

Overall:

- 100% of the participants started eating more fruits and vegetables as a result of program participation.
- 100% of the participants talked with their family about the lessons they learned.
- 100% of the participants enjoyed the cooking process.
- The majority of participants noted an improvement in their ability to read recipes.



Self-reported changes resulting from the program:

- Through participating in the program, participants learned basic healthy snacking skills, including the importance of eating fruits and vegetables.
- Participants had a better understanding of the importance of whole grains, fruits, and vegetables in the diet following the program than prior to the program.
- Participants demonstrated an increase in knowledge of what makes a balanced meal.

Participant perspectives on the best features of the program:

- “I got to cook. The food was good. I learned how to cook new foods from different regions.”
- “Eating a balanced meal means a lot so you can stay healthy and be well as you age.”
- “I learned about healthy and delicious meals.”
- “(My favorite thing about the program was) cooking a different culture’s food (and) that I was free to cook.”



Participants’ Feedback Regarding the Recipes:

- 100% of participants enjoyed the Mango Peach Smoothie and would make it again.
- The cheesy penne and zucchini salad were very popular dishes, with the vast majority of participants indicating they would make the recipes again.
- All of the recipes would be made again by at least one participant. This finding demonstrated a diversity of tastes in the participant group. Recipes made by the class participants were:

Apricot Cinnamon Couscous	Mango Peach Smoothie	Tropical Breakfast Bowl with Millet
Cheesy penne	Mong Bean Dahl	Veggie spring rolls with Thai Sauce
Cinnamon apples	Rice and Beans with Homemade salsa	Zucchini salad