Appendix E: Survey of School Principals

# Fresh Fruit and Vegetable Program Evaluation 

## Principal Survey

## Respondent contact information

## School name and district:

## Contact name:

## Telephone number:

> Your participation in this study is voluntary. There are no penalties if you do not participate. You can refuse to answer any question and may even stop the survey at any time. Your answers will be kept confidential to the fullest extent permitted by law and your name will not be identified with any answers you give. Your responses to this survey will be grouped with others like yours across the 704 schools participating in this study in the study report. The data files that result from this study will not contain any personal identifiers or any characteristics that would make it possible for specific schools to be identified.

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## SCHOOL PRINCIPAL SURVEY FOR FFVP EVALUATION

## Instructions for FFVP schools:

This survey is part of an evaluation of the USDA Fresh Fruit and Vegetable Program (FFVP) being conducted by Abt Associates for the USDA Food \& Nutrition Service. We are interested in learning more about your school’s participation in the FFVP and other nutrition programs and activities. Please consult with other personnel in your school if needed to complete this questionnaire.

Also, please note that for comparison purposes some questions ask about school activities during the 2007-2008 school year, before the FFVP in its current form began. Please feel free to consult any records or administrative data you have available to help you answer these questions.

## Instructions non-FFVP schools:

This survey is part of an evaluation of the USDA Fresh Fruit and Vegetable Program (FFVP) being conducted by Abt Associates for the USDA Food \& Nutrition Service. We are interested in learning more about how nutrition programs and activities in your school compare with those in schools in which the FFVP operates. Please consult with other personnel in your school if needed to complete this questionnaire.

Also, please note that for comparison purposes some questions ask about school activities during the 2007-2008 school year, before the FFVP in its current form began. Please feel free to consult any records or administrative data you have available to help you answer these questions.

## E. Enrollment

E1. How many total students were enrolled in your school on or about October 1, 2007 and October 1, 2009?

|  | Total students enrolled on.... |  |
| :--- | :---: | :---: |
| Grade levels | October 1, 2007 | October 1, 2009 |
| Pre-school/Pre-Kindergarten |  |  |
| Elementary (Fill in included <br> grade levels: |  |  |
| Secondary (Fill in included <br> grade levels: |  |  |

E2. Is there any other information you would like to share with us about changes in enrollment in your school since 2007-2008?
$\qquad$
$\qquad$
$\qquad$

## N. Nutrition Education

The next question asks you to provide details about nutrition activities in your school during the week of [REFERENCE WEEK].
N1. Please check off all grades that participated in nutrition education or promotion activities at [SCHOOL NAME] for each day and time during [REFERENCE WEEK] in the chart below.

Nutrition education or promotion activities are events such as classroom instruction, demonstrations, hands-on learning, special speakers, or showing videos. Do not count here any nutrition education displays, such as posters or banners, or distributing media such as newsletters, etc.

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| No nutrition education activities occurred this day | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| During school, before first lunch period | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6 th grade 7th grade 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5 th grade 6 th grade 7th grade 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade |


| Between start of first lunch and end of last lunch | $\square$ All grades If not all grades, check the grades below: | $\square$ All grades If not all grades, check the grades below: | $\square$ All grades If not all grades, check the grades below: | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7 th grade 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade $\square$ th grade 8th grade |
| :---: | :---: | :---: | :---: | :---: | :---: |
| During school, after last lunch period | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade | $\square$ All grades If not all grades, check the grades below: | $\square$ All grades If not all grades, check the grades below: | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5 th grade 6th grade 7th grade $\square$ 8th grade | $\square$ All grades If not all grades, check the grades below: Pre-school Pre-kindergarten Kindergarten 1st grade 2nd grade 3rd grade 4th grade 5th grade 6th grade 7th grade 8th grade |

The next few questions ask you to consider the kinds of nutrition education and promotion activities that took place in your school during the last month, or in the four weeks ending in [REFERENCE WEEK].

