

**APPENDIX J**  
**SCANNER INSTRUCTIONS AND BARCODE BOOK**



OMB Control Number:  
Expiration Date:

The U.S. Department of Agriculture's



# The National Food Study

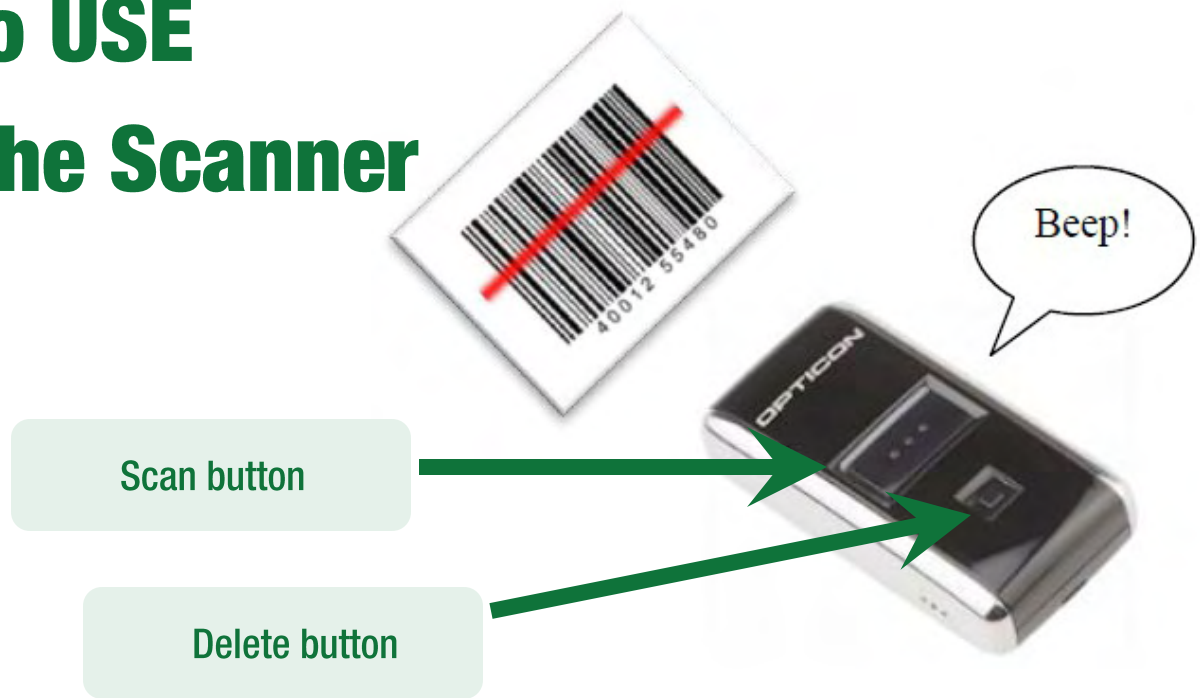


# Scanner Instructions Blue Pages and Book Of Barcodes





# HOW to USE the Scanner



1

**POINT the scanner** at a barcode. Hold it about 2 inches away and at a slight angle.

2

**PRESS the scan button.** Be sure the red laser line covers the entire barcode. Wait for the beep.

**CAUTION:** To avoid eye damage, do not stare directly into the laser beam.

**DO NOT POINT THE SCANNER AT ANOTHER PERSON.**

**Use the DELETE button only if you scan an item more than once by mistake.**

To delete, point the scanner at a barcode and press the delete button.

**After you finish scanning, keep the scanner with this binder until you need it again.**

**PRACTICE SCANNING on the Barcode Below**



Practice



# **BLUE PAGES**



# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

- 1** **SCAN** the **BEGIN** barcode 



Begin

 • If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries. 



Oops
- 2** **SCAN** a barcode next to the picture of a **PLACE** in the Places section
- 3** **SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**

 • Find the barcode on the food or drink product and scan it. If you have more than one of the same item, scan each one.

  - If the product has no barcode, look for a picture of the product in this binder and scan the barcode next to the picture. Scan the quantity of fruits and vegetables using the Quantity Codes.
  - If the product has no barcode and it not in this binder, set it aside until you get to Step 4.
- 4** **COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.
- 5** **SCAN** the **END** barcode when you are finished 



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

(√) DAY you brought food home	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				<p style="font-size: 2em; margin: 0;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

PRACTICE

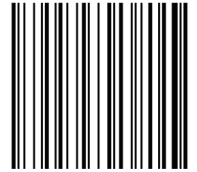


# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

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**SCAN** a barcode next to the picture of a **PLACE** in the Places section

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**SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**



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**COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.

5

**SCAN** the **END** barcode when you are finished



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

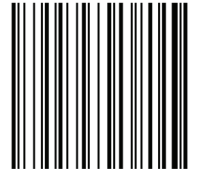
(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				<p style="font-size: 2em; font-weight: bold;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
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(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

# STEP-by-STEP Guide

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Oops

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**SCAN** a barcode next to the picture of a **PLACE** in the Places section

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**SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**



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4

**COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.

5

**SCAN** the **END** barcode when you are finished



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

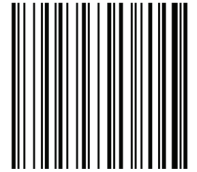
(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				 <b>TAPE RECEIPT HERE</b>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

1

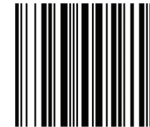
**SCAN** the **BEGIN** barcode



Begin



- If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries.



Oops

2

**SCAN** a barcode next to the picture of a **PLACE** in the Places section

3

**SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**



- Find the barcode on the food or drink product and scan it. If you have more than one of the same item, scan each one.
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5

**SCAN** the **END** barcode when you are finished



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

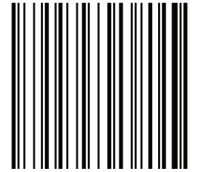
<b>(√) DAY you brought food home</b>	<input type="checkbox"/> <b>Mon</b>	<input type="checkbox"/> <b>Tue</b>	<input type="checkbox"/> <b>Wed</b>	<input type="checkbox"/> <b>Thu</b>	<input type="checkbox"/> <b>Fri</b>	<input type="checkbox"/> <b>Sat</b>	<input type="checkbox"/> <b>Sun</b>
<b>Name of PLACE where you got food:</b>							
<b>Name of PERSON who got the food:</b>							
<b>(√) Did you . . .</b>				<div style="font-size: 48px; color: white; margin-bottom: 20px;">↓</div> <div style="font-size: 24px; color: white; margin-bottom: 20px;">TAPE RECEIPT</div> <div style="font-size: 24px; color: white;">HERE</div>			
Use store or manufacturer's coupons?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
Save your receipt?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
<b>(√) How did you pay? Check ALL that apply</b>							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
<b>(√) What did you buy with WIC? Check ALL that apply</b>							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
<b>(√) Did you SCAN the food and drinks?</b>							
<input type="checkbox"/> <b>ALL</b>		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

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End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

<b>(√) DAY you brought food home</b>	<input type="checkbox"/> <b>Mon</b>	<input type="checkbox"/> <b>Tue</b>	<input type="checkbox"/> <b>Wed</b>	<input type="checkbox"/> <b>Thu</b>	<input type="checkbox"/> <b>Fri</b>	<input type="checkbox"/> <b>Sat</b>	<input type="checkbox"/> <b>Sun</b>
<b>Name of PLACE where you got food:</b>							
<b>Name of PERSON who got the food:</b>							
<b>(√) Did you . . .</b>				<p style="font-size: 24px; margin: 10px 0;"><b>TAPE RECEIPT HERE</b></p>			
Use store or manufacturer's coupons?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
Save your receipt?	<input type="checkbox"/> <b>yes</b>	<input type="checkbox"/> <b>no</b>					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
<b>(√) How did you pay? Check ALL that apply</b>							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
<b>(√) What did you buy with WIC? Check ALL that apply</b>							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
<b>(√) Did you SCAN the food and drinks?</b>							
<input type="checkbox"/> <b>ALL</b>		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

**QUESTIONS? Call 1-866-275-8659**

Office Use

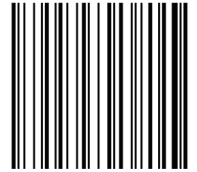


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Name of PLACE where you got food:							
Name of PERSON who got the food:							
<b>(√) Did you . . .</b>					<p style="font-size: 2em; margin: 0;"><b>TAPE RECEIPT HERE</b></p>		
Use store or manufacturer's coupons?	<input type="checkbox"/> yes		<input type="checkbox"/> no				
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes		<input type="checkbox"/> no				
Save your receipt?	<input type="checkbox"/> yes		<input type="checkbox"/> no				
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
<b>(√) How did you pay? Check ALL that apply</b>							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
<b>(√) What did you buy with WIC? Check ALL that apply</b>							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
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<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
<b>(√) Did you SCAN the food and drinks?</b>							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

- 1** **SCAN** the **BEGIN** barcode 



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 • If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries. 



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# Foods and Drinks Brought into the Home

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(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				 <b>TAPE RECEIPT HERE</b>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
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<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
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Description (Please be as specific as possible)			Write size or amount if known (Ounces, grams, lbs, etc.)		How many?		

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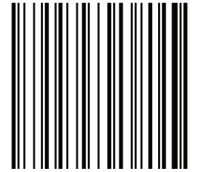
(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				 <p style="font-size: 24pt; font-weight: bold; margin: 0;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

1

**SCAN** the **BEGIN** barcode



Begin



- If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries.



Oops

2

**SCAN** a barcode next to the picture of a **PLACE** in the Places section

3

**SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**



- Find the barcode on the food or drink product and scan it. If you have more than one of the same item, scan each one.
- If the product has no barcode, look for a picture of the product in this binder and scan the barcode next to the picture. Scan the quantity of fruits and vegetables using the Quantity Codes.
- If the product has no barcode and it not in this binder, set it aside until you get to Step 4.

4

**COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.

5

**SCAN** the **END** barcode when you are finished



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				 <p style="font-size: 2em; font-weight: bold; margin: 0;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
Use a store loyalty card or a frequent shopper card?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
Save your receipt?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
If you DID NOT save receipt, how much did you pay for food and drinks?		\$ _____.					
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

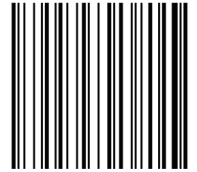


# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

1

**SCAN** the **BEGIN** barcode



Begin



- If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries.



