Client:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SoVA Local Taste Food Questionnaire**

Here is your opportunity to let me know what you prefer in your customized meal. Please check preferences and note any foods you do not like with an X. Feel free to jot notes in margins. Use any available white space to let me know any preference you don’t see here.

Meats:

[]Beef (steak/roast/ground) [] Pork (chops/roasts/ribs/bacon/ham/ground)

[]Veal (stew/ground/scallops) [] Lamb (chop/rack/stew/ground/roast)

[]Bison (ground/roast/steak) []Meatloaf (with one specific meat/mixed meat)

[] Meat and Vegetable casserole [] Vegetarian

Poulty

[] Chicken (white/dark/ground) [] Turkey (white/dark/ground)

[] Duck

Fish

[] Shellfish (shrimp/scallops/clams/oysters/crab)

[] Fin Fish (salmon/tilapia/catfish/cod/flounder/fresh tuna)

[] Canned (salmon/tuna)

Soups

[] Creamed [] Chili [] Clear [] Tomato Based [] Hot []Cold

Vegetables

**Green**

[] artichokes (canned) [] asparagus [] peas []snow peas/pods [] green beans

[] peppers (green, red, yellow, jalapeno) [] spinach [] cabbage []celery

[] chard [] mustard greens/collards [] zucchini [] olives (green/black)

[]broccoli/broccolini [] avocado []brussels sprouts [] cucumbers []kale

[] okra [] lettuces (iceberg/romaine/butterhead/mesclun)

Yellow

[] corn []wax beans [] squash (butternut/acorn/summer squash)

Red/Orange

[] pimento [] red cabbage [] beets [] tomatoes (fresh/canned) [] sweet potatoes

[] carrots [] eggplant

White

[] cauliflower [] potatoes [] parsnips [] scallions [] onions [] turnips

[] mushrooms [] leeks [] shallots [] radish [] garlic

Fruits

[] Berries (blueberries/blackberries/cherries/strawberries/cranberries/raspberries)

[] bananas [] apples [] pears [] grapes (white/red, seeded/seedless)

[] stone fruit (peaches/plums) [] pineapple

[] citrus (oranges/grapefruit/lemon/lime) [] coconut

[] dried fruit (raisins/craisins/currants/etc)

[] other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Salads

[] Mixed/Tossed (lettuce/fruit/vegetable/cheese/nuts)

[] Pasta (oil dressing/mayo dressing)

Dressing

[] Mayo based

[] oil and vinegar based

[] Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grains

[] rice (white/brown/jasmine/basmati) [] couscous

[]quinoa [] corn meal/polenta

Bread/Pasta

[] Whole Grain [] white [] whole wheat [] granola [] oatmeal

[] Spaghetti (angel hair/spaghetti/linguine/egg noodles/elbow)

[] Gluten Free (if there are any starches or flours that you want to avoid, please list them here.)

[] rolls [] biscuits [] scones (sweet/savory) [] cornbread

Dairy

[] Milk (whole/2%/skim) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[] Buttermilk

[] cream cheese [] yogurt [] sour cream [] half and half [] heavy cream

[] cheddar [] Parmesan [] Swiss [] feta [] mozzarella [] goat

[] Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Herbs/Spices/Seasonings

[] Basil [] bay leaves [] cayenne [] oregano [] sage [] rosemary [] tarragon

[] fennel [] cilantro [] parsley [] dill [] mint [] thyme

[] soy sauce [] Worcestershire [] sweet/sour [] BBQ (vinegar/red/hot/mild)

[] marinara [] coffee [] liquors [] vanilla [] chocolate [] almond

[] orange [] lemon extract [] sesame oil [] cinnamon [] cloves

[] nutmeg [] salt [] pepper [] turmeric [] ginger [] curry

[] paprika [] chili [] Cajun [] cocoa [] horseradish [] ketchup

[] vinegar [] sugar [] agave [] honey [] molasses [] corn syrup

[] maple syrup [] tabasco []Texas Pete [] mustard (Dijon/yellow/with seeds)

Fats/Oils

[] butter [] margarine [] canola oil [] corn oil [] olive oil [] mixed vegetable oil

[] peanut oil [] lard [] shortening [] coconut oil [] non-dairy spread (earth balance)

Other Proteins

[] tofu [] soy-based meat products [] peanuts [] pecans [] pine nuts [] peanut butter

[]walnuts (English/Black) [] almonds [] cashews [] macadamia

[] soy [] sesame [] poppy [] pumpkin seeds [] sunflower seeds

[] dry beans (canned) (cannellini/pinto/kidney/navy/great northern/chickpeas/October/black-eye/black/lentils)

[] other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Non Dairy milk? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Problem with eggs?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking with alcohol? (beer/wine/liquors)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Some dish preferences

Favorite(s) cultural cuisine (i.e. Cajun, Italian, German, etc.)

Mixed Food Entrees

[] macaroni and cheese [] spaghetti and meatballs [] casseroles

[] beans with grains [] meatloaf [] quiche

What is your preference for spicy food (bland/mild/moderate/very)

List food allergies:

List strong food dislikes:

Do you have favorite recipes of your own that you would like me to prepare?

Do you have a specific diet you wish to follow? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite restaurant(s) for special occasions:

Favorite restaurant for quick, casual meal:

Closest Grocery Store:

Notes about stove/appliances:

Do you use anything special to clean your counters/stove top?

Key location/arrangement, alarm instructions:

Other notes:

Size Service and Frequency:

Kitchen details

# burners \_\_\_\_\_\_\_\_\_\_\_ (gas/electric/induction) Are all functioning (yes/no, which ones are not)

# ovens \_\_\_\_\_\_\_\_\_\_\_\_\_ are they functioning/Does oven heat to set temp? if off, by how many degrees

Hand mixer? Immersion blender? Full-size blender? Potato masher?

Mini-food processor? Full-size food processor? Steamer insert for pot with a lid?

Strainer/colander (large enough to drain pasta)?

Storage container arrangements \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Available restroom location \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pets? Will they be confined away from kitchen and parking area?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_