

# POMP Final: Home-Delivered Meals Survey Instrument

(Mail Version)

This survey is about the home-delivered meals program. The survey contains questions about the meals that you receive. The survey should take 15 to 30 minutes to complete. We are interested in the length of time you have received home-delivered meals, what you like about the meals, and if the meals have helped you. Your answers will help us make sure that the service meets your needs. Participation in the survey is voluntary and you may skip any question. Your answers will be kept confidential and will not influence the services that you receive.

The first few questions are about the home-delivered meals you receive from (AGENCY/PROVIDER NAME).

HDM1. When was the last time you received a home-delivered meal?

- |   |                          |   |   |
|---|--------------------------|---|---|
| Today or yesterday.....                               | <input type="checkbox"/> | 1 | Thank you, but the focus of this survey is on people who have used the service within the past year. Thank you for your time. |
| More than 1 day, but not more than a week ago .....   | <input type="checkbox"/> | 2 |   |
| More than 1 week, but not more than a month ago ..... | <input type="checkbox"/> | 3 |   |
| More than 1 month ago.....                            | <input type="checkbox"/> | 4 |   |
| Over 1 year ago .....                                 | <input type="checkbox"/> | 5 |   |

HDM2. How long have you been receiving home-delivered meals? Would you say...

- |  |                          |   |
|--|--------------------------|---|
| 6 months or less .....                         | <input type="checkbox"/> | 1 |
| More than 6 months, but less than 1 year ..... | <input type="checkbox"/> | 2 |
| At least 1 year, but less than 2 years.....    | <input type="checkbox"/> | 3 |
| 2 to 5 years.....                              | <input type="checkbox"/> | 4 |
| More than 5 years .....                        | <input type="checkbox"/> | 5 |

HDM3. How many days each week do you receive home-delivered meals?

|\_\_|\_\_| Number of Days

HDM3a. How many meals do you receive during an average week?

|\_\_|\_\_| Number of Meals

The following questions are about your eating habits.

HDM4. On the days that you eat the home-delivered meal, how many meals do you usually eat?

|\_\_|\_\_| Number of Meals

Office Use Only:

Client ID: \_\_\_\_\_

Service Enrollment Date: \_\_\_\_\_

Date of Survey Administration: \_\_\_\_\_

HDM5. On the days you don't eat the home-delivered meal, how many meals do you usually eat?

|\_\_|\_\_| Number of Meals

HDM6. Think about the amount of food you eat from home-delivered meals. On the days you eat a meal from home-delivered meals, what proportion of all the food you eat in a day does this meal represent? Would you say...

- Less than one-third .....  1
- Between one-third and one-half .....  2
- About one-half .....  3
- More than one-half .....  4

For the next set of questions, we describe the standard serving size for a particular food or group of foods. Please fill in the blank to show how many total servings of each food or group of foods you usually eat each day.

HDM7. One serving of fruit is one small piece of fruit, about one-half cup of chopped fruit, or one-half cup of juice.

How many servings of **fruit** do you usually eat every day?

|\_\_|\_\_|

HDM8. One serving of potatoes is one small baked potato or one-half cup mashed or boiled potatoes.

How many servings of **potatoes** do you usually eat every day?

|\_\_|\_\_|

HDM9. One serving of vegetables is about one cup raw vegetables, one-half cup of cooked vegetables, or one-half cup of juice.

Other than potatoes, how many servings of **vegetables** do you usually eat every day?

|\_\_|\_\_|

HDM10. One serving of milk or yogurt, including soy milk or yogurt, is one cup of milk or yogurt. One serving of cheese is 1.5 slices or 1.5 ounces of cheese

How many servings of **milk, cheese, yogurt, or soy milk, soy cheese, or soy yogurt** do you usually eat every day?

|\_\_|\_\_|

HDM11. Beans, nuts, eggs, and tofu are sources of protein in the diet. One serving of beans or tofu is about one-half cup; one serving of peanut butter is two tablespoons; one serving of nuts is one ounce, and a serving of eggs is two eggs.

How many servings of **beans, nuts, tofu, or eggs** do you usually eat every day?

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HDM12. One serving of meat, chicken, turkey, or fish is a two to three ounce hamburger patty, chicken breast, or fish fillet.

How many servings of **meat, chicken, turkey, or fish** do you usually eat every day?

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HDM13. One serving of bread is one piece of bread, one tortilla, or one small pancake.

