

**Rethinking Nutrition: What's for Snack?
Before Session Questionnaire**

CIRCLE the *whole grains* and **UNDERLINE** *sugars* listed in these products' ingredients lists.

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| <p style="text-align: center;">Salted Popcorn</p> <p>INGREDIENTS: POPCORN, SUNFLOWER OIL, SEA SALT</p> |
| <p style="text-align: center;">Cinnamon Apple Rice Cakes</p> <p>INGREDIENTS: BROWN RICE, SUGAR, FRUCTOSE, MALTODEXTRIN, NATURAL FLAVOR, CINNAMON, SOY LECITHIN</p> |
| <p style="text-align: center;">Woven Baked Whole Grain Crackers</p> <p>INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT.</p> |
| <p style="text-align: center;">Strawberry Yogurt Granola Bars</p> <p>INGREDIENTS: ROLLED OATS, HIGH MALTOSE CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), WHEAT FLAKES (WHOLE WHEAT, SUGAR, SALT, MALT), PALM KERNEL OIL, DEGERMED YELLOW CORN MEAL, FRUCTOSE, CANOLA OIL, YOGURT POWEDER (CULTURED WHEY PROTEIN CONCENTRATE, CULTURED SKIM MILK, YOGURT CULTURES), CORN BRAN, MALTODEXTRIN, CALCIUM CARBONATE, NONFAT MILK, SOY LECITHIN, SALT, HONEY, RED 40 LAKE, AND OTHER COLOR ADDED, NATURAL FLAVOR, DRIED STRAWBERRIES, CITRIC ACID, BAKING SODA, MIXED TOCOPHEROLS ADDED TO RETAIN FRESHNESS, SUNFLOWER MEAL, PEANUT FLOUR, ALMOND FLOUR.</p> |

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2. If you shopped for a healthier granola bar, what changes in the ingredients would you look for?

W2 Post Program Evaluation

3. With what age children do you mostly work? (Check one.)

___ (1) All ages

___ (2) Infants

___ (3) Toddlers

___ (4) Preschoolers

___ (5) School aged children

4. For how many years have you worked in the Early Care & Education (ECE) field?

_____ years.

5. What is your current job in ECE?

___ (1) Teacher

___ (2) Cook

___ (3) Administrator

___ (4) Other: _____

6. Is there anything else you'd like to tell us?