr>
<td></td>
<td>Healthy and nutritious</td>
<td>71</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Yummy</td>
<td>14</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Variety/unique/different/new</td>
<td>12</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Cheap</td>
<td>5</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Bulk/large amounts</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Fun</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Sources of recipes</td>
<td>Videos</td>
<td>5</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Online/internet/websites</td>
<td>4</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Books</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Pictures</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Phone</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Preparation method</td>
<td>Baking</td>
<td>20</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Crockpot</td>
<td>12</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Grilling</td>
<td>4</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Oven</td>
<td>4</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Cooking/stove</td>
<td>3</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>BBQ</td>
<td>2</td>
<td>Less than 1%</td>
</tr>
<tr>
<td>Type of meal</td>
<td>Desserts and pastries</td>
<td>31</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Salads</td>
<td>31</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Dinner/Main Course</td>
<td>17</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Soups</td>
<td>6</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Casseroles</td>
<td>5</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Side dishes</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
<tr>
<td></td>
<td>Snacks</td>
<td>1</td>
<td>Less than 1%</td>
</tr>
</tbody>
</table>
Appendix B. Screening and Survey Tools in English and Spanish

Screening Questions in English

---

### Recipe Survey Screener

~ for screening assistant ~

1. **Would you be interested in participating?**
   - Yes [Continue with the screener questions below.]
   - No [Thank them for their time, stop.]

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes, Qualifies</th>
<th>No, Doesn’t qualify</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What state are you a resident of?</td>
<td>Arizona</td>
<td>OTHER THAN ARIZONA ↓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You must be a resident of Arizona to qualify for this</td>
</tr>
<tr>
<td></td>
<td></td>
<td>study. Thank for time and effort.</td>
</tr>
<tr>
<td>2. Do you have children living in your household now? Yes/No</td>
<td>Yes</td>
<td>NO ↓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You must have children under the age of 12 living in</td>
</tr>
<tr>
<td></td>
<td></td>
<td>your household to qualify for this study. Thank for</td>
</tr>
<tr>
<td></td>
<td></td>
<td>time and effort.</td>
</tr>
<tr>
<td>3. How old are the children who live with you? (Choose all that apply.)</td>
<td>Birth to 11 years</td>
<td>ONLY 12 or above ↓</td>
</tr>
<tr>
<td></td>
<td>old</td>
<td>You must have children under the age of 12 living in</td>
</tr>
<tr>
<td></td>
<td>or 12 or above</td>
<td>your household to qualify for this study. Thank for</td>
</tr>
<tr>
<td></td>
<td></td>
<td>time and effort.</td>
</tr>
<tr>
<td>4. How old are you?</td>
<td>Between 18 and 49</td>
<td>BELOW 18 or OVER 49 ↓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You must be between the ages of 18 and 49 to qualify</td>
</tr>
<tr>
<td></td>
<td></td>
<td>for this study. Thank for time and effort.</td>
</tr>
<tr>
<td>5. What is your gender, female or male?</td>
<td>Female</td>
<td>MALE ↓</td>
</tr>
<tr>
<td></td>
<td></td>
<td>This survey is only for females. Thank for time and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>effort.</td>
</tr>
<tr>
<td>6. Counting yourself, how many people live in your household?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. What is your total MONTHLY household income BEFORE taxes?</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>[Screener] Is their monthly income LESS than the dollar amount shown for</td>
<td></td>
<td></td>
</tr>
<tr>
<td>their household on the table below? Yes/No</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number in Household</th>
<th>Monthly Household Income before Taxes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$2,470</td>
</tr>
<tr>
<td>3</td>
<td>$3,138</td>
</tr>
<tr>
<td>4</td>
<td>$3,747</td>
</tr>
<tr>
<td>5</td>
<td>$4,385</td>
</tr>
<tr>
<td>6</td>
<td>$5,023</td>
</tr>
<tr>
<td>7</td>
<td>$5,663</td>
</tr>
<tr>
<td>8</td>
<td>$6,304</td>
</tr>
<tr>
<td>Each Additional</td>
<td>$445</td>
</tr>
</tbody>
</table>

---

Yes, the person qualifies. Then say: At this time, it appears that you are not eligible to participate in the Recipe Project Survey. Thank you for your time today.

No, the person does not qualify. Then say:

---

This is a survey to find out about what you know, like, think and do about cooking and recipes. Your participation in this survey is up to you. Your choice about taking part will not affect your benefits.

