|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   |   |   | 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 |   |   |   |