Oops

2

**SCAN** a barcode next to the picture of a **PLACE** in the Places section

3

**SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**



- Find the barcode on the food or drink product and scan it. If you have more than one of the same item, scan each one.
- If the product has no barcode, look for a picture of the product in this binder and scan the barcode next to the picture. Scan the quantity of fruits and vegetables using the Quantity Codes.
- If the product has no barcode and it not in this binder, set it aside until you get to Step 4.

4

**COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.

5

**SCAN** the **END** barcode when you are finished



End

# Foods and Drinks Brought into the Home

Complete one **BLUE** page for each **PLACE** where you got food that you brought home

(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				 <p style="font-size: 2em; font-weight: bold; margin: 0;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Use a store loyalty card or a frequent shopper card?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
Save your receipt?	<input type="checkbox"/> yes	<input type="checkbox"/> no					
If you DID NOT save receipt, how much did you pay for food and drinks?	\$ _____.						
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	

# STEP-by-STEP Guide

## When you bring Food and Drinks Home...

- 1** **SCAN** the **BEGIN** barcode    
  
Begin
- 
  - If you forgot to scan BEGIN before scanning your groceries, scan here and continue to steps 2, 4 and 5. There's no need to rescan your groceries.    
Oops
- 2** **SCAN** a barcode next to the picture of a **PLACE** in the Places section
- 3** **SCAN ALL** the **FOOD** and **DRINKS** you got from this **PLACE**  

  - Find the barcode on the food or drink product and scan it. If you have more than one of the same item, scan each one.
  - If the product has no barcode, look for a picture of the product in this binder and scan the barcode next to the picture. Scan the quantity of fruits and vegetables using the Quantity Codes.
  - If the product has no barcode and it not in this binder, set it aside until you get to Step 4.
- 4** **COMPLETE** a blue form. **LIST** the food and drinks you could not scan at the bottom of the page. **ATTACH** your receipt.
- 5** **SCAN** the **END** barcode when you are finished    
  
End

# Foods and Drinks Brought into the Home

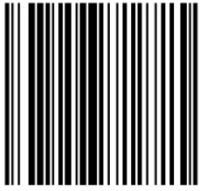
Complete one **BLUE** page for each **PLACE** where you got food that you brought home

(√) DAY you brought food home	■ Mon	■ Tue	■ Wed	■ Thu	■ Fri	■ Sat	■ Sun
Name of PLACE where you got food:							
Name of PERSON who got the food:							
(√) Did you . . .				<p style="font-size: 2em; margin: 0;">TAPE RECEIPT HERE</p>			
Use store or manufacturer's coupons?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
Use a store loyalty card or a frequent shopper card?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
Save your receipt?		<input type="checkbox"/> yes	<input type="checkbox"/> no				
If you DID NOT save receipt, how much did you pay for food and drinks?		\$ _____.					
(√) How did you pay? Check ALL that apply							
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Credit card	<input type="checkbox"/> Debit card				
<input type="checkbox"/> WIC	<input type="checkbox"/> SNAP EBT amount: \$ _____.		<input type="checkbox"/> TANF EBT	<input type="checkbox"/> Free			
(√) What did you buy with WIC? Check ALL that apply							
<input type="checkbox"/> Milk	<input type="checkbox"/> Cereal	<input type="checkbox"/> Fruit	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Infant cereal			
<input type="checkbox"/> Cheese	<input type="checkbox"/> Wheat bread	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Tofu	<input type="checkbox"/> Infant food			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Tortillas	<input type="checkbox"/> Beans	<input type="checkbox"/> Canned fish	<input type="checkbox"/> Infant formula			
<input type="checkbox"/> Juice	<input type="checkbox"/> Brown rice	<input type="checkbox"/> Peanut butter					
(√) Did you SCAN the food and drinks?							
<input type="checkbox"/> ALL		<input type="checkbox"/> None		<input type="checkbox"/> Some			
Description (Please be as specific as possible)				Write size or amount if known (Ounces, grams, lbs, etc.)		How many?	



# PLACES – Scan a place before scanning food from that place

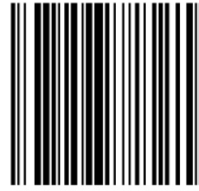
Convenience store, corner store, bodega



P-1001



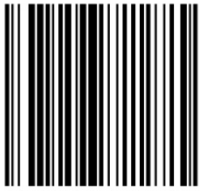
Grocery store or supermarket



P-1006



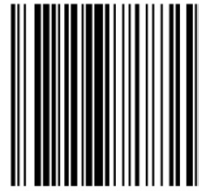
Big box or discount store



P-1002



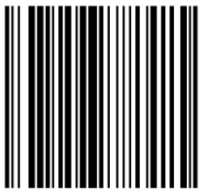
Liquor or package store



P-1007



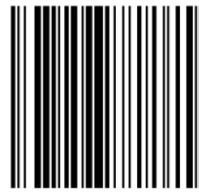
Drug store or pharmacy



P-1003



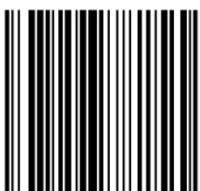
Wholesale club



P-1008



Farmers' market / farm stand



P-1004



Garden, hunting, fishing



P-1009



Food bank or pantry



P-1005



Other place



P-1010

Bakery, delicatessen (deli), fish or meat market, or any other store not listed.








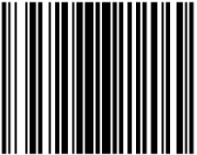















# BULK FOODS





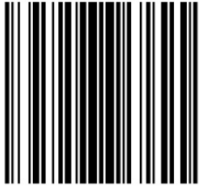


# BULK FOODS: Dried Fruit

<p>Apple slices</p>  <p>M-9001</p> 	 <p>Mangos</p>  <p>M-9007</p>
<p>Apricots</p>  <p>M-9002</p> 	 <p>Papayas</p>  <p>M-9008</p>
<p>Banana chips</p>  <p>M-9003</p> 	 <p>Pineapples</p>  <p>M-9009</p>
<p>Cranberries</p>  <p>M-9004</p> 	 <p>Prunes</p>  <p>M-9010</p>
<p>Dates</p>  <p>M-9005</p> 	 <p>Raisins</p>  <p>M-9011</p>
<p>Figs</p>  <p>M-9006</p> 	

# BULK FOODS: Candy

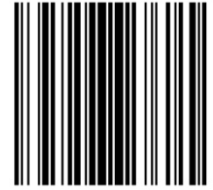
Bubblegum



M-9070



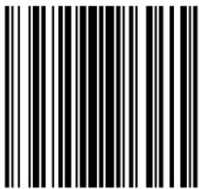
Chocolate-covered fruit



M-9075



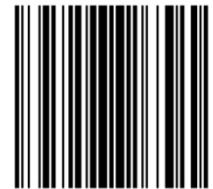
Butterscotch



M-9071



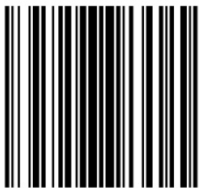
Chocolate-covered nuts



M-9076



Candy corn



M-9072



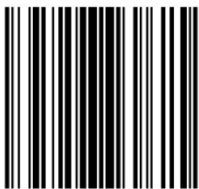
Chocolate-covered pretzels



M-9077



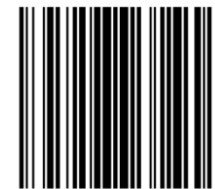
Caramels



M-9073



Chocolate-covered raisins



M-9078



Chocolates



M-9074



Gummies

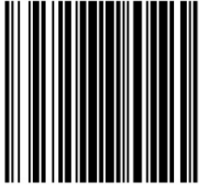


M-9079



# BULK FOODS: Candy

Hard candy



M-9080



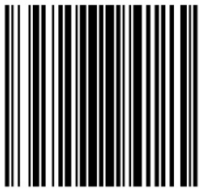
Peppermints



M-9085



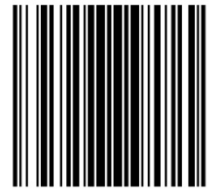
Jawbreakers



M-9081



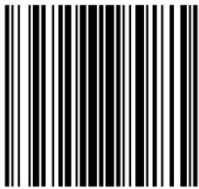
Sour balls



M-9086



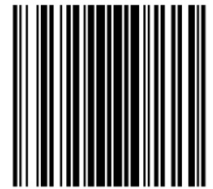
Jelly beans



M-9082



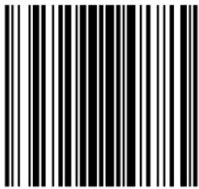
Toffee



M-9087



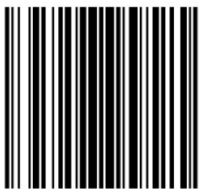
Licorice



M-9083



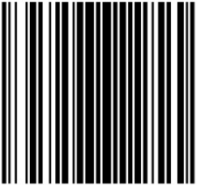
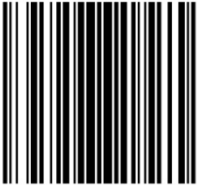
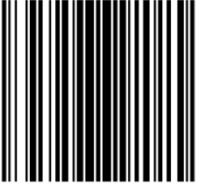


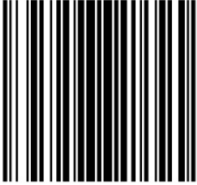





Mints



M-9084

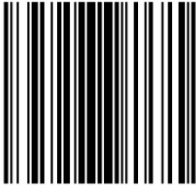


# BULK FOODS: Grains & Rice

<p>Barley</p>  <p>M-9023</p> <p>PICTURE NOT AVAILABLE</p>	 <p>Flax</p>  <p>M-9028</p>
<p>Bulgur wheat</p>  <p>M-9024</p> 	 <p>Granola</p>  <p>M-9029</p>
<p>Buckwheat</p>  <p>M-9025</p> <p>PICTURE NOT AVAILABLE</p>	 <p>Millet</p>  <p>M-9030</p>
<p>Cornmeal</p>  <p>M-9026</p> 	 <p>Popcorn</p>  <p>M-9031</p>
<p>Cracked wheat</p>  <p>M-9027</p> 	 <p>Quinoa</p>  <p>M-9032</p>