Continue to survey STOP
Screening Questions in Spanish

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>¿Le interesaría participar en una breve encuesta de salud de parte del Estado de Arizona relacionado con recetas caseras? Sí se le selecciona para participar, la encuesta tomaría menos de 15 minutos y recibirá una tarjeta de regalo de $10 para usar en Walmart o Safeway, Veamos si es elegible para participar.</td>
<td></td>
</tr>
<tr>
<td>1. ¿En cuál estado vive?</td>
<td></td>
</tr>
<tr>
<td>2. ¿Tiene niños viviendo en su casa? Sí/No</td>
<td></td>
</tr>
<tr>
<td>3. ¿Qué edad tienen los niños que viven con usted? (Escoja todos los que aplican.)</td>
<td></td>
</tr>
<tr>
<td>o Nacimiento a 11 años de edad</td>
<td></td>
</tr>
<tr>
<td>o 12 años de edad en adelante</td>
<td></td>
</tr>
<tr>
<td>4. ¿Qué edad tiene usted?</td>
<td></td>
</tr>
<tr>
<td>o Menos de 18 años</td>
<td></td>
</tr>
<tr>
<td>o Entre 18 y 49 años</td>
<td></td>
</tr>
<tr>
<td>o 50 años en adelante</td>
<td></td>
</tr>
<tr>
<td>5. ¿De cuál sexo es, femenino o masculino?</td>
<td></td>
</tr>
<tr>
<td>6. Incluyéndolo(a) a usted ¿cuántas personas viven en su casa?</td>
<td></td>
</tr>
<tr>
<td>7. ¿Cuál es su ingreso total MENSUAL en su hogar ANTES de pagar impuestos?</td>
<td></td>
</tr>
</tbody>
</table>

Ahora le podremos informar si es elegible para participar en la encuesta.
Survey Questions in English

**Arizona Nutrition Network Recipe Survey**

1. What is your age? [Two digits]
2. Does anyone in your family participate in food assistance programs?
   - YES
   - NO
   - Which one(s)?
     - School lunch / School breakfast
     - SNAP or Nutrition Assistance (formerly known as Food Stamps)
     - WIC
     - Other
3. How many of your children do you have in each of these age groups?
   - Infants (Birth to 12 months) [Two Digits]
   - Children (1-4 years of age) [Two Digits]
   - Children (5-11 years of age) [Two Digits]
4. Do you consider yourself to be Hispanic?
   - Hispanic
   - Non-Hispanic
5. What is your race/ethnicity? Tell me all that apply to you.
   - American Indian / Alaskan
   - Native / Native American
   - Asian
   - Black or African American
   - Native Hawaiian or Other Pacific Islander
   - White
6. How often do you cook for your family?
   - 5-7 days a week
   - Less than one day per week
   - 3-4 days a week
   - Never
   - 1-2 days a week
   - Not sure
7. Who prepares most of the meals in your home?

- Yourself
- Someone else

8. Do you or someone in your house plan meals?

- Yes
- No

   - Do you plan:
     - Daily
     - Weekly
     - Monthly
     - Not consistently

9. Do you use recipes when cooking for your family?

- Yes
- No: Why not?

   - Too hard
   - Never tried
   - Do not need them
   - They take too much time
   - They don’t come out well
   - I don’t have all the ingredients
   - I don’t have all the kitchen equipment or supplies

[SKIP TO QUESTION 14]

10. How often do you use recipes when cooking for your family? Always, most of the time, some of the time, or never.

- Always
- Most of the time
- Some of the time
- Never
- Don’t Know/Refused
### Appendices

**Arizona Nutrition Network**  
**Recipe Project Report**

1102 E Ina Rd. Tucson, AZ 85718 • 520-873-8562 • www.evaluationstrategies.net

---

<table>
<thead>
<tr>
<th>11. Do you look for new recipes?</th>
<th>YES [Continue to Question 12.]</th>
<th>NO [Skip to Question 16.]</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>12. Where do you typically look for or get cooking recipes?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Family or friends</td>
<td>□ Magazines</td>
</tr>
<tr>
<td>□ Cookbooks</td>
<td>□ Television</td>
</tr>
<tr>
<td>□ Package labels</td>
<td>□ Websites</td>
</tr>
<tr>
<td>□ Pinterest</td>
<td>□ Social media</td>
</tr>
<tr>
<td>□ Blogs</td>
<td>□ Other [Please identify]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13. What format helps you choose a recipe?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Written</td>
<td>□ Other [Please identify]</td>
</tr>
<tr>
<td>□ Video</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>14. When picking a recipe, how important are the following things? Rate on a scale of 1-5, where 1 is very unimportant, 2 is unimportant, 3 is neutral, 4 is important, and 5 is very important.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of ingredients</td>
</tr>
<tr>
<td>Amount of time to prepare</td>
</tr>
<tr>
<td>Difficulty or ease of making</td>
</tr>
<tr>
<td>Number of ingredients</td>
</tr>
<tr>
<td>Cost of ingredients</td>
</tr>
<tr>
<td>Ingredients you already have</td>
</tr>
<tr>
<td>Taste: Whether your family will like it</td>
</tr>
<tr>
<td>WIC foods are included</td>
</tr>
<tr>
<td>Video is available to demonstrate how to make</td>
</tr>
<tr>
<td>Includes a picture of the food</td>
</tr>
<tr>
<td>You have the utensils needed to prepare</td>
</tr>
<tr>
<td>Contains healthy ingredients (low salt, low sugar, low sat fat)</td>
</tr>
<tr>
<td>Includes foods from multiple MyPlate food groups</td>
</tr>
<tr>
<td>Uses variety of flavors, textures, ingredients</td>
</tr>
<tr>
<td>Vegetarian</td>
</tr>
</tbody>
</table>
15. How comfortable are you making substitutions for items in a recipe?

