APPENDIX D

FOCUS GROUP INTERVIEW QUESTIONS

**Question 1:**
Let's begin by going around the room one at a time. Please start by telling your name, how many people live with you, and who does the grocery shopping and cooking.

**Question 2:**
What, if anything, do you do to plan for meals ahead of time?
Possible probes:
- When do you decide what foods to buy and make?
- If you do anything to plan for meals, how much time do you spend?
- What do you consider when choosing foods?
- Where and how often do you shop for food? (The same or different places?)
- Who, if anyone, affects your decisions on what foods to buy or meals to make? (children, spouses, significant others?)

**Question 3:**
Many people have had times when their food money has not lasted as long as needed. If this has happened to you in the past year, can you describe any situations where your food money and/or food stamps did not last all month?
Possible probes:
- (If so,) what caused this to happen?
- What did you do when this happened? (Did the foods you buy change and, if so, how? Are you aware of and have you ever used emergency food programs?)
- (If not,) how do you keep this from happening?
- Do you set aside a certain amount of money for food? If so, how much?

**Question 4:**
Think about if you have ever tried to change the way you or your family eats. If you have, describe what you tried to change.
Possible probes:
- What made you want to change?
- How did you try to make this change?
- If it worked, what did you do to make it work?
- If it did not work, what would have helped you or your family to change?
- Right now, is there anything about the foods you buy or the way you cook that you would like to change?

**Question 5:**
Some people feel they need more information on better food choices, cooking, and the effect on your health. Others think more information would not be helpful. What do you think about getting more information on healthy eating?
Possible probes:
- What, if anything, would you be interested in learning about?
• What other types of information and skills do you think would be helpful for you and your family?

**Question 6:**
Think about what you already know about food, cooking, and healthy eating. Where did you learn this information?
Possible probe:
• What did you like or not like about the way you received this information?

**Question 7:**
Can you think of other ways that you and/or your family would want to learn about food, nutrition, and health?
Possible probes:
• If you have been in nutrition and health classes in the past, what was it that made you go?
• What kinds of suggestions can you make for getting other people involved in nutrition and health education classes?

**Question 8:**
What does the word "nutrition" mean to you?
Possible probes:
• Thinking about any concerns you have for your family, how important do you feel nutrition is?
• What do you think your family's needs and problems are, if any, related to foods, nutrition, and health?
• Before we finish, is there anything else you would like to add that we haven't covered?

**Group ranking:**
Index cards were given out with the following categories listed:
Easy to make
Good for you
Low in cost
Tastes good

Categories were read out loud and the participants were asked to give each category a number (1-4) in order of importance when choosing foods. (1 = most important; 4 = least important)

**Question 9:**
Would anyone like to share what they ranked as the most important and explain what made you give it the highest ranking?