



EASY, HEALTHY & FAST COOKING PRE-PLANNING SURVEY

You can fill out this form and scan/e-mail it back, or just phone me to share your answers.

1. What are some reasons your employees are likely to be interested in attending this Health & Nutrition Event? (Choose two)
 no time to cook
 don't know how to cook
 buying groceries is too expensive
 eating out so often is not healthy
 hard to accommodate family's restrictions (gluten-free, low-fat, low-sodium, etc. ...)
 don't like cooking & cleaning up afterward
 2. What do most of your employees do for lunch on a typical day? (Choose two)
 cold lunch from home: sandwich, salad, etc
 leftovers to be reheated
 commercial frozen entrée
 go out for fast food
 go out for sit-down lunch
 get food from a vending machine
 3. What is the breakdown of the people you're expecting to participate: (percentages)
 Single adults or childfree couples
 Families with young children (most kids under age 7)
 Families with older children (most kids age 7-18)
 Families with both kids & seniors
 4. Rate the computer/Internet skills of your staff:
 Expert Advanced Basic Poor
- Invite your staff to complete the above questions **ONLINE** and I'll compile the results for you:*
http://chefjoanna.com/survey/_____ .html
5. Would you consider offering more than one seminar, to provide specialized classes for your company's varied demographics?
 YES NO
 6. What is your main reason to host this event?
 Employee Incentive/Reward
 Need to meet a training requirement
Other: _____
 7. How many people do you expect to participate? (each seminar should not exceed 50 people)
 under 15 15-25 25-35 35-45
 45-50 55-65 65-75 over 75
 8. Will this seminar be available to your staff on company time, at lunchtime, or after-hours? (NOTE: avoid lunchtime unless you're able to cater the lunch & allow 30+ min. for service, eating & clean up.)
 Company time, not during lunch
 During (or overlapping) lunch time
 After work hours
 9. How long do you want this seminar to last?
NOTE: do not include meals, refreshments or networking time in this time allotment.
 under 60 min: lecture only,
 90 min: lecture plus Q&A
 2.5 hrs: cooking demo, includes samples
NOTE: Samples offered are just tastes, and should not be considered a replacement for a meal.
 10. Can cooking or food preparation be done on-site?
 Cooking OK Kitchen available
 No kitchen available
 No food prep onsite
 11. I have a PowerPoint presentation; is audio-visual tech available? (TV/projector & microphone)?
 YES NO
 12. Can I attach a camera output to "Composite RCA" for a birds-eye view of cooking demonstrations?
 YES NO
 13. Do you have a wellness incentive program?
 YES NO
 14. Do you have an on- or off-site exercise program?
 YES NO
 15. What other health & wellness services are you already offering to your employees?

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