How many servings of **bread, tortillas, or pancakes** do you usually eat every day?

|\_\_|\_\_|

HDM14. Cereal, rice, pasta, and noodles are sources of grains in the diet. A serving of cereal is one cup of cold cereal or one-half cup hot cereal; a serving of rice, pasta, or noodles is one-half cup.

How many servings of **cereal, rice, pasta or noodles** do you usually eat every day?

|\_\_|\_\_|

HDM15. A serving of dessert is one-half slice of pie or cake or two medium cookies.

How many servings of **dessert** do you usually eat every day?

|\_\_|\_\_|

The next few questions ask about foods or groups of foods that you eat from your home-delivered meals.

HDM16. When you eat the home-delivered meals, do you usually eat the **fruit** when it is provided?

Yes.....  1  
No.....  2

HDM17. When you eat the home-delivered meals, do you usually eat the **potatoes** when they are provided?

Yes.....  1  
No.....  2

HDM18. When you eat the home-delivered meals, do you usually eat the **vegetables** that are provided?

Yes.....  1  
No.....  2

HDM19. When you eat the home-delivered meals, do you usually eat or drink the **milk, cheese, yogurt, or soy milk, soy cheese, or soy yogurt** that are provided?

Yes.....  1  
No.....  2

HDM20. When you eat the home-delivered meals, do you usually eat the **beans, nuts, eggs, or tofu** when they are provided?

Yes.....  1  
No.....  2

HDM21. When you eat the home-delivered meals, do you usually eat the **meat, turkey, chicken, or fish** that is provided?

Yes.....  1  
No.....  2

HDM22. When you eat the home-delivered meals, do you usually eat the **bread, tortillas, or pancakes** that are provided?

Yes.....  1  
No.....  2

HDM23. When you eat the home-delivered meals, do you usually eat the **cereal, rice, pasta, or noodles** when they are provided?

Yes.....  1  
No.....  2

HDM24. When you eat the home-delivered meals, do you usually eat the **dessert** when it is provided?

Yes.....  1  
No.....  2

The following questions are about the quality of the meals you receive.

HDM25. How would you rate the quality of home-delivered meals overall? Would you say...

Excellent.....  1  
Very good .....  2  
Good .....  3  
Fair .....  4  
Poor .....  5

HDM26. Do the home-delivered meals arrive when expected?

Always.....  1  
Usually .....  2  
Sometimes .....  3  
Seldom .....  4  
Never .....  5

Think about all the foods that you receive from home-delivered meals. Please tell us, how often are you satisfied...

	<u>Always</u>	<u>Usually</u>	<u>Some- times</u>	<u>Rarely</u>	<u>Never</u>
HDM27. With the way the food smells.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
HDM28. With the way the food looks .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
HDM29. With the way the food tastes .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
HDM30. With the variety of foods .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
HDM31. That the hot foods are hot and cold foods are cold .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
HDM32. With the way the food is cooked.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>

Please answer the following questions about the home-delivered meals program. Do services received from the home-delivered meals program help you to...

	<u>Yes</u>	<u>No</u>
HDM33. Eat healthier foods .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM34. Achieve or maintain a healthy weight.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM35. Improve your health .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM36. Feel better.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM37. Continue to live at home .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>

Please tell us:

	<u>Yes</u>	<u>No</u>
HDM38. Do you like the meals you get from the home-delivered meals? .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM39. Would you recommend the home-delivered meals to a friend?.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>
HDM40. As a result of receiving home-delivered meals, do you have a better idea of where to get information about other services .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>

The next questions are about resources.

HDM41. Do you know that the home-delivered meal donation is voluntary?

Yes.....  1  
No.....  2

HDM42. Do you always have enough money or food assistance/food stamps/SNAP to buy the food you need?

Yes.....  1  
No.....  2

HDM43. During the past month, did you have to choose between buying food or buying medication?

Yes.....  1  
No.....  2

HDM44. During the past month did you have to choose between buying food or paying your rent or utility bills?

Yes.....  1  
No.....  2

HDM45. On one or more days during the past month, did you skip meals because you had no food and no money or food assistance/food stamps/SNAP to buy food?

Yes.....  1  
No.....  2

HDM46. In general, would you say that the home-delivered meals service has helped you?

Yes.....  1  
No.....  2 → GO TO HDM47

HDM46a. How has the home-delivered meals service helped you?

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HDM47. Do you have any recommendations to improve the home-delivered meals service?

Yes.....  1  
No.....  2

HDM47a. What recommendations do you have for improving the service?

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Thank you very much for your time and cooperation. Your answers are very important to us in improving the home-delivered meals services.