

Overall:

- 100% of the participants left with great ideas for foods they wanted to cook in their slow cooker
- 93% of the participants rated the program as “excellent” (100% rated the program as “excellent” or “good”)
- 86% of the participants plan to use the slow cooker for the majority of the days per week (over a third planned to use the slow cooker **every day!**)

Some comments from the participants (my favorite thing about the class was):

- “(The) way (we) can build recipes...so simple.”
- “Tasting the food.”
- “Enthusiasm of instructor, new ideas.”
- “Everything, would like more sessions.”

