

NUTRITION



What factors are most helpful when making food for yourself and your family?

The top three topics people chose were:



Budget/Cost

68%



Nutritional Quality

68%



Time Spent Cooking

60%

We received 140 responses from Douglas, Josephine & Jackson counties



Do you believe the topic of Nutrition is important?

98% said YES



Over half of respondents reported learning about the importance of prenatal vitamins **AFTER** they became pregnant.



BIG PICTURE QUESTIONS for community leaders:

? How can we introduce information about prenatal vitamins before pregnancy?

? How do we improve basic nutrition education for families?

? How can we increase access to food programs for new parents and parents-to-be?