- [ ] Very comfortable
- [ ] Uncomfortable
- [ ] Somewhat comfortable
- [ ] Very uncomfortable

16. Which of these DRIED herbs and seasonings do you use most often when preparing food? [Choose all that apply.]

- [ ] Basil
- [ ] Bay leaves
- [ ] Cayenne pepper
- [ ] Chili powder
- [ ] Cinnamon
- [ ] Crushed red pepper flakes
- [ ] Cumin
- [ ] Curry powder
- [ ] Garlic powder
- [ ] Ground ginger
- [ ] Ground mustard
- [ ] Italian seasoning
- [ ] Kosher salt
- [ ] Onion powder
- [ ] Oregano
- [ ] Paprika
- [ ] Rosemary
- [ ] Sage
- [ ] Thyme
- [ ] None
- [ ] Other(s): [Please identify]}

17. Do you use FRESH herbs when preparing food?  

- [ ] Yes
- [ ] No

Which do you often use?

- [ ] Basil
- [ ] Chives
- [ ] Cilantro
- [ ] Dill
- [ ] Mint
- [ ] Oregano
- [ ] Rosemary
- [ ] Sage
- [ ] Thyme
- [ ] Other(s) [Please identify:]


18. Which of these food items do you routinely have on hand? [Choose all that apply.]

**Cupboard**
- Peanut butter
- Vegetable or canola oil
- Olive oil
- Cooking spray

**Oils**
- Balsamic
- Red wine
- Cider
- White wine
- Distilled white

**Vinegars**
- Worcestershire
- Soy Sauce
- Teriyaki
- Pasta Sauce
- Hot Sauce
- Chili Paste

**Condiments**
- Mustard
- Ketchup
- Mayonnaise

**Sauces**
- Broth/stock (canned) or bouillon cubes
- Canned soups
- Dried soup mixes

**Beans**
- Refried
- Black
- Pinto
- Kidney
- Chickpeas
- Lentils

**Canned Goods**
- Tomatoes (whole, diced, crushed)
- Vegetables
- Fruits

**Refrigerator**
- Butter/Margarine
- Eggs
- Milk
- Cheese
- Yogurt
- Greek yogurt

**Baking Needs**
- Flour (White or Whole Wheat)
- Baking powder
- Baking soda
- White sugar
- Brown sugar
- Corn Starch
- Honey
19. Which of these do you have in your kitchen? [Choose all that apply.]

<table>
<thead>
<tr>
<th>Kitchen Tools</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Can opener</td>
<td>Meat thermometer</td>
</tr>
<tr>
<td>Chef’s knife</td>
<td>Mixing spoons</td>
</tr>
<tr>
<td>Grater</td>
<td>Potato masher</td>
</tr>
<tr>
<td>Kitchen scissors</td>
<td>Slotted spoon</td>
</tr>
<tr>
<td>Ladle</td>
<td>Spatula</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>Tongs</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>Vegetable peeler</td>
</tr>
<tr>
<td>Liquid measuring cup</td>
<td>Whisk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Small Appliances</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blender</td>
<td>Microwave</td>
</tr>
<tr>
<td>Food processor</td>
<td>Mixer (either hand or stand)</td>
</tr>
<tr>
<td>Grill (outdoor or indoor)</td>
<td>Steamer</td>
</tr>
<tr>
<td>Hot plate</td>
<td>Toaster oven</td>
</tr>
<tr>
<td>Slow Cooker (crockpot)</td>
<td>Toaster</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kitchen Gadgets</th>
<th>Cookware</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colander</td>
<td>Baking sheet</td>
</tr>
<tr>
<td>Cutting board</td>
<td>Casserole dish</td>
</tr>
<tr>
<td>Food storage containers</td>
<td>Muffin pan</td>
</tr>
<tr>
<td>Mixing bowls</td>
<td>Saucepans</td>
</tr>
<tr>
<td>Timer</td>
<td>Skillet</td>
</tr>
</tbody>
</table>

20. Which of these food preparation methods do you currently use?

<table>
<thead>
<tr>
<th>Method</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasting or baking meat in the oven</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Would you be interested in trying this method?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Method</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasting or baking fruits or vegetables in the oven</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Would you be interested in trying this method?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Grilling meat</td>
<td>Yes</td>
<td>Would you be interested in trying this method?</td>
</tr>
<tr>
<td>--------------</td>
<td>-----</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grilling fruits or vegetables</th>
<th>Yes</th>
<th>Would you be interested in trying this method?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Steaming</th>
<th>Yes</th>
<th>Would you be interested in trying this method?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sautéing</th>
<th>Yes</th>
<th>Would you be interested in trying this method?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
</tbody>
</table>

Choose how you want to receive your electronic $10 Safeway or Walmart gift card:

- [ ] Email
- [ ] Regular mail. Enter your name and appropriate contact information.