# BULK FOODS: Grains & Rice

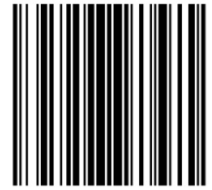
Rice, Basmati



M-9033



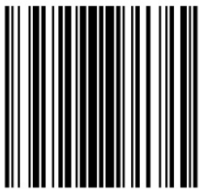
Oats, steel cut



M-9038



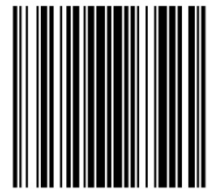
Rice, Brown



M-9034



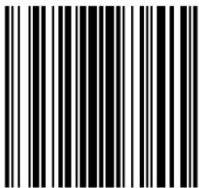
Rye



M-9039



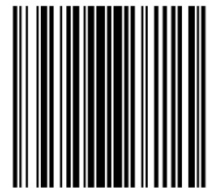
Rice, White



M-9035



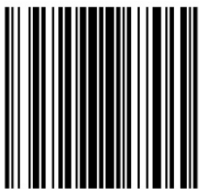
Spelt



M-9040



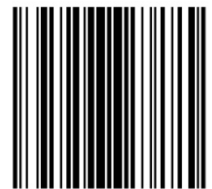
Rice, Wild



M-9036



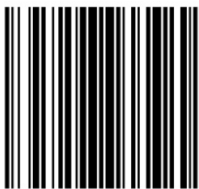
Wheat



M-9041



Oats, rolled

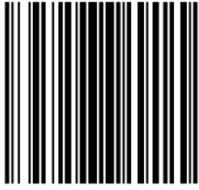


M-9037



# BULK FOODS: Nuts & Seeds

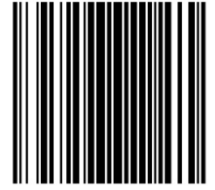
Almonds



M-9043



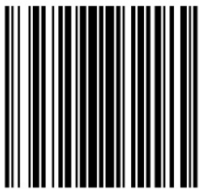
Flax seeds



M-9048



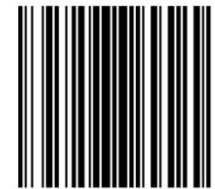
Brazil nuts



M-9044



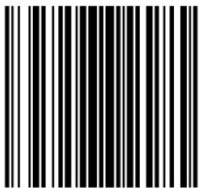
Hazelnuts / Filberts



M-9049



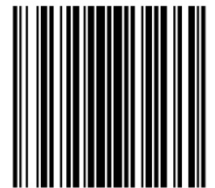
Cashews



M-9045



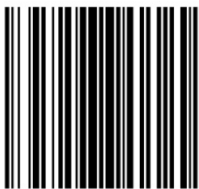
Hemp seeds



M-9050



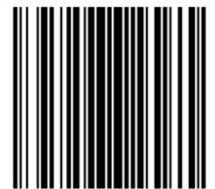
Chestnuts



M-9046



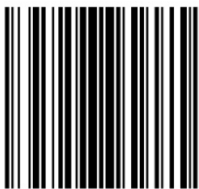
Macadamia nuts



M-9051



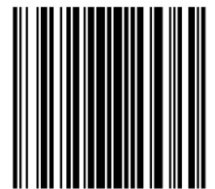
Coconut



M-9047



Mixed nuts

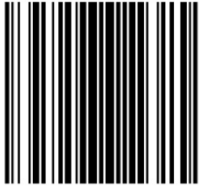


M-9052



# BULK FOODS: Nuts & Seeds

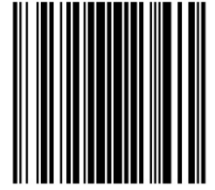
Peanuts



M-9053



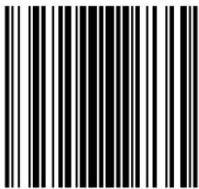
Sesame seeds



M-9058



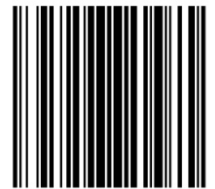
Pecans



M-9054



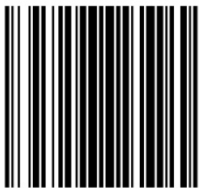
Soy nuts



M-9059



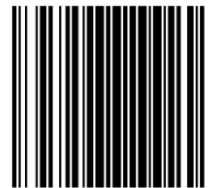
Pine nuts



M-9055



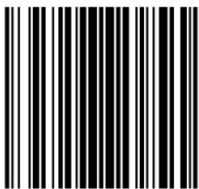
Sunflower seeds



M-9060



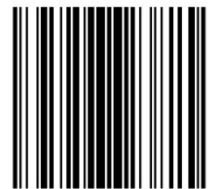
Pistachios



M-9056



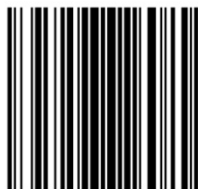
Walnuts



M-9061



Pumpkin seeds (Pepitas)

