

## Kitchen Assessment

| Lifestyle Questions  |   |  |
|--|---|--|
| Who lives in the house?                                      | Names, ages                                   |  |
| How are meals eaten?   | How often are they eaten or prepared at home? | Other – Does family eat together? Where? |
| Breakfast  |   |  |
| Lunch  |   |  |
| Dinner   |   |  |
| Special needs, diets, or goals such as diabetes, weight loss | Who and what                                  |  |

| Food Preparation / Serving  |           |                           |
|---|-----------|---------------------------|
|   | STRENGTHS | IMPROVEMENT OPPORTUNITIES |
| Orderliness   |           |                           |
| Work Space  |           |                           |
| ***** Tools *****   |           |                           |
| Cutting board   |           |                           |
| Knives  |           |                           |
| Measuring cups  |           |                           |
| Measuring spoons  |           |                           |
| Food scale  |           |                           |
| Nutrition / Variety / Accessibility   |           |                           |
| ***** Vegetables – includes potatoes, legumes, tomato products (canned) ***** |           |                           |
| Fresh   |           |                           |
| Frozen  |           |                           |
| Canned  |           |                           |
| Juice   |           |                           |

|                              | STRENGTHS | IMPROVEMENT OPPORTUNITIES |
|------------------------------|-----------|---------------------------|
| ***** Fruit *****            |           |                           |
| Fresh                        |           |                           |
| Frozen                       |           |                           |
| Dried/Canned                 |           |                           |
| Juice                        |           |                           |
| ***** Grains *****           |           |                           |
| Bread                        |           |                           |
| Pasta                        |           |                           |
| Rice                         |           |                           |
| Flour                        |           |                           |
| Popcorn                      |           |                           |
| Other                        |           |                           |
| ***** Dairy *****            |           |                           |
| Milk                         |           |                           |
| Cheese                       |           |                           |
| Yogurt                       |           |                           |
| Creamer                      |           |                           |
| Ice Cream                    |           |                           |
| Other                        |           |                           |
| Oil / butter / cooking spray |           |                           |

|                                       | STRENGTHS | IMPROVEMENT OPPORTUNITIES |
|---------------------------------------|-----------|---------------------------|
| ***** Meat/Fish/Eggs *****            |           |                           |
| Beef                                  |           |                           |
| Pork                                  |           |                           |
| Poultry                               |           |                           |
| Fish/Seafood                          |           |                           |
| Eggs/Egg sub                          |           |                           |
| ***** Beverages *****                 |           |                           |
| Coffee                                |           |                           |
| Tea                                   |           |                           |
| Soda                                  |           |                           |
| Alcohol                               |           |                           |
| Other                                 |           |                           |
| Snacks                                |           |                           |
| Spices /<br>Condiments /<br>Dressings |           |                           |
| Other                                 |           |                           |