21. First Name, Last Name

22. Email Address

23. Mailing Address

24. City and Zip

25. Phone Number (in case we have any problems sending the gift card to you)

26. One last question: If you use recipes, what kind of recipes do you usually look for?

For Staff Only

<table>
<thead>
<tr>
<th>Date:</th>
<th>Data Collector Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Time Took to Complete:</td>
</tr>
<tr>
<td>Incentive Given:</td>
<td></td>
</tr>
</tbody>
</table>

Arizona Nutrition Network
Recipe Survey
Page 7 of 7
### Encuesta de La Red de Nutrición del Estado de Arizona

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ¿Qué edad tiene?</td>
<td><em><strong>/</strong></em> [Dos Dígitos]</td>
</tr>
<tr>
<td>2. ¿Alguien en su familia participa en programas de ayuda con alimentos?</td>
<td>Sí/No</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>¿Cuál(es)?</td>
</tr>
<tr>
<td></td>
<td>Almuerzo Escolar/</td>
</tr>
<tr>
<td></td>
<td>Desayuno Escolar</td>
</tr>
<tr>
<td></td>
<td>SNAP o Ayuda de</td>
</tr>
<tr>
<td></td>
<td>Nutrición (antes</td>
</tr>
<tr>
<td></td>
<td>conocido como Estampillas</td>
</tr>
<tr>
<td></td>
<td>de Comida)</td>
</tr>
<tr>
<td></td>
<td>WIC</td>
</tr>
<tr>
<td></td>
<td>Otra</td>
</tr>
<tr>
<td>3. ¿Cuántos de sus hijos forman parte de cada grupo de edad?</td>
<td>Bebés (Hasta los 12 meses) <em><strong>/</strong></em> [Dos Dígitos]</td>
</tr>
<tr>
<td></td>
<td>Niños (1-4 años de edad) <em><strong>/</strong></em> [Dos Dígitos]</td>
</tr>
<tr>
<td></td>
<td>Niños (5-11 años de edad) <em><strong>/</strong></em> [Dos Dígitos]</td>
</tr>
<tr>
<td>4. ¿Se considera Hispán?</td>
<td>Hispanic/No-hispano</td>
</tr>
<tr>
<td>5. ¿Cuál es su raza/grupo étnico? Escoja todos los que apliquen.</td>
<td>Indígena Estadounidense/</td>
</tr>
<tr>
<td></td>
<td>Indígena de Alaska/Nativo Americano</td>
</tr>
<tr>
<td></td>
<td>Asiático</td>
</tr>
<tr>
<td></td>
<td>Negro o Afroamericano</td>
</tr>
<tr>
<td>6. ¿Cuántos días a la semana cocina para su familia?</td>
<td>5-7 días a la semana</td>
</tr>
<tr>
<td></td>
<td>3-4 días a la semana</td>
</tr>
<tr>
<td></td>
<td>1-2 días a la semana</td>
</tr>
<tr>
<td></td>
<td>Menos de una vez a la semana</td>
</tr>
<tr>
<td></td>
<td>Nunca</td>
</tr>
</tbody>
</table>
|                                                                          | No estoy seguro.
7. ¿Quién prepara la mayoría de las comidas en su hogar?
   - Usted
   - Otra Persona

8. ¿Usted o alguien más planea las comidas en su casa?
   • Sí
   • NO
   - Planea:
     - Diario
     - Semanal
     - Mensual
     - Sin orden específico

9. ¿Al cocinar para su familia usa recetas?
   • Sí
   • NO: ¿Por qué no?
     [Escoja las que quieran.]
     - Es demasiado difícil
     - Nunca lo he intentado
     - No las necesito
     - Se toma demasiado tiempo
     - No salen bien las comidas
     - No tengo todos los ingredientes
     - No tengo el equipo o productos necesarios
     [PASAR A LA PREGUNTA 16.]

10. ¿Qué tan seguido usa recetas al cocinar para su familia? Siempre, la mayoría del tiempo, algunas veces, o nunca?
    - Siempre
    - La mayoría del tiempo
    - Algunas veces
    - Nunca
    - No sé/prefiero no contestar
11. ¿Busca recetas nuevas?

<table>
<thead>
<tr>
<th>SÍ</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Siga a pregunta 12.]</td>
<td>[Pase a pregunta 16.]</td>
</tr>
</tbody>
</table>

12. ¿Normalmente dónde busca o consigue recetas nuevas?

- Familia o amigos
- Libros de cocina
- Etiquetas de Paquetes
- Pinterest
- Blogs
- Revistas
- Televisión
- Sitios de Internet
- Redes Sociales
- Otros [Favor de identificar]

13. ¿Qué formato prefiere al escoger recetas?

- Escrito
- Otros [Favor de identificar]
- Video

14. ¿Al escoger una receta, qué tan importante son las siguientes cosas? Favor de darles un valor del 1 al 5, el 1 significa no tiene nada de importancia, el 2 poco importante, el 3 neutral, el 4 es importante y el 5 que es muy importante.