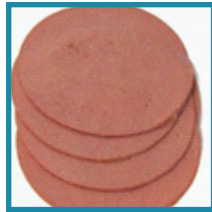


M-9057









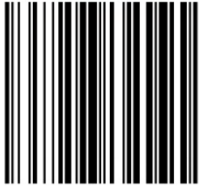
# DELI FOODS





# DELI CHEESE

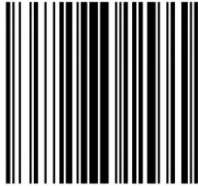
American



D-6342



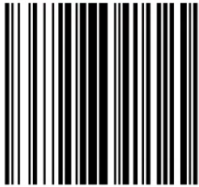
Provolone



D-6201



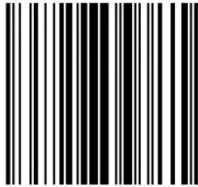
Cheddar



D-6229



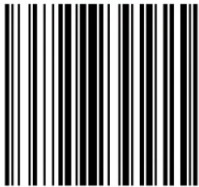
Swiss



D-6297



Muenster

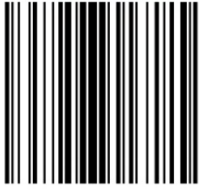


D-6155



# DELI MEAT

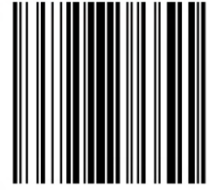
Bologna



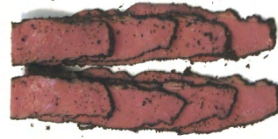
D-5571



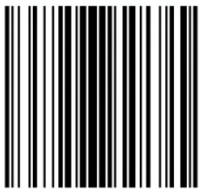
Pastrami



D-5865



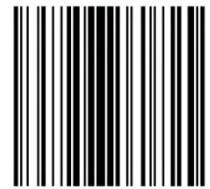
Corned beef



D-5721



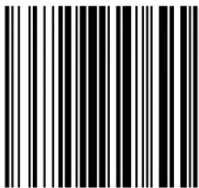
Pepperoni



D-5874



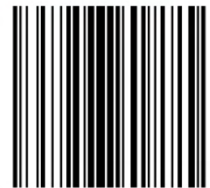
Frankfurters



D-5588



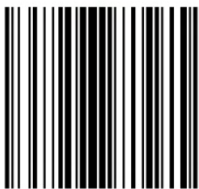
Roast beef



D-5728



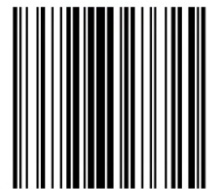
Ham



D-5738



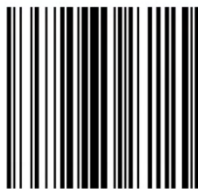
Salami



D-5641



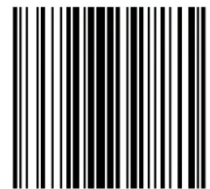
Liverwurst or Braunsweiger



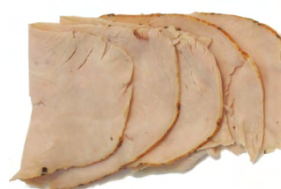
D-5669



Turkey breast

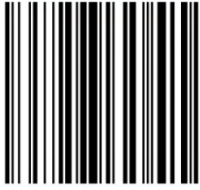


D-5827



# DELI SALADS

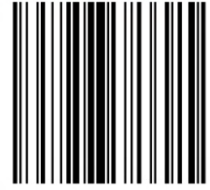
Ambrosia Salad



D-7152



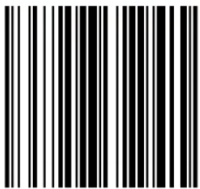
Cole Slaw



D-7072



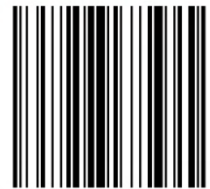
Bean Salad



D-7053



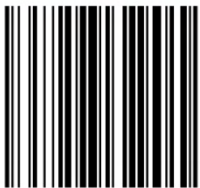
Crab Salad



D-7135



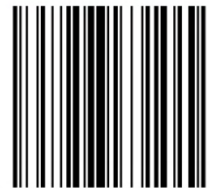
Caesar Salad



D-7153



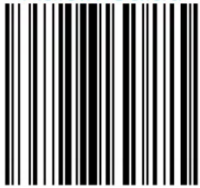
Deviled Eggs



D-7167



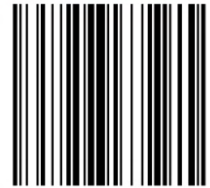
Carrot & Raisin Salad



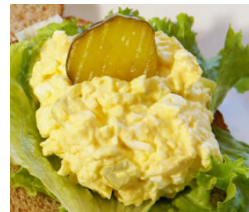
D-7158



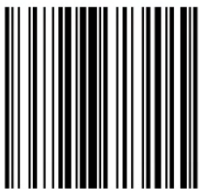
Egg Salad



D-7168



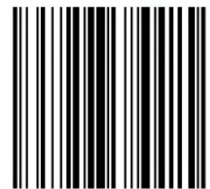
Chicken Salad



D-7061



Fruit Salad

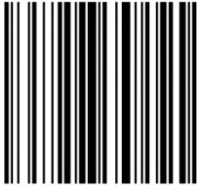


D-7081



# DELI SALADS

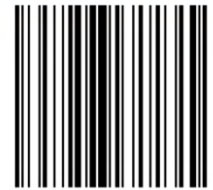
Fruit Salad w/ Jello



D-7088



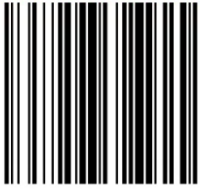
Pasta Salad, Chicken



D-7107



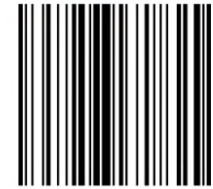
Fruit Salad w/  
Jello/Marshmallows



D-7089



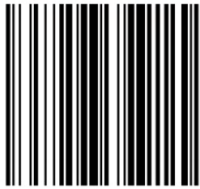
Pasta Salad, Ham



D-7108



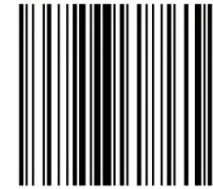
Ham Salad



D-7099



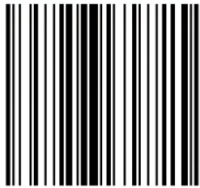
Pasta Salad,  
Ham & Cheese



D-7109



Lobster Salad



D-7137



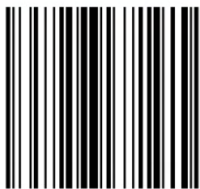
Pasta Salad, Seafood



D-7110



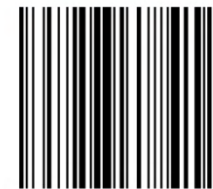
Pasta Salad



D-7105



Pasta Salad, Tuna

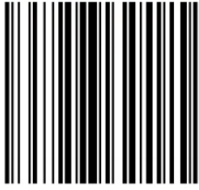


D-7111



# DELI SALADS

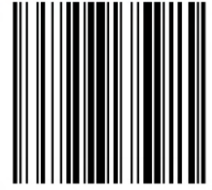
Potato Salad



D-7121



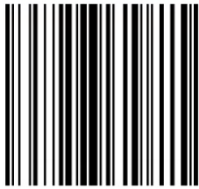
Rice Salad



D-7182



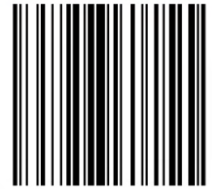
Potato Salad, Dill



D-7122



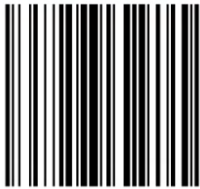
Shrimp Salad



D-7140



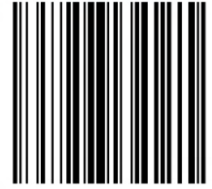
Potato Salad, German



D-7123



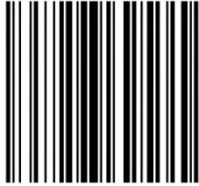
Tuna Salad



D-7142



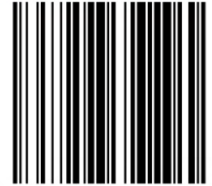
Potato Salad,  
Red Potatoes



D-7127



Waldorf Salad



D-7090









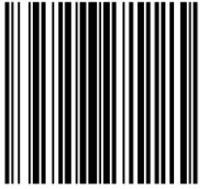
# FRUITS and VEGETABLES



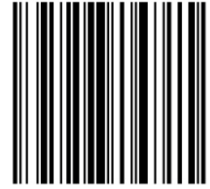


# FRUITS & VEGETABLES: Alfalfa Sprouts – Bean Sprouts

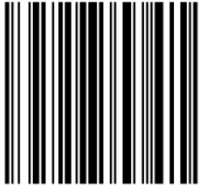
Alfalfa Sprouts



Asparagus

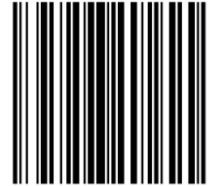


Apple



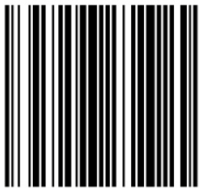
Scan quantity code

Avocado



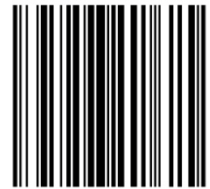
Scan quantity code

Apricot



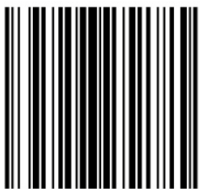
Scan quantity code

Banana



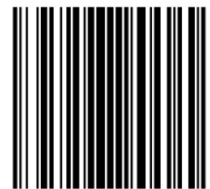
Scan quantity code

Artichoke

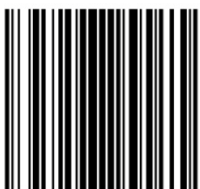


Scan quantity code

Basil



Arugula



Bean Sprouts (Mung)

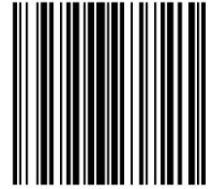


# FRUITS & VEGETABLES: Beans – Bok Choy

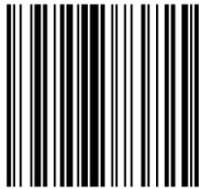
Beans, Chinese Long/Snake



Beets



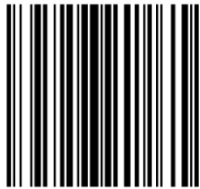
Beans, Green



**BERRIES  
SEE NEXT PAGE**



Beans, Lima



Bitter Melon/  
Bitter Gourd



Scan quantity code

Beans, Wax/Yellow



Bok Choy (Pak Choy)



Scan quantity code

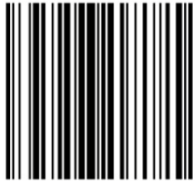
Beet Greens



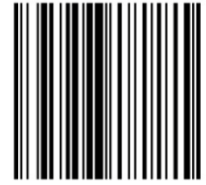
# FRUITS & VEGETABLES: Berries

## BERRIES

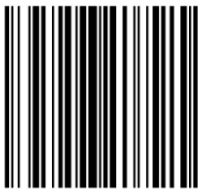
Blackberries



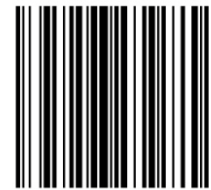
Loganberries



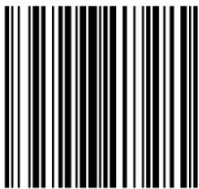
Blueberries



Raspberries



Boysenberries



Strawberries, Pint



Cranberries



Strawberries, Quart

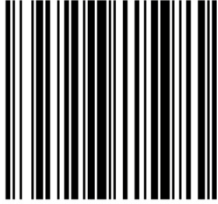


Gooseberries

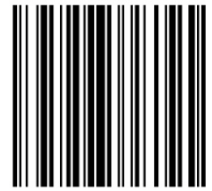


# FRUITS & VEGETABLES: Broccoflower – Carrot Sticks

Broccoflower/  
Caulibroccoli

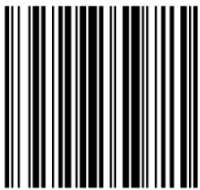


Cabbage, Green

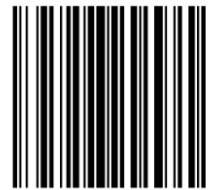


Scan quantity code

Broccoli

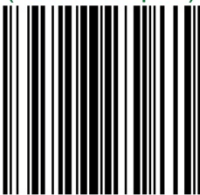


Cabbage, Red

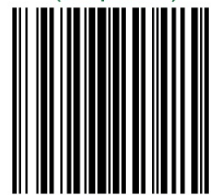


Scan quantity code

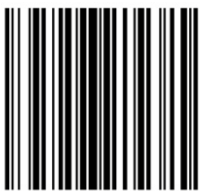
Broccoli Rabe  
(Italian Rapini)



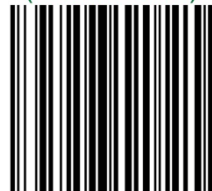
Cactus Leaves  
(Nopales)



Brussels Sprouts

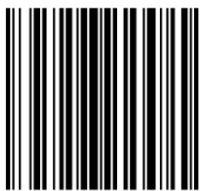


Cantaloupe  
(Muskmelon)

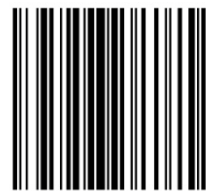


Scan quantity code

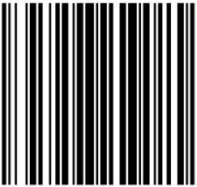


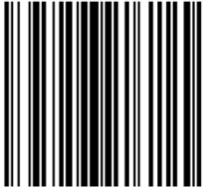
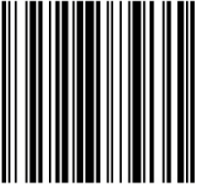







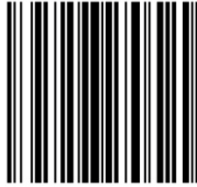

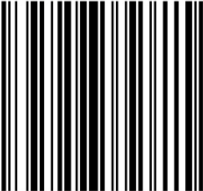
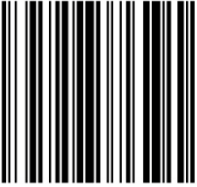


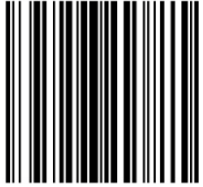
Cabbage, Chinese



Carrot Sticks

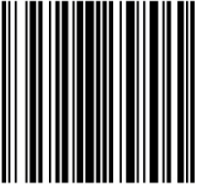


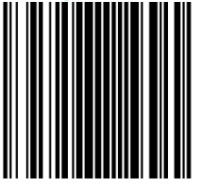
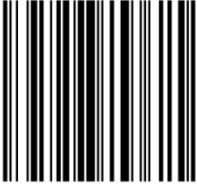


