

ADULT LUNCH BOX SURVEY – revised 10/15

- 1) DO YOU WORK FULL TIME OR PART TIME OUTSIDE THE HOME?
 - a) FULL TIME
 - b) PART TIME
 - c) I do not work outside the home - if no, go to Question 14

- 2) DO YOU BRING YOUR LUNCH TO WORK?
 - Yes
 - No – if no, go to question 8

- 3) IF YES, HOW OFTEN DO YOU BRING YOUR LUNCH TO WORK?
 - a) daily
 - b) 3-4 times
 - c) 1-2 times

- 4) IS THIS AN INCREASE OVER THE NUMBER OF TIMES YOU BROUGHT YOUR LUNCH TO WORK 6 MONTHS AGO?
 - Yes
 - No

- 5) IF YES, WHY ARE YOU BRINGING YOUR LUNCH TO WORK MORE FREQUENTLY? CHECK ALL THAT APPLY
 - MORE COST EFFECTIVE THAN EATING OUT
 - LACK OF NEARBY DINING OPTIONS
 - CAN RETURN TO MY JOB MORE QUICKLY
 - WANT TO EAT BETTER/HEALTHIER
 - FOSTERS A SENSE OF COMMUNITY IN THE WORKPLACE

- 6) How do you carry your lunch to work?
 - a) In a lunchbox or insulated bag
 - b) In a canvas bag
 - c) In a paper bag
 - d) In your briefcase/knapsack
 - e) In your purse
 - f) Other (please specify)

- 7) What types of food do you bring (check all that apply)
 - a) Boxed frozen entrees that need to be cooked
 - b) Leftovers (food that needs to be reheated or microwaved)
 - c) sandwiches/wraps
 - d) salads
 - e) fruit/vegetables
 - f) soups

- g) desserts
- h) Other (please specify)

8) Over the past six months have you seen an increase in the number of coworkers bringing lunch to the office?

- Yes
- No

9) DO YOU HAVE ACCESS TO A REFRIGERATOR AT WORK?

- Yes
- No

10) DO YOU HAVE ACCESS TO A MICROWAVE AT WORK?

- Yes
- No

11) HOW LONG OF A LUNCH BREAK DO YOU NORMALLY TAKE?

- One hour or more
- 30-45 MINUTES
- Less than 30 minutes
- I eat at my desk

12) HOW DOES THIS CORRESPOND TO YOUR LUNCH BREAK DURATION ONE YEAR AGO?

- Shorter
- Longer
- About the same

13) How involved are you in the lunch making process?

- I pack my lunch
- I pack a lunch for myself and my family
- My spouse packs my lunch
- It is packed by another family member

14) Have you seen an increase in the number of food choices that lend themselves to "brown bagging" it?

- Yes
- No

15) Have you seen an increase in the number of HEALTHIER food choices that lend themselves to “brown bagging” it?

Yes

No