

Overall:

- 100% of the participants rated the program as “excellent”
- 100% of the participants would recommend this program to another family

Behavior changes resulting from the program:

- After completing the program, 100% of the participants understand the difference between whole grains and processed grains
- After completing the program, the majority of participant families **prepared and ate home cooked breakfasts and dinners** more often than before attending the classes (and include whole grains, fiber and more fruits and veggies)
- The biggest dietary behavior changes we saw from the program (in the following order of degree of change, from high to low) were:
  - 1) increase in consumption of **lentils**
  - 2) increase in consumption of **fruits and vegetables**
  - 3) increase in consumption of **whole grains**, and
  - 4) increase in consumption of **beans**.The majority of participants also reported enjoying their meals more than ever before!
- Participants felt an impact on their health through the program- the biggest change was an **increase in energy** (70% of families noticed an improvement)

Some comments from the participants:

- “I find it a lot easier to plan meals. My fridge is stocked with leftovers for a quick meal for later on too. My son who is usually very picky even said to me, “whatever you make in the Slow Cooker tastes good.”
- (My favorite thing about this series of classes was) all the taste testing to get me out of my comfort zone and try things I would never try. Thank you for the experience.”
- “This is a very versatile and useful thing (the Slow Cooker) for a single mom! (I) use it two to three times a week. Then package and use the leftovers.”
- “(This program) made me and my kids aware of making healthier choices. I now eat breakfast every day!”
- “After I learned how to cook more in the slow cooker, I made the overnight oatmeal sundae for breakfast and took it to my work for my co-workers. And they loved it. A few of my co-workers wanted the recipe and wanted to know where to buy the steel (cut) oats. Thank you Nurture/Campus Kitchens for everything!”