N1a. Did your school have any nutrition education or promotion activities during the three weeks before [REFERENCE WEEK]?Yes
No
[IF NO NUTRITION EDUCATION/PROMOTION ACTIVITY ON ANY DAY DURING REFERENCE WEEK OR PRIOR THREE WEEKS, SKIP TO N5.]

N2. What message(s) were conveyed by the nutrition education or promotion activities conducted during the four weeks ending in [REFERENCE WEEK] at your school? (Please check yes or no for each message listed.)

| Message | Was the message conveyed by <br> nutrition education or <br> promotion activities during the <br> last month? |
| :--- | :--- |
| Role of fresh fruits and vegetables in a complete diet | $\square$ Yes $\square$ No |
| Where fresh fruits and vegetables come from, links to <br> local farms | $\square$ Yes $\square$ No |
| Trying new foods, variety | $\square$ Yes $\square$ No |
| USDA MyPyramid food guidance system | $\square$ Yes $\square$ No |
| Eating lower fat foods more often | $\square$ Yes $\square$ No |
| Eating whole grains more often | $\square$ Yes $\square$ No |
| Eating lower sodium foods more often | $\square$ Yes $\square$ No |
| Eating higher fiber foods more often | $\square$ Yes $\square$ No |
| Cooking with fresh fruits and vegetables | $\square$ Yes $\square$ No |
| Healthy weight and overweight | $\square$ Yes $\square$ No |
| Physical activity | $\square$ Yes $\quad$ No |
| Other message (Please specify: | $\square$ Yes $\square$ No |

N3. Did your school coordinate the specific foods discussed during nutrition education and promotion activities with specific foods offered during any of the following USDA programs? For example, dark green vegetables might be featured in a nutrition education class and in the lunch menu. (Please check all that apply.)
$\square$ USDA School Breakfast ProgramUSDA National School Lunch ProgramUSDA Fresh Fruit and Vegetable Program [FFVP SCHOOLS ONLY]USDA After-School Snack ProgramOther program (Please specify: $\qquad$ _)No, did not attempt to coordinate nutrition education and promotion activities with any USDA meals programs.
N4. What types of professionals or volunteers conduct or lead nutrition education or promotion activities in your school? Please check all that apply.

## - Classroom teacher

$\square$ Principal or administratorNutritionist or dietitianDoctor, nurse, or other health professional
$\square$ Trained non-professional
$\square$ Other (Please specify: $\qquad$ _)

N5. During the four weeks ending in [REFERENCE WEEK], did your school have any displays, such as posters or banners that conveyed nutrition education or promotion messages?
$\square$ No [SKIP TO N6]
N5a. What message(s) were conveyed by the posters, displays, or similar media during the four weeks ending in [REFERENCE WEEK]? Please check all that apply.
$\square$ Role of fresh fruits and vegetables in a complete diet
$\square$ Where fresh fruits and vegetables come from, links to local farms
$\square$ Trying new foods, variety
$\square$ USDA MyPyramid food guidance system
$\square$ Eating lower fat foods more often
$\square$ Eating whole grains more often
$\square$ Eating lower sodium foods more often
$\square$ Eating higher fiber foods more often
$\square$ Cooking with fresh fruits and vegetables
$\square$ Healthy weight and overweight
$\square$ Physical activity
$\square$ Other messages. (Please specify: $\qquad$

N6. During the four weeks ending in [REFERENCE WEEK], did your school distribute to students or parents any fliers, brochures, newsletters, or similar media that conveyed nutrition education or promotion messages?
$\square$ Yes
$\square$ No [SKIP TO N7]
N6a. What message(s) were conveyed by the fliers, brochures, newsletters, or similar media during the four weeks ending in [REFERENCE WEEK]? Please check all that apply.
$\square$ Role of fresh fruits and vegetables in a complete dietWhere fresh fruits and vegetables come from, links to local farms
$\square$ Trying new foods, variety
$\square$ USDA MyPyramid food guidance system
$\square$ Eating lower fat foods more often
$\square$ Eating whole grains more often
$\square$ Eating lower sodium foods more often
$\square$ Eating higher fiber foods more often
$\square$ Cooking with fresh fruits and vegetables
$\square$ Healthy weight and overweight
$\square$ Physical activity
$\square$ Other messages. (Please specify: $\qquad$

