

Food Security Questionnaire

Food security means having access to enough food for an active, healthy life. Food insecurity was found to be associated with multiple chronic conditions like diabetes, obesity, etc.

This short questionnaire will ask the participants about their access to food.

Instructions: Please choose the options that represent the best answers for you.

Please read the following two statements that people have made about their food situation. Then, indicate whether the statement was OFTEN, SOMETIMES, or NEVER true for you or you and the other members of your household in the last 12 months.

1. The first statement is, "**The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.**" Was that often, sometimes, or never true for (you/your household) in the last 12 months?
 - Often true
 - Sometimes true
 - Never true
 - Don't know
 - Prefer not to say
2. "**(I/we) couldn't afford to eat balanced meals.**" Was that often, sometimes, or never true for (you/your household) in the last 12 months?
 - Often true
 - Sometimes true
 - Never true
 - Don't know
 - Prefer not to say
3. **In the last year, did you and/or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?**
 - Yes
 - No
 - Don't know Prefer not to say
4. **How often did this happen - almost every month, some months but not every month, or in only 1 or 2 months?**
 - Almost every month
 - Some months but not every month
 - Only 1 or 2 months
 - Don't know
 - Prefer not to say
5. **In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?**

- Yes
- No
- Don't know
- Prefer not to say