

Get Fresh! Survey

How would you like to win a prize – and help your favourite magazine be the best it can be?



For your chance to win some fantastic prizes from the likes of Oosha and The Fresh Network, simply fill in our survey.

We're always looking to improve and make sure you get the best magazine possible every quarter. We can't do that without your help though. So please take the time to sit down and answer a few questions about the magazine, your likes

and dislikes, and why you eat raw.

To say thanks, we'll enter you into our fabulous prize draw. There's lots of lovely raw goodies up for grabs. So complete the survey, fill in your contact details and send it back to us – and we'll automatically enter you into the prize draw. Good luck!

Many thanks to our sponsors for generously donating the prizes.

Healthy hamper from Raw Health

A real treat, a hamper packed full of goodies from Raw Health. They exclusively use organic raw ingredients, which they soak and sprout to bring their natural vitality to life, so you can be assured that their products are delicious.

A surprise selection of chocolates from Oosha



Oosha creates truly decadent raw chocolates, using only the finest organic raw ingredients.

Oosha's chocolates are handmade, beautifully decorated, texturally complex and aromatically subtle – a taste exploration in every bar.

Consultation from Raw Freedom

A fantastic opportunity to talk to the UK's raw food body, mind and spirit coach for 75 minutes. Saskia can advise you on your raw diet or help you get started with raw. After your telephone coaching session, you'll feel confident and excited about your personal journey with raw food.



Shazzie's books from Detox your World

TV presenter, author and CEO, Shazzie has written five books, and they could all be yours, thanks to Detox Your World. This great prize includes Naked Chocolate, Ecstatic Beings, Detox Your World, Evie's Kitchen and Shazzie's Detox Delights.

Lunch for 2 at InSpiral Lounge

A gourmet, raw lunch for two at this vibrant restaurant in Camden Town, London. All the dishes are handmade on site, with main ingredients sourced locally. Lunch includes two large main courses and three large sides.



2-year subscription to Get Fresh!

Get your favourite magazine delivered direct to your door every quarter for two years. You'll be among the first to read all the latest news and try out the newest recipes.



WOW cremes from Raw Skin Food

Wipe Out Wrinkles with WOW. Packed with Omega oils and vitamins, this eye creme and night creme will kick out signs of premature ageing. Great for early risers whose skin needs a little TLC.



Breads & pudding from Raw Lisa

Once you've tried Raw Lisa's tasty breads, you'll never look back. Delicious and satisfying, they're raw, gluten-free and dairy-free. If you land this prize, you'll get to try all the breads – and a Christmas pud!



You can fill this in online at www.fresh-network.com
Please tick the relevant boxes/circle your answers.

ABOUT *Get Fresh!*

1. How did you first discover *Get Fresh!*?

- a. Saw it in a health food store
- b. Recommended by a friend
- c. I came across a free online copy
- d. I received a copy in a goody bag/as a freebie on a workshop/presentation/seminar. If so, what event:
.....
- e. Other:.....

2. Which of these statements best describes you?

- a. I have been a subscriber to *Get Fresh!* for a few years
- b. I have recently subscribed to *Get Fresh!*
- c. I used to subscribe to *Get Fresh!*, but I now choose to buy it. If so, why did you choose not to renew your subscription
.....
- d. I always buy *Get Fresh!* each quarter. If so, why do you buy rather than subscribe?
.....

3. If you don't have a subscription, how often do you purchase *Get Fresh!*?

- a. Every quarter
- b. I try to get most issues, but I sometimes miss one
- c. I don't purchase it on a regular basis

4. Do you share your copies with friends?

Yes	No
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5. How many people read your copy of *Get Fresh!*?

1	2	3	4	more
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6. What are your favourite articles in *Get Fresh!*? You can mark multiple answers.

