1. I will be able to feed my family healthier foods because of this class.
   □ Strongly agree □ Agree □ Disagree □ Strongly disagree

2. I feel better prepared to exercise by myself or with my family because of this class.
   □ Strongly agree □ Agree □ Disagree □ Strongly disagree

3. I would recommend this program to another family: □ Yes □ No

4. The slow cooker will help me prepare more healthy meals.
   □ Strongly agree □ Agree □ Disagree □ Strongly disagree

5. One way I learned for my family to eat more lean protein is:

6. My favorite part of the session was:

7. To improve this program I recommend:

8. What was your opinion of the food prepared today?
   Recipe I didn’t like it I loved it
   ___________________________ □1 □2 □3 □4 □5
   ___________________________ □1 □2 □3 □4 □5
   ___________________________ □1 □2 □3 □4 □5
   ___________________________ □1 □2 □3 □4 □5
   ___________________________ □1 □2 □3 □4 □5

   Comments:

Thank you!