



## **Food Environment Assessment Survey Tool (FEAST) Measure**

**Instructions.** Please rate each of the following items to indicate how often these barriers get in the way of eating a variety of fresh, healthy foods for you.

Please mark never (1), rarely (2), sometimes (3), often (4), or always (5).

1. Trouble carrying more than one or two things at a time (e.g., on my lap, in a basket, in my bag).
2. Trouble loading or unloading my groceries and other things from a car or transportation.
3. Having boxes, displays or shopping carts that block the aisles in the store.
4. Difficulty transferring or otherwise getting into or out of transportation.
5. The store checkout process is difficult for me to manage.
6. Fresh, healthy foods are too expensive for me to eat regularly.
7. There are no stores that sell healthy foods that are close to me.
8. Having the entrance to restroom not accessible.
9. There is not enough space at the restaurant in between and around tables.
10. Restaurant tables and chairs are not designed for me to use comfortably.
11. Restaurants don't have accessible entryways (e.g., automatic doors, ramps).
12. Not being able to easily open or close food containers or storage bags.
13. Not having enough accessible pantry, refrigerator or storage space to keep food.
14. My kitchen is not designed to make cooking easy for me.
15. I don't have the necessary ingredients on hand to plan and cook healthy meals and snacks.
16. I don't feel safe cooking at home.
17. Not having someone to help me with shopping.
18. Not having someone help me with cooking.
19. Not being able to access quickly food that is delivered to my home from a meal or grocery delivery service.
20. Food delivery services are too expensive.
21. Meal or grocery delivery services are too slow.
22. Not having affordable, reliable or regular transportation, like a personal car, a friend's car, or a transit service.
23. Not having enough (or any) accessible parking spots at my destination.
24. It takes too much discipline to stay on track with meal planning.
25. I don't really know enough about eating healthfully to plan and cook healthy meals and snacks.
26. I don't have control over what food is purchased or prepared.
27. Servers or other restaurant staff ignore me, do not look at me, or do not speak to me.

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