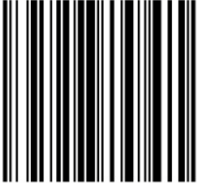







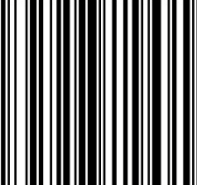


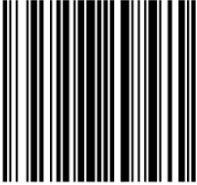


# FRUITS & VEGETABLES: Carrots – Cherries

<p>Carrot</p>   <p>Scan quantity code</p>	 <p>Celery Sticks</p> 
<p>Carrots, Baby</p>   <p>Scan quantity code</p>	 <p>Celery, Hearts</p> 
<p>Cauliflower</p>   <p>Scan quantity code</p>	 <p>Chard</p> 
<p>Celery Root/Celeriac</p>   <p>Scan quantity code</p>	 <p>Cherries, Red or black</p> 
<p>Celery, Bunch</p>   <p>Scan quantity</p>	 <p>Cherries, White</p> 

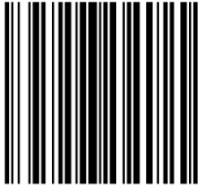


# FRUITS & VEGETABLES: Chervil – Corn

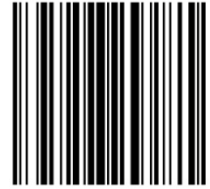
<p>Chervil</p>  	<p>Cilantro (Chinese Parsley/Coriander)</p>  
<p>Chick Peas/ Garbanzo</p>  	<p>Clementine</p>  <p>Scan quantity code</p> 
<p>Chinese Okra, Red, Regular (green)</p>  	<p>Coconut</p>  <p>Scan quantity code</p> 
<p>Chives</p>  	<p>Collards</p>  
<p>Choy Sum/ Pak Choy Sum</p>  	<p>Corn</p>  <p>Scan quantity code</p> 

# FRUITS & VEGETABLES: Cranberries – Eggplant

Cranberries

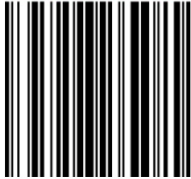


Daikon (Radish)



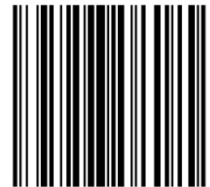
Scan quantity code

Cucumber, English/Long



Scan quantity code

Date

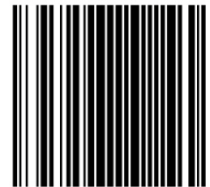


Cucumber, Pickling/Gherkin



Scan quantity code

Dill



Cucumber, Regular



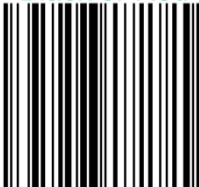
Scan quantity code

Eggplant, Baby

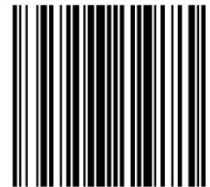


Scan quantity code

Currants, Black or Red



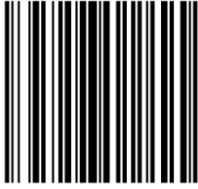
Eggplant, Chinese



Scan quantity code

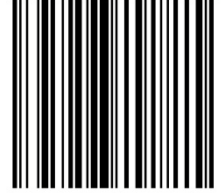
# FRUITS & VEGETABLES: Eggplant (*cont.*) – Ginger Root

Eggplant, Japanese

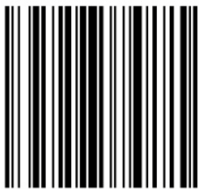


Scan quantity code

Escarole/  
Batavian Chicory

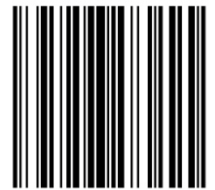


Eggplant, Regular



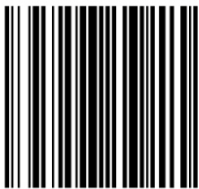
Scan quantity code

Fig



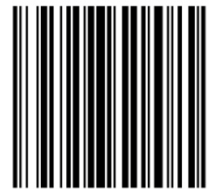
Scan quantity code

Eggplant, Thai



Scan quantity code

Filbert



Scan quantity code

Eggplant, White



Scan quantity code

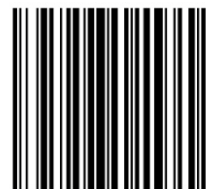
Garlic



Endive/Chicory

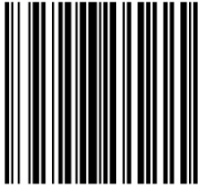


Ginger Root

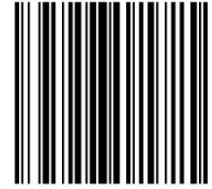


# FRUITS & VEGETABLES: Gooseberries – Guava

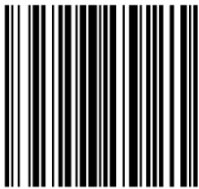
Gooseberries



Greens, Collard

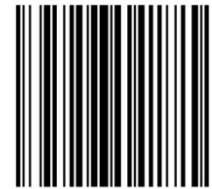


Grapefruit

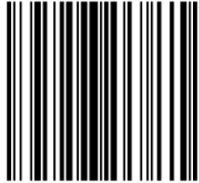


Scan quantity code

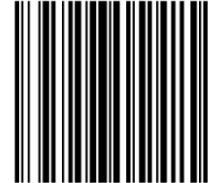
Greens, Dandelion



Grapes,  
Blue/Black/Red



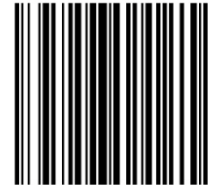
Greens, Mustard



Grapes,  
White/Green



Greens, Turnip



Greens, beets

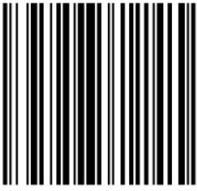

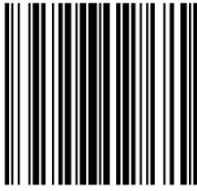

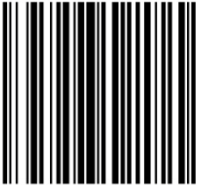
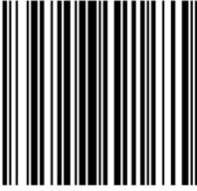


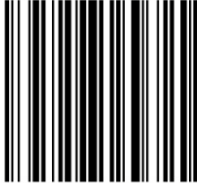




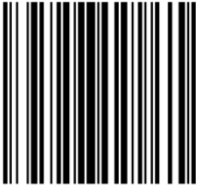

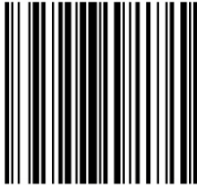



Guava

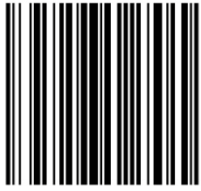


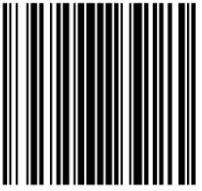
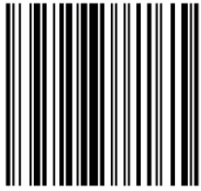


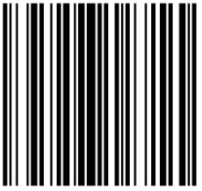
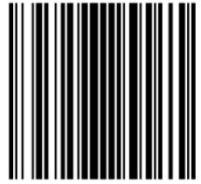



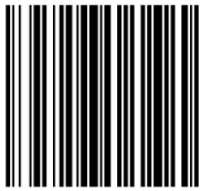


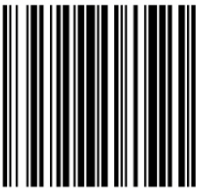



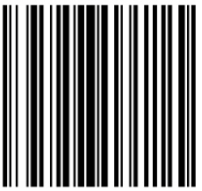


Scan quantity code

# FRUITS & VEGETABLES: Guineito – Kumquat

<p>Guineito</p>  	<p>Kale</p>  
<p>Homli Fruit</p>  <p>PICTURE NOT AVAILABLE</p>	<p>Kiwano (Horned Melon)</p>   <p>Scan quantity code</p>
<p>Honeydew melon</p>  <p>PICTURE NOT AVAILABLE</p> <p>Scan quantity code</p>	<p>Kiwifruit</p>   <p>Scan quantity code</p>
<p>Horseradish Root</p>  	<p>Kohlrabi</p>  
<p>Jicama/Yam Bean</p>  	<p>Kumquat</p>  

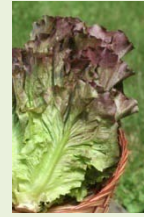
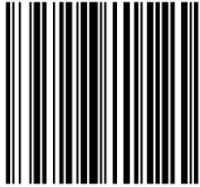
# FRUITS & VEGETABLES: Leek – Lettuce

<p>Leek</p>   <p>Scan quantity code</p>	 <p>Lemon Grass</p> 
<p>Lemon</p>   <p>Scan quantity code</p>	<p><b>LETTUCE</b></p>  <p>Catalogna Lettuce</p> 
<p><b>LETTUCE</b></p> <p>Arugula/Rocket</p>  	 <p>Green Leaf Lettuce</p>  <p>Scan quantity code (# heads)</p>
<p>Bibb Lettuce</p>   <p>Scan quantity code (# heads)</p>	 <p>Hydroponic</p>  <p>Scan quantity code (# heads)</p>
<p>Boston/Butter Lettuce</p>   <p>Scan quantity code (# heads)</p>	 <p>Iceberg Lettuce</p>  <p>Scan quantity code (# heads)</p>

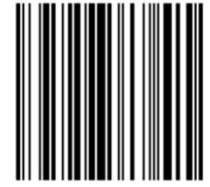
# FRUITS & VEGETABLES: Lettuce (cont.) – Mint

## LETTUCE

Mixed Small-Leaf  
Salad Lettuce

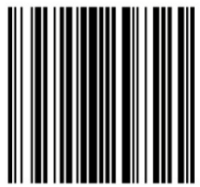


Red Leaf Lettuce



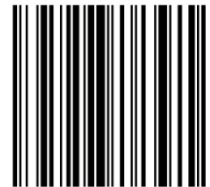
Scan quantity code  
(# heads)