N7. During the 2009-2010 school year, is the average time per week spent on nutrition education in your school more than, less than, or about the same as in the 2007-2008 school year?
$\square$ More than in 2007-2008
$\square$ Less than in 2007-2008
$\square$ Same as in 2007-2008Don't know
N8. Is there any other information you would like to share with us about nutrition education and promotion activities in your school?

N9. Please indicate what types of policies your school or school district has (if any) regarding the availability of healthy food choices when foods are offered to students outside of school meals. Healthy food choices are foods that meet school district or State standards for nutrient content, such as limits on fat, salt, or added sweeteners. Please check a response for each row below.

| Type of occasion | Not applicable <br> at my school | Allow only <br> healthy food <br> choices | Require at least <br> some healthy food <br> options | No policy on <br> food choices |
| :--- | :---: | :---: | :---: | :---: |
| Foods sold on regular basis outside of school meals <br> (snack bar, vending machines, school store, etc.) | $\square$ | $\square$ | $\square$ | $\square$ |
| Foods sold on special occasions during school (fund- <br> raisers, festivals, etc.) | $\square$ | $\square$ | $\square$ | $\square$ |
| Foods sold before/after school | $\square$ | $\square$ | $\square$ | $\square$ |
| Foods offered free to students during school hours <br> (parties, etc), not including snacks provided by a <br> Federal, State, or district program | $\square$ | $\square$ | $\square$ | $\square$ |
| Foods given to individual students as rewards | $\square$ | $\square$ | $\square$ | $\square$ |

N10. Does your school have an advisory/policy group of parents, teachers/staff, or community members who provide input on the types of foods offered in the school?

