1. Which of the following sources of food do you currently use in your community?

<table>
<thead>
<tr>
<th>Source</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grocery store in another community</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gas station/convenience store</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family garden/farm</td>
<td></td>
<td></td>
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<tr>
<td>Farmers' market</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food co-op</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community garden or farm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School garden or farm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tribal farm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Hunting/gathering
Trade/barter
Sharing
FDPIR/Commodities Program
SNAP
Food bank(s)
WIC

Other (please specify) ________________________________

2. How important is it that a grocery store be in your community?

☐ Very important
☐ Important
☐ Somewhat important
☐ Not at all important
☐ Don't know

3. How important is it that a café be in your community?

☐ Very important
☐ Important
☐ Somewhat important
☐ Not at all important
☐ Don't know

4. Does your household get all the healthy foods you want, at all times, throughout the year?

☐ Yes, always
☐ Usually
☐ Sometimes
☐ Rarely
☐ Never

5. If not, what are those foods that you are unable to get or purchase and why are they difficult for you to get?

______________________________
6. Does your family grow or raise any of your own food?
   
   - Yes
   - No

7. If yes, what have you grown/raised in the past year?
   
   Garden crops: 
   
   Orchard crops: 
   
   Animals for meat: 
   
   Eggs/Dairy
   
   Other:

8. What do you do with your garden/orchard produce and/or your meat products? Please check all that apply.
   
   - My family eats it all
   - I freeze, can, or dry it
   - I share it with others
   - I sell it
   - Other (please specify)

9. Would you like to learn more about growing or raising your own food?
   
   - Yes
   - No

10. If yes, which of the following would you like to learn about? Please check all that apply.

   - Crop selection and crop planning
   - Raising pigs, goats or cattle
   - How to garden
   - Gathering traditional foods
   - Raising chickens for eggs
   - Buffalo
   - Raising chickens for meat
   - Other (please specify)
11. Does your family currently prepare food to sell to others (for example, fry bread or Indian tacos)?

- Yes
- No

12. Which of the following do you think are useful, or would be useful, in improving your food resources?

<table>
<thead>
<tr>
<th>Tips on getting the most for my money at the grocery store</th>
<th>Very Useful</th>
<th>Somewhat Useful</th>
<th>NotVery Useful</th>
<th>Not at All Useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information on nutrition and healthful eating and cooking</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Information about government programs for which I might qualify</td>
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<tr>
<td>Help with reading, filling out or understanding forms and applications</td>
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<tr>
<td>A &quot;one-stop&quot; application process for all food assistance programs</td>
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<tr>
<td>Access to transportation</td>
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<tr>
<td>Help with budgeting</td>
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<tr>
<td>Information on how to grow a garden</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information on how to identify, grow and gather traditional foods</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Recipes and information for using commodities foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recipes and information for preparing traditional foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information in my native language</td>
<td></td>
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</tbody>
</table>
Cooperatives

13. An indigenous cooperative is an organization that weaves indigenous language and culture into its operations. Working together cooperatively and collaboratively through economic sharing of production and resource distribution, it is operated and managed by community members that join the cooperative. Examples of indigenous cooperatives around the country include grocery stores, farms, artist groups, etc. The Ukahu (Helping one Another) Cooperative effort will be designed, organized and operated following the values and traditions central to the Omaha peoples.

How familiar are you with indigenous cooperatives?

- Not at all familiar
- Not too familiar
- Somewhat familiar
- Very familiar

14. Having read that brief definition above, would you be interested in learning more about what a cooperative could do for your community?

- Yes
- No

15. Would you be interested in being part of a cooperative?

- Yes
- No
- Unsure

Diet And Health

16. How would you rate the nutritional quality of your diet?

- Excellent
- Fair
- Very good
- Poor
- Good

17. Would you say your health, in general, is:

- Excellent
- Fair
- Very good
- Poor
- Good
18. Do you have any of the following health conditions?

- High blood pressure
- Heart condition
- Diabetes
- Obesity or overweight
- Other (please specify)

19. What information about diet and nutrition is available in your community? Please list your three primary sources of information (school, family member, nutritionist, etc.).

1.

2.

3.

Culture

20. Are you or any people in your family skilled in traditional farming, hunting, and/or the collection and uses of traditional foods?

- Yes
- No

21. Do you know traditional Umohona food practices?

- Yes
- No

22. Do you think that people in your community are interested in traditional Umohona food practices? If not, why do you think this is so?

   

23. If yes, please explain why you think people are interested.

   


24. Do you have suggestions about how to get people interested? If yes, what are they?

25. What traditional agriculture or food-related practices continue to be used in your community today (for example, gathering mushrooms, corn soup, milkweed soup)? Please describe:

26. Do you or any members of your family participate in these activities?
   - Yes
   - No

27. How are these skills being passed on to others?

28. If you could share anything about food and hunger issues in your community, what would they be?

Demographics

Your answers are completely confidential and will only be reported in numbers. If there are questions you’d prefer not to answer, you may skip them.

29. What is your age?

30. What is your gender?
   - Male
   - Female
31. Are you a tribal member?
   - Yes
   - No

32. What is your highest level of education?
   - Less than 9th grade
   - 9th to 12th grade (no diploma)
   - High school diploma (or equivalent)
   - Some college credit, no degree
   - Trade/technical/vocational training
   - Associate's (two-year) degree
   - Bachelor's (four-year) degree
   - Graduate or professional degree

33. Are your currently employed?
   - Yes
   - No

34. What is the current annual income of your household?
   - Under $10,000
   - Between $10,000 - $19,999
   - Between $20,000 - $29,999
   - Between $30,000 - $39,999
   - Between $40,000 - $49,999
   - Between $50,000 - $59,999
   - Between $60,000 - $69,999
   - Between $70,000 - $79,999
   - Above $80,000