

Work time Snack and Beverage Habits and Vending Machine Use Survey

Snack and Beverage Habits

This section asks about the types of snacks and beverages you enjoy while at work. Please mark the selection which best fits the frequency you enjoy each snack and beverage type during the workday.

	Never, or less than once per week	1-3 days per week	Once per work day	2 or more times per workday
Salty Snacks Popcorn, chips, pretzels, chex mix	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Pastry Snacks Doughnuts, Pop-Tarts, cookies, pies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low Fat Snacks Chips, crackers, cookies, brownies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candies Gummy candies, chocolate bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit and/or Vegetables Fresh, canned, frozen, pickled, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Full Fat Dairy Products Whole or 2% milk, cheese, yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low Fat Dairy Products 1% or skim milk, reduced fat yogurt and cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100% Juice Orange, apple, cranberry, vegetable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar Sweetened Beverages Fruit drinks, regular sodas, sports drinks, Vitamin Water, energy drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calorie Free Beverages Water, diet sodas, zero calorie energy drinks, unsweetened tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee/ Tea Black	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee/ Tea With cream or sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you purchase a snack from a vending machine while at work?

- Never, or less than once per week 1-3 days per week Once per work day 2 or more times per workday

How often do you purchase a beverage from a vending machine while at work?

- Never, or less than once per week 1-3 days per week Once per work day 2 or more times per workday

If you consume snacks or beverages while at work but do not purchase them from a worksite vending machine, where do your snacks and beverages usually come from? (select all that apply)

- Home
 Snack shop at work
 Grocery/convenience store away from work
 Other _____

Nutritional Information

This section focuses on selecting snack and beverage items; it is designed to better understand your idea of what a healthy snack is. Please select whether the following nutritional qualities of a snack would constitute as a healthy snack.

	Healthy Snack?	
	Yes	No
High Fiber	<input type="radio"/>	<input type="radio"/>
High Calorie	<input type="radio"/>	<input type="radio"/>
Low in Vitamins and Minerals	<input type="radio"/>	<input type="radio"/>
Low Sugar	<input type="radio"/>	<input type="radio"/>
High Sodium	<input type="radio"/>	<input type="radio"/>
High Fat	<input type="radio"/>	<input type="radio"/>

Please select the snack that is lowest in salt.

Potato chips

Fresh fruit

Pretzels

Please select the snack that is highest in fiber.

Pop-Tart

Low-fat cheese

Granola bar

Please select the item that is lowest in calories.

Peanuts

Baked chips

Candy bar

Please select the beverage that is lowest in sugar.

Water

Soda

Energy Drink

Thoughts on snacks and beverages

A healthy snack or beverage is one that is low in fat, sugar, sodium, and calories, and high in fiber, vitamins, and minerals. Examples of healthy snacks include fruit and vegetables, low-fat dairy products, and whole grain products such as pasta and bread.

When given the choice, do you *usually* choose healthful snack foods instead of less healthful snack foods?

- No, and I do not intend to change this within the next six months.
- No, but I intend to change this within the next six months.
- No, but I intend to change within the next month.
- Yes, and I have started doing so in the last six months.
- Yes, and I have done so for more than six months.

When given the choice, do you usually choose healthful beverages instead of less healthful beverages?

- No, and I do not intend to change this within the next six months.
- No, but I intend to change this within the next six months.
- No, but I intend to change within the next month.
- Yes, and I have started doing so in the last six months.
- Yes, and I have done so for more than six months.

Please indicate how strongly you agree or disagree with the following statements.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I don't enjoy the taste of healthful snacks or beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages are not sweet enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages are not readily available at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages take too long to prepare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages are too expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages don't satisfy a craving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthful snacks and beverages don't give me the energy I need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know how to choose healthful snacks and beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know where to find healthful snacks and beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please share your general thoughts on vending machines in your workplace.

Demographics

This information will be used to describe the group of people who complete this survey. It will not be used to determine who took the survey.

What is your gender?

- Male
- Female

What is your age?

- 18-27
- 28-37
- 38-47
- 48-57
- 58-62
- 63 or over

How would you describe your race/ethnicity? (select all that apply)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or other Pacific Islander
- White