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\square Yes
No (SKIP TO C1)
```

N10a. Which of the following types of meals, snacks, and other food offerings does this advisory/policy group have input on? Please check all that apply.
$\square \quad$ School Breakfast Program
$\square \quad$ National School Lunch Program
$\square \quad$ Fresh Fruit and Vegetable Program [FFVP SCHOOLS ONLY]
$\square \quad$ Snacks for after-school program
$\square \quad$ Other snacks provided by school
$\square \quad$ Sales of foods outside of the above
$\square \quad$ Other foods offered to students during school
$\square \quad$ Other foods offered to students before/after school, on school grounds

## C. Competitive foods module

In this section, we ask questions about changes in the sales of foods offered in school-operated venues since the 2007-2008 school year. School-operated venues exclude those that are operated by the school food service.

C1. Compared to the 2007-2008 school year, would you say that sales of foods from each of the following venues operated by your school have increased, decreased, or stayed about the same? (Please check one answer in each row.)

Please do not include sales for venues operated by your school food service. You may need to consult with someone who oversees these venues to answer this question.

|  | No sales <br> from this <br> venue in <br> $\mathbf{2 0 0 7 -}$ <br> $\mathbf{2 0 0 8} \mathbf{~ o r ~}$ <br> now | More <br> sales <br> from this <br> venue <br> since <br> $2007-$ <br> 2008 | About the <br> same sales <br> from this <br> venue since <br> $2007-2008$ | Less sales <br> from this <br> venue since <br> $2007-2008$ | Venue <br> eliminated <br> after 2007- <br> 2008 |
| :--- | :---: | :---: | :--- | :--- | :--- |
| Vending machines | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Snack bar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other school-operated venues | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Total food sales from school- <br> operated venues | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

[IF NO SALES IN 2007-2008 OR NOW FROM ANY SOURCES LISTED, SKIP TO MODULE F.]

C2. Compared to the 2007-2008 school year, would you say your school now serves more, less, or about the same amount of the following types of foods in school-operated venues? (Check one response for each food.)

Please do not include sales for venues operated by your school food service. You may need to consult with someone who oversees these venues to answer this question.

| Food category | This food <br> not <br> offered in <br> $2007-$ <br> 2008 or <br> now | More of <br> this food <br> since <br> $2007-$ <br> 2008 | About the <br> same <br> amount of <br> this type of <br> food | Less of this <br> type of food <br> since 2007- <br> 2008 | Offered this <br> food in 2007- <br> 2008, but do <br> not offer this <br> food now |
| :--- | :---: | :---: | :--- | :--- | :--- |
| $100 \%$ fruit juice or 100\% vegetable <br> juice | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Soda pop or fruit drinks that are not <br> 100\% juice | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sports drinks, such as Gatorade® | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Bottled water | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whole or 2\% fat milk | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 1\% or skim milk | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Fruit | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Bread sticks, rolls, bagels, pita <br> bread, or other bread products | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Low-fat cookies, crackers, cakes, <br> pastries, or other low-fat baked <br> goods | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cookies, crackers, cakes, pastries, or <br> other baked goods that are not low in <br> fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Low-fat or nonfat yogurt | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Lettuce, vegetable, or bean salads | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Vegetables with low-fat dip | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| Food category | This food <br> not <br> offered in <br> $2007-$ <br> 2008 or <br> now | More of <br> this food <br> since <br> $2007-$ <br> 2008 | About the <br> same <br> amount of <br> this type of <br> food | Less of this <br> type of food <br> since 2007- <br> 2008 | Offered this <br> food in 2007- <br> 2008, but do <br> not offer this <br> food now |
| :--- | :---: | :---: | :---: | :--- | :--- |
| Deep fried French fried potatoes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Oven baked French fried potatoes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other vegetables | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Chocolate candy | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other kinds of candy | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Salty snacks that are low in fat, such <br> as pretzels, baked chips, or other <br> low-fat chips | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Salty snacks that are not low in fat, <br> such as regular potato chips or <br> cheese puffs | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Low-fat or fat-free ice cream, frozen <br> yogurt, or sherbet | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Ice cream or frozen yogurt that is <br> not low in fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

C3. Is there any other information you would like to share with us about changes in types of food offered in school-operated venues since 2007-2008?
$\qquad$
$\qquad$
$\qquad$

## F. FFVP module [FFVP SCHOOLS ONLY; SKIP FOR NON-FFVP SCHOOLS]

F1. Does your school on its own maintain relationships with any outside partners as part of the FFVP? Do not include districtwide partnerships.

Also, please do not include suppliers from whom you purchase fresh fruits or vegetables or other supplies for the FFVP, unless they also separately donate items to the program for free.

F1a. Please check all partnerships that apply for your school, or "none" if your school does not maintain any partnerships.
$\square$ Produce for Better Health