<table>
<thead>
<tr>
<th></th>
<th>Muy</th>
<th>Importante</th>
<th>Poca</th>
<th>Importante</th>
<th>Neutral</th>
<th>Importante</th>
<th>Muy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disponibilidad de ingredientes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tiempo requerido para preparación</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dificil de preparar</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Número de ingredientes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Costo de los ingredientes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ingredientes que ya tiene en casa</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sabor: Si le gustará a su familia</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incluye ingredientes de WIC</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hay un video disponible para ver como se prepara</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incluye una foto de la comida</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tiene los utensilios necesarios para prepararla</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contiene ingredientes sanos (bajos en sodio, azúcar y grasa)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incluye ingredientes de varios grupos de “MIPlato”</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Usa una variedad de ingredientes, sabores y texturas</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Es vegetariana</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
15. ¿Qué tan cómodo(a) estaría usted al sustituir ingredientes en una receta?

- [ ] Muy cómodo(a)
- [ ] Incómodo(a)
- [ ] Algo cómodo(a)
- [ ] Muy incómodo(a)

16. ¿Cuáles de estas hierbas y especias **SECAS** usa más seguido al cocinar? (Escoja todos los que apliquen.)

- [ ] Albahaca
- [ ] Hojas de laurel
- [ ] Pimiento de cayena
- [ ] Chile en polvo
- [ ] Canela
- [ ] Copos de pimienta roja molida
- [ ] Comino
- [ ] Curry en polvo
- [ ] Ajo en polvo
- [ ] Jengibre molido
- [ ] Mostaza molida
- [ ] Sazonador italiano
- [ ] Sal kosher
- [ ] Cebolla en polvo
- [ ] Paprika
- [ ] Romero
- [ ] Tomillo
- [ ] Salvia
- [ ] Ninguno
- [ ] Otro(s) [Favor de identificar.]

17. ¿Usa hierbas **FRESCAS** al cocinar?

- [ ] Sí
- [ ] No

- [ ] Albahaca
- [ ] Cebollino
- [ ] Cilantro
- [ ] Eneldo
- [ ] Hierbabuena
- [ ] Crérgano
- [ ] Romero
- [ ] Salvia
- [ ] Tomillo
- [ ] Otro(s) [Favor de identificar.]
18. ¿Cuáles de estos ingredientes normalmente se encuentran en su despensa? [Escoja los que apliquen.]

<table>
<thead>
<tr>
<th>Ingredientes</th>
<th>Sopas</th>
<th>Frijoles</th>
<th>Alimentos Enlatados</th>
<th>Refrigerador</th>
<th>Necesidades de Repostería</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alacena</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crema de cacahuete</td>
<td>Caldo (enlatado) o en cubito</td>
<td>Refritos</td>
<td>Tomates (enteros, cortados o machacados)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aceites</td>
<td>Aceite vegetal o de canola</td>
<td>Sopas enlatadas</td>
<td>Verduras</td>
<td>Mantequilla/Mantequela</td>
<td></td>
</tr>
<tr>
<td>Aceite de oliva</td>
<td>Mezcla de sopas secas</td>
<td>Frijol rojo</td>
<td>Huevos</td>
<td>Polvo para hornear</td>
<td></td>
</tr>
<tr>
<td>Aceite en aerosol</td>
<td></td>
<td>Garbanzos</td>
<td>Leche</td>
<td>Bicarbonato</td>
<td></td>
</tr>
<tr>
<td>Vinagres</td>
<td>Balsámico</td>
<td>Negros</td>
<td>Queso</td>
<td>Azúcar</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vino Rojo</td>
<td>en lata</td>
<td></td>
<td></td>
<td>Azúcar Moreno o Mascabado</td>
</tr>
<tr>
<td></td>
<td>Sidra</td>
<td>en lata</td>
<td></td>
<td></td>
<td>Malcena</td>
</tr>
<tr>
<td></td>
<td>Vino Blanco</td>
<td>en lata</td>
<td></td>
<td></td>
<td>Miel</td>
</tr>
<tr>
<td>Condimentos</td>
<td>Blanco destilado</td>
<td>en lata</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mastaza</td>
<td></td>
<td>en lata</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catsup</td>
<td></td>
<td>en lata</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mayonesa</td>
<td></td>
<td>en lata</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salsas</td>
<td>Salsa inglesa</td>
<td>seco</td>
<td></td>
<td></td>
<td>Harina (Biana o Integral)</td>
</tr>
<tr>
<td></td>
<td>Salsa soya</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salsa teriyaki</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salsa para pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salsa Picante</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chile en pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granos</td>
<td>Espaguetis u otra pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avena</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Harina (Biana o Integral)</td>
</tr>
<tr>
<td>Arroz</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Polvo para hornear</td>
</tr>
<tr>
<td>Harina de maíz</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bicarbonato</td>
</tr>
<tr>
<td>Tortillitas de maíz</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Azúcar</td>
</tr>
<tr>
<td>Tortillitas de harina</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Azúcar Moreno o Mascabado</td>
</tr>
<tr>
<td>Carne Enlatada</td>
<td>Atún</td>
<td></td>
<td></td>
<td></td>
<td>Malcena</td>
</tr>
<tr>
<td></td>
<td>Salmón</td>
<td></td>
<td></td>
<td></td>
<td>Miel</td>
</tr>
</tbody>
</table>
19. ¿Cuáles de estos tiene en su cocina? [Escoja los que apliquen.]

