

Overall:

- 100% of the participants rated the program as “excellent”.
- 100% of the participants would recommend this program to another family.
- The least favorite class voted for was the one that some participants were unable to attend!

Behavior changes resulting from the program:

- 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 **whole grains**
  - 2) increase in consumption of **lentils and beans**
  - 3) *decrease* in consumption of **fast foods**, and
  - 4) increase in consumption of **fruits and vegetables**.
- 70% of participants felt an impact on their **understanding of the importance of taking care of themselves with healthier foods**.

Some comments from the participants:

- “I enjoyed the program and I learned a great many things that I can use in my every day life.”
- “I feel it (the program) is a needed part of a complete education.”
- “The rice cooker is so convenient and easy to clean. I adore it!”
- “I think anyone who takes this program can become better from it”
- “Everything was explained and questions answered. Ideas were exchanged. I was pleased with the class”
- I have done a lot of cooking at home; now I am more encouraged to cook healthier.”
- “This program was very good at helping people understand the importance of different foods”
- “It’s been a great experience to learn the things that I learned. I’m going to now use those steps at home. I want to thank Stacey and the rest of her staff.”