Romaine Lettuce



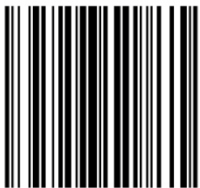
Scan quantity code  
(# heads)

Mango



Scan quantity code

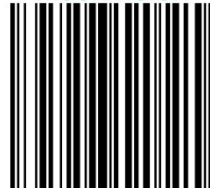
Limequat



PICTURE NOT  
AVAILABLE



Melon, Cantaloupe/  
Muskmelon



Scan quantity code

Lime



Scan quantity code



Melon, Honeydew



Scan quantity code

Loganberries



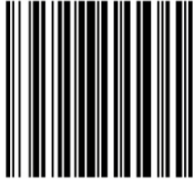
Mint



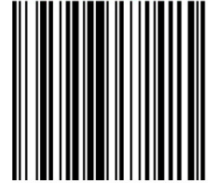
# FRUITS & VEGETABLES: Mushrooms

## MUSHROOMS

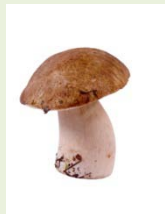
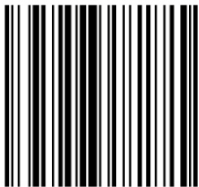
Black Forest



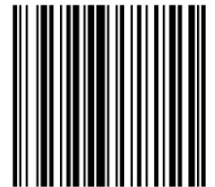
Fairy Ring  
Champignon



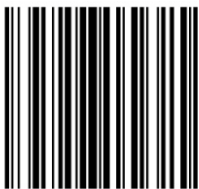
Cep



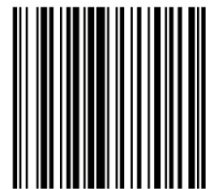
Grey



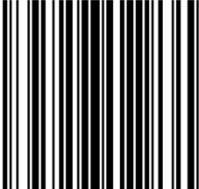
Chanterelle



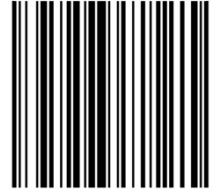
Grisette



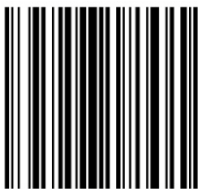
Cremini/Brown/  
Swiss Brown



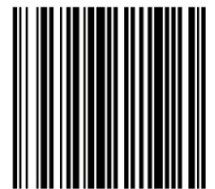
Horn of Plenty/  
Black Trumpet



Enoki



Morel





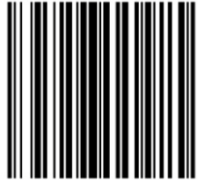
# FRUITS & VEGETABLES: Mushrooms – Okra

<p><b>MUSHROOMS</b></p> <p>Oyster</p>  	<p>Mustard greens</p>  
<p>Pioppino</p>  <p>PICTURE NOT AVAILABLE</p>	<p>Nectarine</p>  <p>Scan quantity code</p> 
<p>Portabella</p>  	<p>Okra</p>  
<p>Regular Button</p>  	
<p>Shiitake</p>  	

# FRUITS & VEGETABLES: Bulb Onion – Yellow/Brown Onion

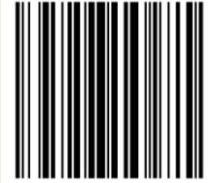
## ONIONS

Bulb onion



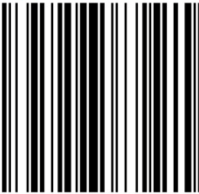
Scan quantity code

Shallot



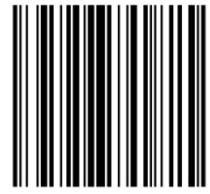
Scan quantity code

Green (Scallions)/  
Spring Onions



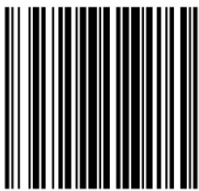
Scan quantity code of

Vidalia onion

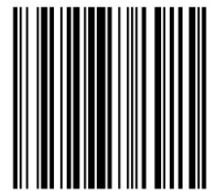


Scan quantity code

Pearl onion

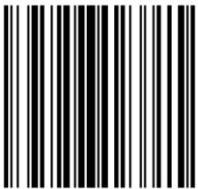


Walla Walla onion



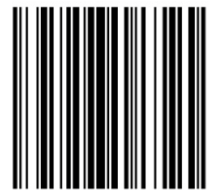
Scan quantity code

Pickling, White onion



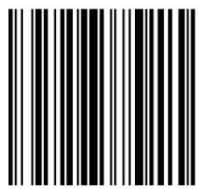
Scan quantity code

White onion



Scan quantity code

Red onion



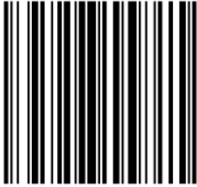

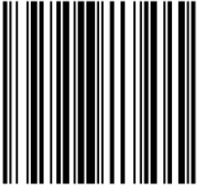

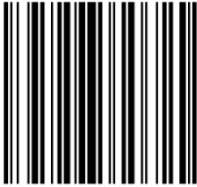

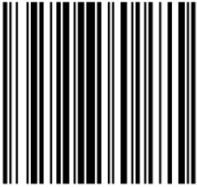

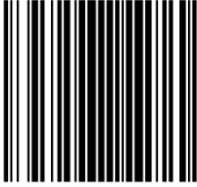

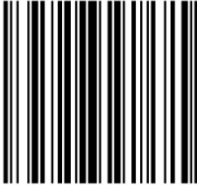





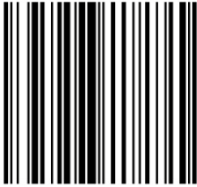

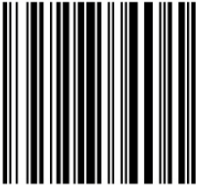

Scan quantity code

Yellow/Brown onion



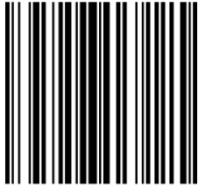
Scan quantity code

# FRUITS & VEGETABLES: Orange – Peas

<p>Orange</p>   <p>Scan quantity code</p>	<p>Peach</p>   <p>Scan quantity code</p>
<p>Papaya/Pawpaw</p>   <p>Scan quantity code</p>	<p>Pear</p>   <p>Scan quantity code</p>
<p>Parsley</p>   <p>Scan quantity code</p>	<p>Pears, Asian/Japanese</p>   <p>Scan quantity code</p>
<p>Parsnip</p>   <p>Scan quantity code</p>	<p>Peas, Green</p>   <p>Scan quantity code</p>
<p>Passion Fruit</p>   <p>Scan quantity code</p>	<p>Peas, Snow Pea</p>   <p>Scan quantity code</p>

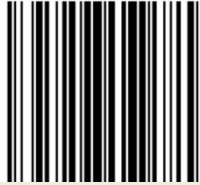
# FRUITS & VEGETABLES: Peas (*cont.*) – Peppers

Peas, Sugar Snap



## PEPPERS

Anaheim  
(Green and Red)



Scan quantity code

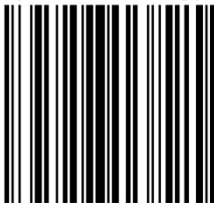


Cubanelle



Scan quantity code

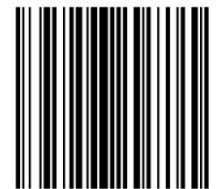
Banana  
(Yellow Long)



Scan quantity code

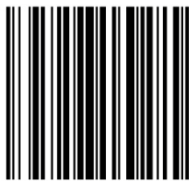


Elongated



Scan quantity code

Bell pepper



Scan quantity code



Habanero



Scan quantity code

Chili, dried



Scan quantity code





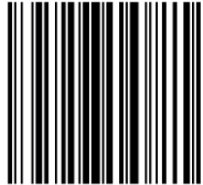
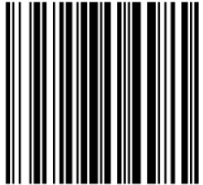


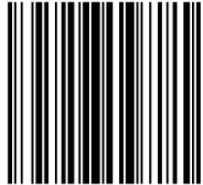
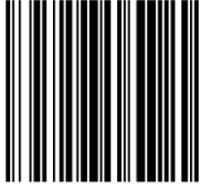


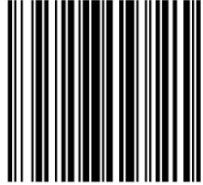



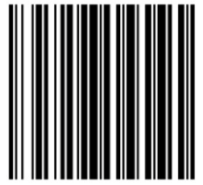

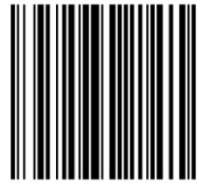
Hot  
(Hungarian Hot)



Scan quantity code

# FRUITS & VEGETABLES: Peppers (cont.)

## PEPPERS

<p>Hot Mixed</p> 	 <p>Scan quantity code</p>	 <p>Scan quantity code</p>	<p>Long Hot, green</p> 
<p>Hungarian Wax</p> 	 <p>Scan quantity code</p>	 <p>Scan quantity code</p>	<p>Long Hot, red</p> 
<p>Jalapeno, green</p> 	 <p>Scan quantity code</p>	 <p>Scan quantity code</p>	<p>Morita Chili</p> 
<p>Jalapeno, red</p> 	 <p>Scan quantity code</p>	<p>PICTURE NOT AVAILABLE</p> <p>Scan quantity code</p>	<p>Negro</p> 
<p>Japanese</p> 	<p>PICTURE NOT AVAILABLE</p> <p>Scan quantity code</p>	 <p>Scan quantity code</p>	<p>New Mexico</p> 

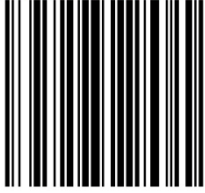
# FRUITS & VEGETABLES: Peppers (cont.) - Persimmon

## PEPPERS

<p>Pasilla</p> 			<p>Red Finger</p> 
<p>Pasilla Pod</p> 			<p>Red Pimiento/ Red Sweet Long</p> 
<p>Pinole</p> 	<p>PICTURE NOT AVAILABLE</p>		<p>Serrano</p> 
<p>Poblano</p> 			<p>Tabasco</p> 
<p>Red Cheese</p> 			<p>Persimmon, Japanese/ Sharonfruit (Kaki)</p> 