<table>
<thead>
<tr>
<th>Accesorios de Cocina</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aperasitas</td>
<td>☐ Termómetro para carne</td>
</tr>
<tr>
<td>Cuchillo de chef</td>
<td>☐ Cucharas para mezclar</td>
</tr>
<tr>
<td>Rallador</td>
<td>☐ Moledor</td>
</tr>
<tr>
<td>Tijeras de cocina</td>
<td>☐ Espumadera</td>
</tr>
<tr>
<td>Cucharón</td>
<td>☐ Espátula</td>
</tr>
<tr>
<td>Tazas de medir</td>
<td>☐ Tenazas</td>
</tr>
<tr>
<td>Cuchara para medir</td>
<td>☐ Pelador</td>
</tr>
<tr>
<td>Taza para medir líquidos</td>
<td>☐ Batidor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Electrodomésticos</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Licuadora</td>
<td>☐ Horno de microondas</td>
</tr>
<tr>
<td>Procesador de alimentos</td>
<td>☐ Batidora (de mano o con base)</td>
</tr>
<tr>
<td>Parrilla (exterior o interior)</td>
<td>☐ Base para Vaporera</td>
</tr>
<tr>
<td>Plancha (o comal)</td>
<td>☐ Horno tostador</td>
</tr>
<tr>
<td>Olla eléctrica de coccimiento lento</td>
<td>☐ Tostador</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Útiles de cocina</th>
<th>Batería de cocina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colador</td>
<td>Hoja para hornear</td>
</tr>
<tr>
<td>Tabla para cortar</td>
<td>Charola para hornear</td>
</tr>
<tr>
<td>Recipientes para guardar comida</td>
<td>Molde para panecillos</td>
</tr>
<tr>
<td>Tazones para mezclar</td>
<td>Cacerola</td>
</tr>
<tr>
<td>Cronómetro</td>
<td>Sartén</td>
</tr>
</tbody>
</table>

20. ¿Cuáles de estas formas de preparación de alimentos utiliza actualmente?

<table>
<thead>
<tr>
<th>Asar o cocer carne en el horno</th>
<th>SÍ</th>
<th>✗</th>
<th>No</th>
<th>¿Le interesaría intentar este método de preparación?</th>
<th>SÍ</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asar o cocer frutas o verduras en el horno</td>
<td>SÍ</td>
<td>✗</td>
<td>No</td>
<td>¿Le interesaría intentar este método?</td>
<td>SÍ</td>
<td>No</td>
</tr>
</tbody>
</table>
## Appendixes

### Arizona Nutrition Network

Recipe Project Report

1102 E Ina Rd. Tucson, AZ 85718 • 520-873-8562 • www.evaluationstrategies.net

July 13, 2017

<table>
<thead>
<tr>
<th>Sí</th>
<th>No</th>
<th>¿Le interesaría intentar este método?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Sí</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sí</th>
<th>No</th>
<th>¿Le interesaría intentar este método?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Sí</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sí</th>
<th>No</th>
<th>¿Le interesaría intentar este método?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Sí</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ No</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sí</th>
<th>No</th>
<th>¿Le interesaría intentar este método?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>□ Sí</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ No</td>
</tr>
</tbody>
</table>

¿De qué manera le gustaría recibir su tarjeta de regalo de $10 para usar en Safeway o Walmart?

□ Correo Electrónico o □ Correo Tradicional

Favor de anotar su nombre e información.

21. Nombre, Apellido

22. Correo Electrónico

23. Domicilio

24. Ciudad y Código Postal

25. Número telefónico (En caso de que haya algún problema al enviarle su tarjeta)

26. Última pregunta, ¿si usa recetas, qué tipo de recetas busca normalmente?

For Staff Only

Date: 

Data Collector Name: 

Location: 

Time Took to Complete: 

Incentive Given:
Photographs for Recipe Survey in English

Use the following photographs to help survey participants identify choices. You may have the participant (a) verbally give answers or (b) use an erasable marker on this card. If they use an erasable marker, be sure to transfer responses to their survey sheet and erase the cards before administering the next survey.

16. Which of these DRIED herbs and seasonings do you use most often when preparing food? [Choose all that apply.]

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Cumin</td>
<td>Onion powder</td>
<td></td>
</tr>
<tr>
<td>Bay leaves</td>
<td>Curry powder</td>
<td>Oregano</td>
<td></td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>Garlic powder</td>
<td>Paprika</td>
<td></td>
</tr>
<tr>
<td>Chili powder</td>
<td>Ground ginger</td>
<td>Rosemary</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Ground mustard</td>
<td>Sage</td>
<td></td>
</tr>
<tr>
<td>Crushed red pepper flakes</td>
<td>Italian seasoning</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kosher salt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
17. Do you use **FRESH** herbs when preparing food? If yes, looking at this list which do you often use? [Choose all that apply.]

