|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Never 0% | Rarely 25% | Sometimes 50% | Most of the time 75% | All of the time 100% | Not applicable | **Initial** Consider(C) Doing ( D ) No ( N ) | **Follow- u**p Consider (C) Doing ( D ) No ( N ) | Comments: |
|  | Date: | Response # | 1 | 2 | 3 | 4 | 5 | 99 | Date: | Date: |  |
|  | **To what extent does the restaurant?** |  |  |  |  |  |  |  | **Would the restaurant consider?** |  |  |
|  |  | Comments |  |  |  |  |  |  |  |  |  |
| 1 | Measure salt when cooking? |  |  |  |  |  |  |  |  |  |  |
| 2 | Avoid adding salt to cooking water? |  |  |  |  |  |  |  |  |  |  |
| 3 | Minimize the amount of salt used a recipe? |  |  |  |  |  |  |  |  |  |  |
| 4 | Make soups from scratch? |  |  |  |  |  |  |  |  |  |  |
| 5 | Make soups without soup base/salt or reduce the amount of regular base/salt used? | What % reduction? |  |  |  |  |  |  |  |  | *Do they use soup base per instructions on label or just to flavor? How much per gallon?* |
| 6 | Make gravies/sauces from scratch? |  |  |  |  |  |  |  |  |  |  |
| 7 | Make recipes without soup base/salt or reduce the amount of regular base/salt used? | What % reduction? (*follow-up question*) |  |  |  |  |  |  |  |  | *Is soup base or salt used in any recipes, such as meatloaf, meatballs, mashed potatoes, etc?* |
| 8 | Measure soup base? |  |  |  |  |  |  |  |  |  |  |
| 9 | Make marinade from scratch*? (without a mix)* |  |  |  |  |  |  |  |  |  |  |
| 10 | Increase herbs and spices to reduce the salt in a recipe? |  |  |  |  |  |  |  |  |  | *Is salt the main component in your seasoning?* |
| 11 | Prepare cooked vegetables without added butter/margarine? |  |  |  |  |  |  |  |  |  |  |
| 12 | Make meatballs, hamburgers and meatloaf from scratch? |  |  |  |  |  |  |  |  |  |  |
| 13 | Grill, bake broil or roast meats and poultry without of breading. |  |  |  |  |  |  |  |  |  |  |
| 14 | Use olive oil or vegetable oil instead of salted butter in cooking? |  |  |  |  |  |  |  |  |  |  |
| 15 | Reduce or eliminate salt on French fries or steak fries. Use uncoated fries. |  |  |  |  |  |  |  |  |  | Coated fries is scored as a "1" |
|  | Column total |  | 0 | 0 | 0 | 0 | 0 | 0 |  |  |  |