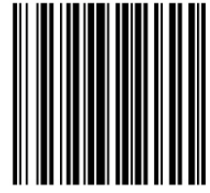
# FRUITS & VEGETABLES: Persimmon – Potato

Persimmon,  
Regular (American)



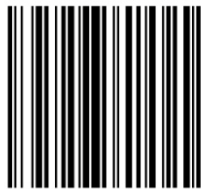
Scan quantity code

Pomegranate



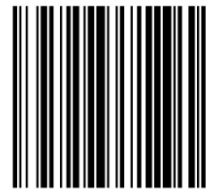
Scan quantity code

Pineapple



Scan quantity code

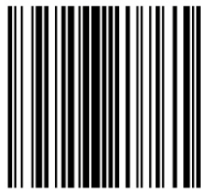
Potato, Baking



PICTURE NOT  
AVAILABLE

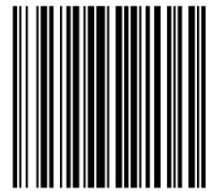
Scan quantity code

Pitahaya



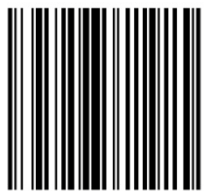
Scan quantity code

Potato, Creamer



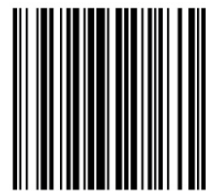
Scan quantity code

Plantain



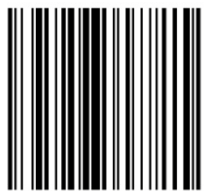
Scan quantity code

Potato, Long



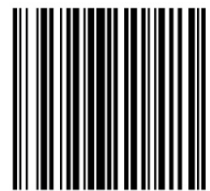
Scan quantity code

Plum



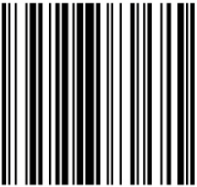


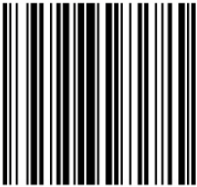
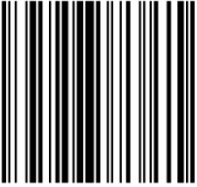











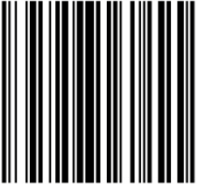


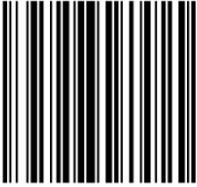
Scan quantity code

Potato, Purple



Scan quantity code

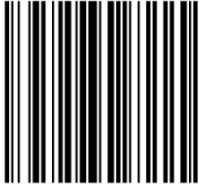
# FRUITS & VEGETABLES: Potato (*cont.*) – Radicchio

<p>Potato, Red</p>   <p>Scan quantity code</p>	 <p>Scan quantity code</p> <p>Pumpkin, Jumbo</p> 
<p>Potato, Russet</p>   <p>Scan quantity code</p>	 <p>Scan quantity code</p> <p>Pumpkin, Mini</p> 
<p>Potato, White</p>   <p>Scan quantity code</p>	 <p>Scan quantity code</p> <p>Pumpkin, Regular</p> 
<p>Potato, Yellow</p>   <p>Scan quantity code</p>	 <p>Scan quantity code</p> <p>Quince</p> 
<p>Prune</p>   <p>Scan quantity code</p>	 <p>Scan quantity code</p> <p>Radicchio</p> 



# FRUITS & VEGETABLES: Radish – Romanesco

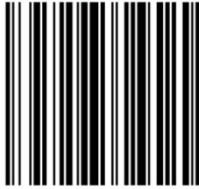
Radish, Black



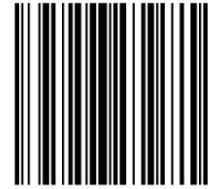
Radish, White/Icicle



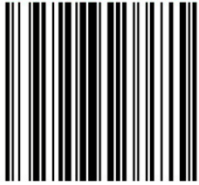
Radish, Bunched Red



Raspberries

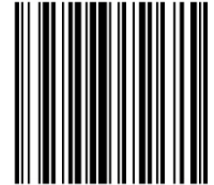


Radish, Bunched White



PICTURE NOT AVAILABLE

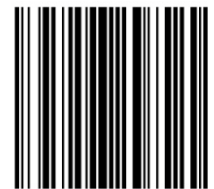
Rhubarb



Radish, Italian Red

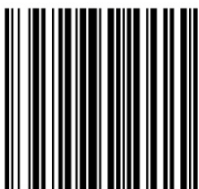


Romaine lettuce



Scan quantity code (# heads)

Radish, Red



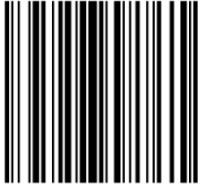
Romanesco



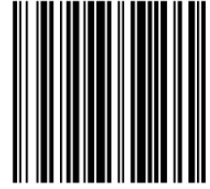
PICTURE NOT AVAILABLE

# FRUITS & VEGETABLES: Rosemary – Sprouts

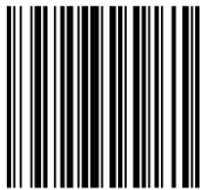
Rosemary



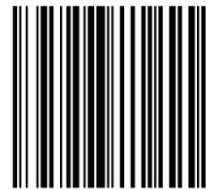
Spinach



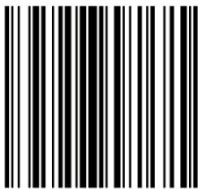
Rutabaga (Swede)



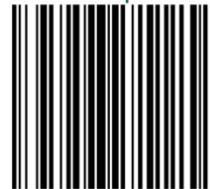
Spinach, Baby



Sage



Sprouts,  
Alfalfa Sprouts



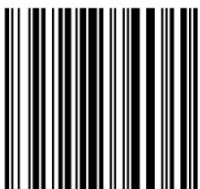
Scallions



Sprouts, Bean  
Sprouts (Mung)



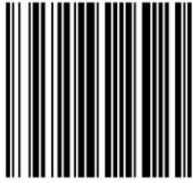
Snowpeas



# FRUITS & VEGETABLES: Squash

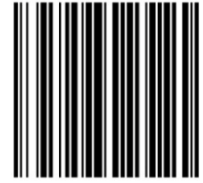
## SQUASH

Acorn



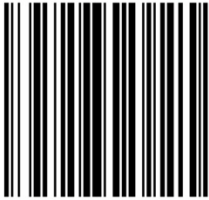
Scan quantity code

Buttercup



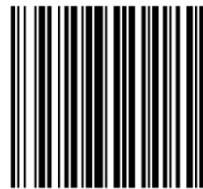
Scan quantity code

Baby Green  
Zucchini/Courgette



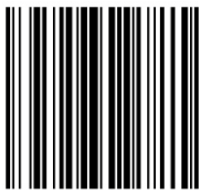
Scan quantity code

Butternut



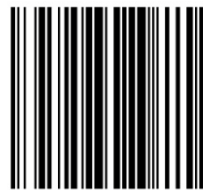
Scan quantity code

Baby Scallopini



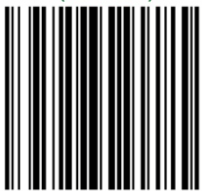
Scan quantity code

Calabaza



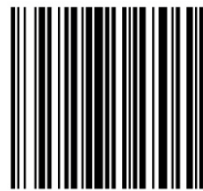
Scan quantity code

Baby Summer  
(Green)



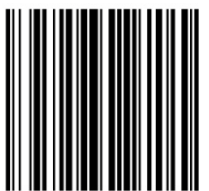
Scan quantity code

Carnival



Scan quantity code

Banana



Scan quantity code

Chayote/Choko

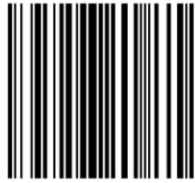


Scan quantity code

# FRUITS & VEGETABLES: Squash (cont.)

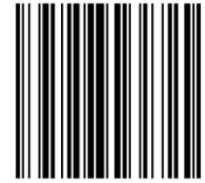
## SQUASH

Crown Prince



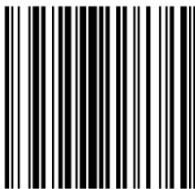
Scan quantity code

Golden Nugget



Scan quantity code

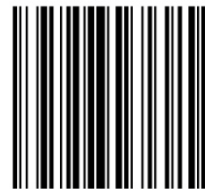
Cucuzza



Scan quantity code

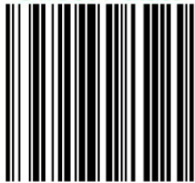
PICTURE NOT AVAILABLE

Hubbard



Scan quantity code

Delicata/  
Sweet Potato



Scan quantity code



Scan quantity code

Kabocha



Gem



Scan quantity code



Scan quantity code

Opo



Golden Delicious



Scan quantity code

PICTURE NOT AVAILABLE

Patty Pan/Summer

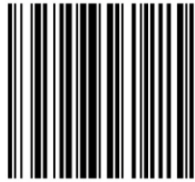


Scan quantity code

# FRUITS & VEGETABLES: Squash (cont.)

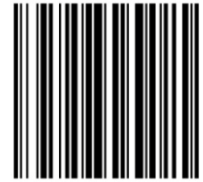
## SQUASH

Red Kuri



Scan quantity code

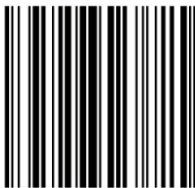
Sweet Mama



PICTURE NOT AVAILABLE

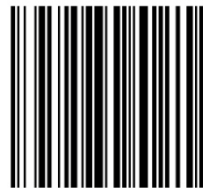
Scan quantity code

Scallopini



Scan quantity code

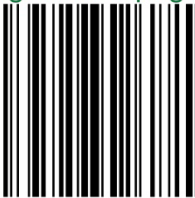
Turban



PICTURE NOT AVAILABLE

Scan quantity code

Spaghetti/  
Vegetable Spaghetti



Scan quantity code

Vegetable Marrow



Scan quantity code

Sunburst (Yellow)