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Basil</td>
<td>Oregano</td>
</tr>
<tr>
<td></td>
<td>Chives</td>
<td>Rosemary</td>
</tr>
<tr>
<td></td>
<td>Cilantro</td>
<td>Sage</td>
</tr>
<tr>
<td></td>
<td>Dill</td>
<td>Thyme</td>
</tr>
<tr>
<td></td>
<td>Mint</td>
<td>Other(s) Please identify</td>
</tr>
</tbody>
</table>
19. Which of these do you have in your kitchen? [Choose all that apply.]

<table>
<thead>
<tr>
<th>Kitchen Tools</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Can opener</td>
<td></td>
</tr>
<tr>
<td>Chef’s knife</td>
<td></td>
</tr>
<tr>
<td>Grater</td>
<td></td>
</tr>
<tr>
<td>Kitchen scissors</td>
<td></td>
</tr>
<tr>
<td>Ladle</td>
<td></td>
</tr>
<tr>
<td>Measuring cups</td>
<td></td>
</tr>
<tr>
<td>Measuring spoons</td>
<td></td>
</tr>
<tr>
<td>Liquid measuring cups</td>
<td></td>
</tr>
<tr>
<td>Meat thermometer</td>
<td></td>
</tr>
<tr>
<td>Mixing spoons</td>
<td></td>
</tr>
<tr>
<td>Potato masher</td>
<td></td>
</tr>
<tr>
<td>Slotted spoon</td>
<td></td>
</tr>
<tr>
<td>Spatula</td>
<td></td>
</tr>
<tr>
<td>Tongs</td>
<td></td>
</tr>
<tr>
<td>Vegetable peeler</td>
<td></td>
</tr>
<tr>
<td>Whisk</td>
<td></td>
</tr>
</tbody>
</table>
## Small Appliances

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Blender</td>
<td>☐ Microwave</td>
</tr>
<tr>
<td>☐ Food processor</td>
<td>☐ Mixer (either hand or stand)</td>
</tr>
<tr>
<td>☐ Grill (outdoor or indoor)</td>
<td>☐ Steamer</td>
</tr>
<tr>
<td>☐ Hot plate</td>
<td>☐ Toaster oven</td>
</tr>
<tr>
<td>☐ Slow Cooker (crockpot)</td>
<td>☐ Toaster</td>
</tr>
</tbody>
</table>

## Kitchen Gadgets

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Colander</td>
<td>☐ Baking sheet</td>
</tr>
<tr>
<td>☐ Cutting board</td>
<td>☐ Casserole Dish</td>
</tr>
<tr>
<td>☐ Food storage containers</td>
<td>☐ Muffin pan</td>
</tr>
<tr>
<td>☐ Mixing bowls</td>
<td>☐ Saucepans</td>
</tr>
</tbody>
</table>

## Definitions - which can be used on the survey question

<table>
<thead>
<tr>
<th>Question type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewing</td>
<td>To cook for a short time in the oven or on a grill over low heat.</td>
</tr>
<tr>
<td>Steaming</td>
<td>To cook in steam, usually in a microwave or in a pot on the stove. A small amount of water is placed in a pot or bowl while a perforated basket or rack holds the vegetables. Only a small amount of water is used; the items to be cooked are not submerged in water. The water should not be boiled, and the vegetables are not steamed.</td>
</tr>
<tr>
<td>Sauteing</td>
<td>To cook and stir food in a small amount of hot fat.</td>
</tr>
</tbody>
</table>

---

## Arizona Nutrition Network

Recipe Project Report

1102 E Ina Rd. Tucson, AZ 85718 • 520-873-8562 • www.evaluationstrategies.net

July 13, 2017

Page | 44
## Photographs for Recipe Survey in Spanish

Use las siguientes fotos para que los participantes identifiquen sus opciones. El participante puede (a) contestar verbalmente o (b) usar un marcador fácil de borrar en esta hoja. Si usa un marcador que se borra, asegúrese que las respuestas se transfieran a la hoja de la encuesta que corresponde al participante y que se borren sus respuestas de esta hoja antes de volver a presentar la encuesta.

