

Household Food Consumption

Instructions for Food Diary

Please read carefully before completing diary

- This diary covers the same two days as your time use survey
- For each day, record all of your **household's** consumption of food and beverages.
- "Household" includes all those who were living in the same home with you on the two days you kept this food diary.
- If you are unsure about answers, it is fine to ask other members of your household to help you fill out this diary.
- 250 gm is about half a pound, or the equivalent of two chicken breasts.
- 1 cup = 8 oz or 250 ml.
- "Organic" here means produced without chemical fertilizers, pesticides, herbicides or artificial feed additives. These products are usually certified and labelled "organic".
- Fill out the "produced in NS" column if you are fairly certain that the food was grown in the province.
- In the first column, fill out the total number of portions your household consumed on that day. In the other columns, enter the number of portions that apply to each question.

For example, if, on Day 1, you and your family ate a pound of locally raised organic beef that you bought direct from the farmer, and your teenage son ate a half-pound burger at a fast-food restaurant, you would write "3" under "total number of portions", and then write "2" in the "organic", "produced in NS", and "bought from farmer" columns, and "1" in the "restaurant" column.

- This diary does not cover *all* foods you eat in a day. So don't worry about things like mayonnaise, mustard, etc. Just keep track of the items listed in the diary. You can list other major food items in the "Other" row.

After you have completed the diary, please list how many household members were present during the two days you kept the diary, and how much money your household spent on food during the last week:

1. How many adults (18+) were in your household on days 1 and 2 of the diary?

_____ (adults)

2. How many children (under 18) were in your household on days 1 and 2 of the diary?

_____ (children)

3. Approximately how much money, in total, did your household as a whole spend on food during the last 7 days?

(This is your total household food budget for the last week, including meals prepared at home, snack food, candy, and food bought from restaurants and fast food places.)

\$ _____

4. Approximately how much money did your household as a whole spend on food bought at stores during the last 7 days?

\$ _____

5. Approximately how much money did your household as a whole spend on food bought at farmers' markets or directly from farmers during the last 7 days?

\$ _____

6. Approximately how much money did your household as a whole spend eating out at restaurants and fast food establishments?

a) On day 1 of the diary? \$ _____

b) On day 2 of the diary? \$ _____

c) During the last 7 days? \$ _____

Day 1: _____ Date: _____ (day) _____ (month), 2000

Food	Portion size	Total number of portions	List number of portions:					
			Bought at store	Bought from farmer	Bought at Restaurant	Home-grown	Organic-ally grown	Produced in Nova Scotia
Beef: incl. steaks, roasts, stews, ground beef	250g (½ lb)							
Poultry: incl. chicken, turkey	250g							
Pork and Ham: roasts, chops, bacon, hotdogs, sausages	250g							
Fish and marine products:	250g							
Dairy Products: milk, yogurt, cheese, ice cream ...	1 cup or 50g							
Eggs:	1 egg							
Bread Includes bagel, pita, etc.	1 slice							
Grain Products: pasta, rice, cereal...	½ cup							
French Fries:	½ cup							
Potato Chips, and similar products	small 70g bag							
Vegetables: fresh	½ cup							
Vegetables: canned, frozen, juice	½ cup							
Fruit: fresh	½ cup							
Fruit: canned, frozen, juice	½ cup							
Tea/Coffee:	8 oz (cup)							
Sugar preparations: candy, chocolate, gum, etc. (small bar = 55 gm)	bar, or pack of gum							
Carbonated drinks (soda pop) (1 litre bottle = 3 portions)	350 ml. can							
Other (Please Specify) _____								

Day 2: _____ Date: _____ (day) _____ (month), 2000

Food	Portion size	Total number of portions	List number of portions:					
			Bought at store	Bought from farmer	Bought at Restaurant	Home-grown	Organic-ally grown	Produced in Nova Scotia
Beef: incl. steaks, roasts, stews, ground beef	250g (½ lb)							
Poultry: incl. chicken, turkey	250g							
Pork and Ham: roasts, chops, bacon, hotdogs, sausages	250g							
Fish and marine products:	250g							
Dairy Products: milk, yogurt, cheese, ice cream ...	1 cup or 50g							
Eggs:	1 egg							
Bread Includes bagel, pita, etc.	1 slice							
Grain Products: pasta, rice, cereal...	½ cup							
French Fries:	½ cup							
Potato Chips, and similar products	small 70g bag							
Vegetables: fresh	½ cup							
Vegetables: canned, frozen, juice	½ cup							
Fruit: fresh	½ cup							
Fruit: canned, frozen, juice	½ cup							
Tea/Coffee:	8 oz (cup)							
Sugar preparations Candy, chocolate, gum, etc. (small bar = 55 gm)	bar or pack of gum							
Carbonated drinks (soda pop) (1 litre bottle = 3 portions)	350 ml. can							
Other (Please Specify) _____								