Poll Questions

June 2020 **The Joy of Cooking and its Benefits for Older Adults**

Questions were answered by respondents age 50–80.

Q1. During the past 7 days, how many times did you, or someone else in your family, cook food for dinner or supper at home?

1. 0
2. 1
3. 2
4. 3
5. 4
6. 5
7. 6
8. 7

Q2. How often do you or does some else do major food shopping for you (include getting groceries through curbside pickup or a delivery service)?

1. More than once a week
2. Once a week
3. Once every two weeks
4. Once a month or less
5. Don't do major food shopping

Q3. Do you get groceries through a curbside pickup or home grocery delivery service?

1. Yes
2. No

Q4. Do the following make it difficult for you to get groceries?

	Yes	No	N/A
Time it takes to get groceries			
Lack of transportation			
Hours your grocery store is open			
Caregiving responsibilities			
Physical limitations			
No grocery store nearby			

Q5. During the past 7 days, how many meals did you eat from:

	Number of meals
fast food restaurants	
dine-in/sit down restaurants (not fast food)	
take-out or delivery	

Q6. During the past 7 days, how often did you eat alone?

1. Always
2. Often
3. Sometimes
4. Rarely
5. Never

Q7. How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
I enjoy cooking.				
It is difficult for me to cook meals.				
Cooking costs too much money.				
I am confident preparing meals from basic ingredients.				
It takes too much time to cook.				