### 16. ¿Cuáles de estas hierbas y especias SECAS usa más seguido al cocinar? (Escoge todos los que apliquen.)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Albahaca</td>
<td>Cebolla en polvo</td>
</tr>
<tr>
<td></td>
<td>Hojas de laurel</td>
<td>Curry en polvo</td>
</tr>
<tr>
<td></td>
<td>Pimiento de cayena</td>
<td>Ajo en polvo</td>
</tr>
<tr>
<td></td>
<td>Chile en polvo</td>
<td>Jengibre molido</td>
</tr>
<tr>
<td></td>
<td>Canela</td>
<td>Mostaza molido</td>
</tr>
<tr>
<td></td>
<td>Capas de pimiento roja picada</td>
<td>Sazonador Italiano</td>
</tr>
<tr>
<td></td>
<td>Sal kosher</td>
<td></td>
</tr>
</tbody>
</table>
17. ¿Usa hierbas y especias **FRESCAS** al cocinar? (Escoja todos los que aplican.)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td><strong>Albahaca</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Orégano</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Cebollino</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Romero</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Cilantro</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Salvia</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Eneldo</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Tomillo</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Menta</strong></td>
</tr>
<tr>
<td>☐</td>
<td><strong>Otra(s) favor de identificar</strong></td>
</tr>
</tbody>
</table>
19. ¿Cuáles tiene en su cocina? [Escoge los que apliquen.]

<table>
<thead>
<tr>
<th>Accesorios de Cocina</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abrelatas</td>
<td>☐</td>
</tr>
<tr>
<td>Cuchillo de chef</td>
<td>☐</td>
</tr>
<tr>
<td>Rallador</td>
<td>☐</td>
</tr>
<tr>
<td>Tijeras de cocina</td>
<td>☐</td>
</tr>
<tr>
<td>Cucharón</td>
<td>☐</td>
</tr>
<tr>
<td>Tazas de medir</td>
<td>☐</td>
</tr>
<tr>
<td>Cucharas para medir</td>
<td>☐</td>
</tr>
<tr>
<td>Taza para medir líquidos</td>
<td>☐</td>
</tr>
</tbody>
</table>

☐ Termómetro para carne
☐ Cuchara para mezclar
☐ Moledor
☐ Espumadera
☐ Espátula
☐ Tenazas
☐ Pelador
☐ Batidor
### Electrodomésticos

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><img src="image1" alt="" /></td>
<td><img src="image2" alt="" /></td>
</tr>
<tr>
<td>Liquiadora</td>
<td>Horno de microondas</td>
</tr>
<tr>
<td><img src="image3" alt="" /></td>
<td><img src="image4" alt="" /></td>
</tr>
<tr>
<td>Procesador de alimentos</td>
<td>Batidora (de mano a con base)</td>
</tr>
<tr>
<td><img src="image5" alt="" /></td>
<td><img src="image6" alt="" /></td>
</tr>
<tr>
<td>Parrilla (exterior o interior)</td>
<td>Base para Vaporera</td>
</tr>
<tr>
<td><img src="image7" alt="" /></td>
<td><img src="image8" alt="" /></td>
</tr>
<tr>
<td>Plancha (o comal)</td>
<td>Horno tostador</td>
</tr>
<tr>
<td><img src="image9" alt="" /></td>
<td><img src="image10" alt="" /></td>
</tr>
<tr>
<td>Olla eléctrica de coccimiento lento</td>
<td>Tostador</td>
</tr>
</tbody>
</table>

### Útiles de cocina

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><img src="image11" alt="" /></td>
<td><img src="image12" alt="" /></td>
</tr>
<tr>
<td>Colador</td>
<td>Charola para hornear</td>
</tr>
<tr>
<td><img src="image13" alt="" /></td>
<td><img src="image14" alt="" /></td>
</tr>
<tr>
<td>Tabla</td>
<td>Cacerola para hornear</td>
</tr>
<tr>
<td><img src="image15" alt="" /></td>
<td><img src="image16" alt="" /></td>
</tr>
<tr>
<td>Recipientes para guardar comida</td>
<td>Molde para Panecillos</td>
</tr>
<tr>
<td><img src="image17" alt="" /></td>
<td><img src="image18" alt="" /></td>
</tr>
<tr>
<td>Recipiente para mezclar</td>
<td>Cacerola</td>
</tr>
<tr>
<td><img src="image19" alt="" /></td>
<td><img src="image20" alt="" /></td>
</tr>
<tr>
<td>Cronómetro</td>
<td>Sartén</td>
</tr>
</tbody>
</table>

---

**Definuciones**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preparar en el horno</strong></td>
<td>Cocinar en el horno. Normalmente se colocan dentro de una olla o fuente de cerámica para que el horno se queme por debajo de los ingredientes. Se utiliza una olla o fuente de cerámica con tapa que se coloca en la parte inferior de la olla para que el calor se distribuya uniformemente.</td>
</tr>
<tr>
<td><strong>Cocinar al vapor</strong></td>
<td>Cocinar en el vapor. Normalmente se coloca en una olla o fuente de cerámica a la base de una olla o fuente de cerámica. Los ingredientes se cubren con un paño o papel de cocina. El vapor se produce cuando el agua se calienta hasta la ebullición. El vapor se distribuye de manera uniforme en la olla. Los alimentos se cocinan en el vapor.</td>
</tr>
<tr>
<td><strong>Torcal</strong></td>
<td>Cocinar a fuego lento, en un recipiente con tapa.</td>
</tr>
</tbody>
</table>

---

**Red de Nutrición de Arizona**

**Fotos para Encuesta de Recetas**

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**July 13, 2017**

**Page | 48**