

Plate it Up! Kentucky Proud Italian Chicken Summer Squash Skillet Follow-up

As a result of participating in the Plate it Up! Kentucky Proud program please answer the following questions:

Question 1. I tasted the recipe yes no

Question 2. I received a recipe card yes no

Question 3. Before participating in this program, how many servings, on average, did you eat per day:

FRUIT _____ VEGETABLES _____

(e.g., one serving = 1/2 cup)

Question 4. After participating in this program, how many servings, on average, do you **now** eat per day:

FRUIT _____ VEGETABLES _____

(e.g., one serving = 1/2 cup)

Question 5. After participating in this program, did you purchase the fruit or vegetables featured on the card?

a. Summer squash yes no

b. Red bell peppers yes no

c. Yellow bell peppers yes no

d. Fresh tomatoes yes no

e. Sweet onions yes no