

Green Eating Stage of Change Algorithm

1. Green Eating is: Eating locally grown foods, limited amounts of processed/fast foods, eating meatless meals at least one day per week, choosing organic foods as much as possible, and only taking what you plan on eating.

Are you a green eater?

- No, and I do not intend to start within the next 6 months
- No, but I am thinking about becoming a green eater within the next 6 months
- No, but I am planning on becoming a green eater within the next 30 days
- Yes, I am a green eater and have been for less than 6 months
- Yes, I am a green eater and have been doing so for 6 months or more
- I choose not to answer

Green Eating Behavior Scale

1. Locally grown foods are grown within 100 miles of your location. Based on this, how often do you eat locally grown foods?
 - Barely ever to never
 - Rarely (25%)
 - Sometimes (50%)
 - Often (75%)
 - Almost always
 - Choose not to answer
2. When in season, how often do you shop at farmer's markets?
 - Barely ever to never
 - Rarely (25%)
 - Sometimes (50%)
 - Often (75%)
 - Almost always
 - Choose not to answer
3. How often do you choose foods that are labeled as certified organic?
 - Barely ever to never
 - Rarely (25%)
 - Sometimes (50%)
 - Often (75%)
 - Almost always
 - Choose not to answer
4. How often do you select meats, poultry, and dairy products that are raised without antibiotics or hormones?
 - Barely ever to never

- Rarely (25%)
- Sometimes (50%)
- Often (75%)
- Almost always
- Choose not to answer

5. How often do you select food or beverages that are labeled as fair trade certified?

Barely ever to never

- Rarely (25%)
- Sometimes (50%)
- Often (75%)
- Almost always
- Choose not to answer

6. How often do you buy meat or poultry products labeled "free range" or "cage free"?

- Barely ever to never
- Rarely (25%)
- Sometimes (50%)
- Often (75%)
- Almost always
- Choose not to answer