

## London Good Food Box

### Participant Survey

Thank you for taking the time to complete this survey. It will take approximately 10 minutes to complete. Your participation is voluntary. This information will be used by the London Good Food Box Steering Committee to improve the program. We will ensure this information is kept confidential and safe. If you have questions about how this information is kept private, please contact the Glen Cairn Community Resource Centre at 519-668-2745 or [jwalmsley@gccrc.ca](mailto:jwalmsley@gccrc.ca).

1. What is your postal code? \_\_\_\_\_

2. How many people live in your household? \_\_\_\_\_

3. Number of children and youth (0-18 years) \_\_\_\_\_ Number of older adults (55 years and over) \_\_\_\_\_ living in household?

4. How many London Good Food Boxes (LGFB) did you get in the last 12 months?

- 1-4
- 5-8
- 9-12
- Over 12
- Unsure

5. Does the LGFB make it easier for you to get vegetables and fruits?

- Yes
- No

6. Do you eat more vegetables and fruit when you get a London Good Food Box?

- Yes
- No

7. Have you tried new and different vegetables and fruits from a LGFB?

- Yes
- No

8. Have you tried new recipes included in a LGFB?

- Yes
- No
- I did not get recipes with my LGFB

9. Are you able to use all of the food in your LGFB?

- Yes
  - No If no, please specify why: \_\_\_\_\_
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10. Does the London Good Food Box save you money?

- Yes
- No
- Unsure

11. Since participating in the LGFB program, do you feel more connected to...? (Check all that apply).

- This organization
- Other community members
- Other community resources and supports
- None of the above

12. For each item below, please circle the response that best describes how you feel about the value of the LGFB.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly agree
The London Good Food Box is good value for my money.	1	2	3	4	5
The London Good Food Box has good quality vegetables and fruit.	1	2	3	4	5
The London Good Food Box helps me connect with others (e.g. meeting neighbours, getting out of the house, volunteering)	1	2	3	4	5

13. Since participating in the LGFB program, have you signed up for other food related programs?

- Yes If yes, what other program(s)? \_\_\_\_\_
- No

14. Would you recommend the LGFB program to others?

- Yes
- No If no, why not? \_\_\_\_\_

Please provide any additional comments about the LGFB program that you would like to share.

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If you would you like to volunteer with the LGFB program through packing boxes, reminder phone calls etc., please contact Jazz Walmsley at [jwalmsley@gccrc.ca](mailto:jwalmsley@gccrc.ca). Thank you for completing this survey.