$\square$ Healthcare providers, including hospitals and clinics; doctors, nurses, nutritionists, dietitians/dietetic interns, or other cliniciansState, or Tribal government agency (e.g. health departments, agriculture departments, etc.)City, County or other local government agency (e.g. health departments, agriculture departments, etc.)Cooperative Extension ServiceSupermarkets, grocery stores, or other retail stores
$\square$ Farmers' markets
$\square$ Food wholesalers or other food distributors
$\square$ Vocational clubsProduce associations/commodity groupsNutrition trade associations (e.g. American Dietetic Association, School Nutrition Associations)Health associations (e.g. State or National affiliates of the American Cancer, Diabetes, or Heart Associations)Universities, colleges, or other higher education institutionsCommunity action agency, food bank, or other community/faith-based organizationOther partner type (specify):Other partner type (specify):Other partner type (specify):None

F2. For each partner type you checked above, please indicate the role that partner played in implementing the FFVP in your school. If there is more than one partner of a specified type (such as two different clinics), please check all roles that apply for that group of partners.

|  | Partner 1 | Partner 2 | $\ldots$. | Partner N |
| :--- | :---: | :---: | :---: | :---: |
| Providing free nutrition <br> education or promotion <br> materials (print, video, <br> audio, etc.) | $\square$ | $\square$ |  | $\square$ |
| Providing free instruction <br> or demonstrations for <br> students | $\square$ | $\square$ | $\square$ |  |
| Providing fresh fruits and <br> vegetables for free | $\square$ | $\square$ | $\square$ |  |
| Providing other food <br> (e.g., dips, condiments) <br> for free | $\square$ | $\square$ | $\square$ |  |
| Providing free supplies | $\square$ | $\square$ | $\square$ |  |
| Free advising on nutrition <br> education | $\square$ | $\square$ | $\square$ |  |
| Free training for <br> teachers/staff | $\square$ | $\square$ | $\square$ |  |
| Other role <br> (Please specify: | $\square$ | $\square$ | $\square$ |  |
| Other role <br> (Please specify: | $\square$ | $\square$ | $\square$ |  |
| Other role <br> (Please specify: | $\square$ | $\square$ | $\square$ |  |

O. Opinions about the FFVP [FFVP SCHOOLS ONLY; SKIP FOR NON-FFVP SCHOOLS]

This section asks your opinion about different aspects of your district's Fresh Fruit and Vegetable Program. For each statement, decide if you agree or disagree and then whether you strongly or somewhat agree or disagree. There are no right or wrong answers. Check the box that best fits your opinion.

|  |  | Agree Strongly | Agree Somewhat | Disagree Somewhat | Disagree Strongly | Don't Know |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 01. | I wish more students took the FFVP fruit. | $\square \square 1$ | $\square \square_{2}$ | $\square \square \square^{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 02. | I wish more students took the FFVP vegetables. | $\square \square{ }_{1}$ | $\square \square{ }_{2}$ | $\square \square \square_{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 03. | If not offered daily, the FFVP should be offered more days during the week. | $\square \square{ }_{1}$ | $\square \square_{2}$ | $\square \square{ }^{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 04. | The FFVP should be offered more times a day. | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square \square_{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 05. | I think the FFVP is NOT worth the effort it takes. | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square \square_{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 06. | At least once a month I verbally encourage the students to eat FFVP produce. | $\square \square{ }_{1}$ | $\square \square_{2}$ | $\square \square{ }^{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 07. | I think students benefit from the FFVP. | $\square \square \square_{1}$ | $\square \square_{2}$ | $\square \square \square_{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 08. | I would like FFVP to continue in my school | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square \square_{3}$ | $\square \square \square_{4}$ | $\square 5$ |
| 09. | My overall opinion of FFVP is favorable. | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square 3$ | $\square \square_{4}$ | $\square 5$ |
| 010. | If I could change one thing about the FFVP it would be: | (write in): |  |  |  |  |

O11. Which of the following factors is a challenge or barrier to providing fresh fruits and vegetables in the FFVP?

|  | Major <br> Barrier | Minor <br> Barrier | Not a <br> Barrier |
| :--- | :---: | :---: | :---: |
| a) Student acceptance of FFVP produce | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| b) Program requirements/regulations | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| c) Too much paperwork/documentation | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square \square_{3}$ |
| d) Inadequate staff training | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| e) Inadequate staff time | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| f) Perishability of FFVP produce | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| g) Inadequate quality of FFVP produce | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| h) Inadequate variety of FFVP produce | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| i) Inadequate amounts of FFVP produce | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| j) Inadequate kitchen facilities | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| k) Lack of storage space/facilities | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| l) Disruption to class schedules | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |
| m) Other (write in) | $\square \square_{1}$ | $\square \square_{2}$ | $\square \square_{3}$ |

Thank you for completing this survey!


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    Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the Food and Nutrition Service, Office of Research and Analysis, 3101 Park Center Drive, Alexandria, VA 22302.