PICTURE NOT AVAILABLE

Scan quantity code

White



Scan quantity code

Sweet Dumpling



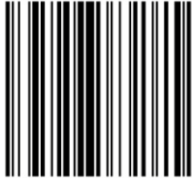


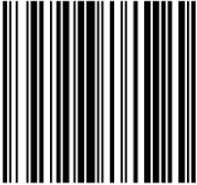


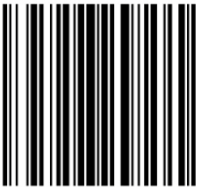

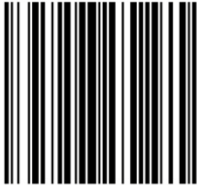

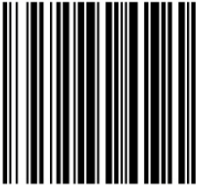
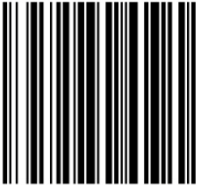
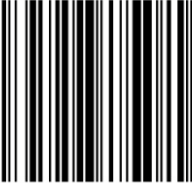

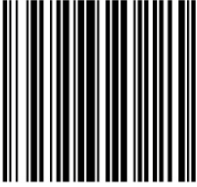
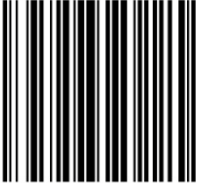


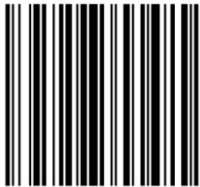

Scan quantity code

Yellow



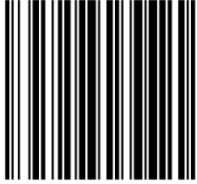
Scan quantity code

# FRUITS & VEGETABLES: Squash (cont.) – Tangerines

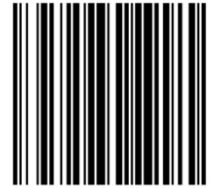
<h2>SQUASH</h2>			
<p>Zucchini/Courgette</p> 		<p>Sweet Potato</p> 	
<p>Scan quantity code</p>		<p>Scan quantity code</p>	
<p>Strawberries, Pint</p> 		<p>Swiss chard</p> 	
<p>Scan quantity code</p>		<p>Scan quantity code</p>	
<p>Strawberries, Quart</p> 		<p>Tamarillo</p> 	
<p>Scan quantity code</p>		<p>Scan quantity code</p>	
<p>Sugar Apple</p> 		<p>Tangelo</p> 	
<p>Scan quantity code</p>		<p>Scan quantity code</p>	
<p>Sugar Cane</p> 		<p>Tangerine/Mandarin</p> 	
<p>Scan quantity code</p>		<p>Scan quantity code</p>	

# FRUITS & VEGETABLES: Taro Root – Turnip

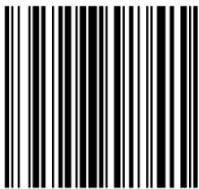
Taro Root  
(Dasheen)



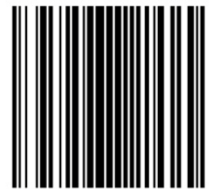
Tomatoes, Grape



Tarragon

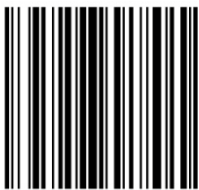


Tomato, Orange



Scan quantity code

Thyme



Tomatoes,  
Plum/Italian/Roma



Scan quantity code

Tomato



Scan quantity code

Tomato, Vine Ripe



Scan quantity code

Tomatoes, Cherry



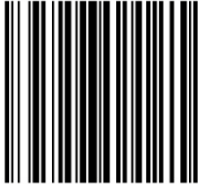
Turnip



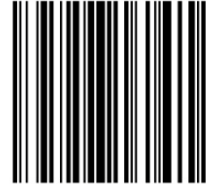
Scan quantity code

# FRUITS & VEGETABLES: Turnip Greens – Yuca Root

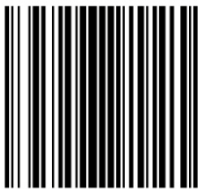
Turnip greens



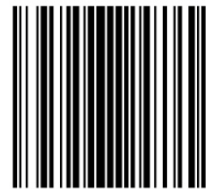
Yu Choy



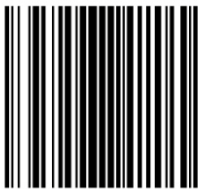
Waterchestnuts



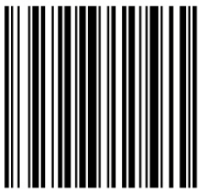
Yuca Root



Watercress

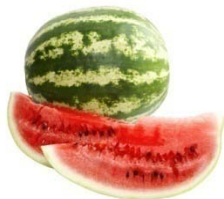
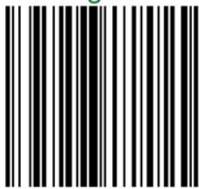


Watermelon, Mini



Scan quantity code

Watermelon,  
Regular



Scan quantity code





# Questions and Answers

## General Topics and Daily List

### **Q: What if I don't buy any meals, snacks, or drinks on some days?**

A: That's okay. Some people don't buy food every day. Did anyone in your household get free food? If yes, write that down. If no, check the day at the top of the Daily List and leave the page blank.

### **Q: What if all the food I ate came from my refrigerator or cupboard?**

A: If everyone in your household ate food that you already had at home, check the day at the top of the Daily List and leave the page blank.

### **Q: Can I just save my receipts and not write in the book?**

A: No, because some receipts are hard to read or don't include all the information we need. You need to save the receipt and complete the corresponding red or blue page.

### **Q: What types of foods and drinks do you want to know about?**

A: All of the food that **you and everyone in your household** acquire during the study period. Review the list of places that you should put in Box A and B to be sure you don't forget anything. Include all the food you get, even if it comes from a place not on the list.

## Blue Pages and Scanning

### **Q: Why do I need to scan my food?**

A: Barcodes tell us the name of the product, the package size, and the ingredients. This information will help us learn about the different types of foods people get in a week from all the places they get their food. The scanner records this information in one easy "click."

### **Q: When do I use the scanner?**

A: Every time you get groceries or bring food and drinks into your home!

### **Q: What types of food do I scan?**

A: Scan all the foods and drinks that you bring into your home during the seven days in the study week. This includes food you purchase at a store and food you get for free—for example, from friends, a garden, a food pantry, or other place.

## Questions and Answers *(continued)*

### **Q: Do I scan food that I already have in my home, or only new things?**

A: Scan new food and drinks that you acquire during the study week. Do not scan food that was in your home before the study began.

### **Q: Do I scan food I already had in my house if I'm going to eat it during the study week?**

A: No. Remember it's not about what you eat—it's about what you acquire!

### **Q: Do I scan all my groceries?**

A: Only scan food or drink items. Do not scan paper products like toilet paper or tissues, do not scan cleaning products, and do not scan groceries already in your home.

### **Q: Do I scan food or groceries that a friend or relative gave to me for free?**

A: Yes. You should treat these groceries like groceries you purchased yourself, but you should put the name of the person who brought the groceries in the “place” field.

### **Q: Do I scan things that I eat when not at home, like candy or soda?**

A: No. Only scan food that you bring home. Food that you eat when you are not at home should be put on a Red page.

### **Q: Do I scan each can of soda if I buy a six-pack?**

A: If the six-pack has one barcode on the outside box or packaging, then scan the outside barcode once. If there is no outside packaging, then scan each can of soda separately. This rule applies to all multipack items (for example, bottled water and yogurt).

### **Q: Where do I keep receipts for foods that I scan?**

A: Attach all receipts for items that you scan on the [Blue](#) page for that trip. Remember to ask for receipts even if you don't usually get them.

### **Q: What if I forget to scan the “place” before I scan my food items?**

A: Go to the [Blue](#) page for that trip. Follow the instructions and scan the “Oops” code. There is no need to delete and rescan the items.

### **Q: When do I scan the barcodes in this book?**

A: Use the barcodes in this book for foods that do not have barcodes on them. This includes:

- » Food from bulk bins, such as grains, nuts, seeds, and candy
- » Deli meats, cheese, and salads
- » Fruits & vegetables

## Questions and Answers *(continued)*

### **Q: What if I can't find a barcode on the item or in this book?**

A: Write the name of the item at the bottom **Blue** page.

### **Q: What are some other foods I can't scan?**

A: Many foods don't have a barcode and also are not pictured in this book. These include:

- » Bakery items that are not prepackaged
- » Homemade foods that you buy at a fair or fundraiser or get from friends or relatives
- » Prepared meals that you buy at a grocery store or other market
- » Food that you eat when you are not at home

### **Q: What do I do about foods I can't scan?**

A: Write the names of these items at the bottom of the **Blue** page. Be as specific as possible, for example, include the:

- » Brand and product name
- » Size or weight if it is clearly listed on the item (for example, ounces, lbs, quart, half gallon, etc)
- » Number (for example, 2 cookies)
- » Flavor (for example, vanilla yogurt)
- » Fat, sugar, or whole grain content (for example, sugar-free candy)

### **Q: Do I need to turn the scanner on or off?**

A: No. The scanner does not have an "on/off" switch, so there is no need to worry about this.

### **Q: Do I need to recharge the scanner battery?**

A: No. You do not need to recharge the scanner's battery.

### **Q: When scanning, what if I see the red line but do not hear the beep?**

A: If you did not hear the beep then the item did not scan. Make sure to press the scanner button firmly and hold the scanner about two inches from the barcode.

**Still have questions? Call us! We're here to help!**

**1-866-275-8659**

**Your field interviewer will return to give you your thank you gift  
and collect the scanner, binder and booklets on:**

_____	____/____ <b>2010</b>	____:____	<b>a.m./p.m.</b>
<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is XXXX-XXXX. The time required to complete this information collection is estimated to average 45 minutes per week, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.



The National Food Study is a project of the United States Department of Agriculture Economic Research Service. To learn more, go to [www.usdafoodstudy.org](http://www.usdafoodstudy.org).