- a. Recipes
- b. Interviews
- c. What's new page
- d. Healthy breaks
- e. Book reviews
- f. A day in the life
- g. Restaurant profiles
- h. Features
- i. Events
- j. Others

7. What are your least favourite articles in *Get Fresh!*? You can mark multiple answers.

- a. Recipes
- b. Interviews

- c. What's new page
- d. Healthy breaks
- e. Book reviews
- f. A day in the life
- g. Restaurant profiles
- h. Features
- i. Events
- j. Others

9. Would you like to read our editor's choice of sustainable products supporting a natural living lifestyle?

Yes	No	I don't know
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10. Would you like to see an independent reader-testing panel to review selected products?

Yes	No	I don't know
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11. If yes, would you like to take part in this panel?

Yes	No	I don't know
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12. Do you trust *Get Fresh!* reviews about products?

Yes	No	I don't know
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13. Have you purchased a product after reading a review or seeing an advert in *Get Fresh!*?

Yes	No
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14. What other magazines do you like to read and what do you like about them?

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YOUR DIET AND LIFESTYLE

15. How long have you been interested in a raw food diet?

- a. Less than a year
- b. 1-5 years
- c. 6-10 years
- d. More

16. How much raw food to you try to include in your diet?

Please use the scale below.

0%.....25%.....50%.....75%.....100%

17. What are the main reasons for following a raw food diet? Mark as many answers as appropriate.

- a. Ultimate health
- b. Optimal nutrition
- c. Environmental aspect of raw food diet and animal welfare
- d. Other

18. Which of the following answers best describes your household? Mark as many answers as appropriate.

- a. I am the only raw foodist in the house
- b. We are all raw foodists
- c. We are all vegans/vegetarians
- d. We all eat a standard diet, but I try to include as many raw foods and health foods as possible
- e. My partner/spouse is a raw foodist
- f. My partner is vegan/vegetarian
- g. My partner eats a standard diet
- h. One or more of my children is raw foodist
- i. One or more of my children is vegan/vegetarian
- j. One or more of my children eats a standard diet

19. How important is organic produce for you on the scale from 1-10, where 1 is not important and 10 is extremely important?

1	2	3	4	5	6	7	8	9	10
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20. Do you use eco-friendly household and beauty products?

Yes	No
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21. Do you purchase clothes and shoes made from eco-friendly materials?

Yes	No
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22. Please mark if you have been or would like to attend any of the below:

- a. Raw food or detox retreat
- b. Raw food workshop
- c. Raw food preparation teaching demo
- d. Raw food seminars and talks
- e. Raw food and vegan festivals
- f. Other raw food event. Please specify:

.....

23. Have you undertaken or are you interested in undertaking any form of complementary therapy?

Yes	No
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24. Are you interested in any of the below? Mark as many answers as appropriate.

- a. Nutritional advice
- b. Raw food coaching
- c. Few days course of detox session
- d. Colonic irrigation/cleansing
- e. Reiki and Energy balancing
- f. Yoga lessons
- g. Alexander Technique lessons
- h. Reflexology
- i. Aromatherapy

j. Other. Please specify:

.....

25. What are your favourite places to shop for raw products? Mark as many as appropriate.

- a. Online
- b. Local health food shop
- c. I grow my own produce
- d. Other. Please specify:.....

26. How many hours a week do you spend on the internet?

- a. Less than one hour a day
- b. 1-2 hours
- c. 3-4 hours
- d. More

27. How often do you buy products online?

- a. All the time
- b. Occasionally
- c. Rarely
- d. Never

ABOUT YOU

28. Are you?

Female	Male
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29. Age:

under 30	31-40	41-50	51-60	61-70	71-
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30. Do you have children?

Yes	No
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***If yes, how many and what ages?

To enter the prize draw, please supply your name and contact details. Unfortunately, only UK residents are eligible for the prize draw.

Name:

Address:

.....

.....Postcode:..... Telephone:

Email:

You are protected by Data Protection Act: 1998 and we will not keep or share your personal details with other parties.

Thank you for taking the time to complete our survey.

You can post your completed survey to us free of charge. Send it to:

RRSX-HZAH-UAAH

The Fresh Network, Chequers House, 9 Stratton Road, Hainford, Norwich, NR10 6SZ

Or you fax it to us on: 0845 07009400

You can fill this in online at www.fresh-network.com

Please have your survey back to us before: 15th December