

Overall:

- 100% of the participants were satisfied with the quality of the programming (91% “excellent” rating and 9% “good” rating).
- 100% of the participants would recommend this class to another family.
- 100% of the participants learned something new at the class.
- 100% of the participants understood MyPlate at the conclusion of the class (only 50% understood MyPlate prior to the class).



Some comments from the participants (some translated from Spanish):

- “(My favorite thing about the class was) new ideas, recipes websites.”
- “It was very informative, and I’m very glad I came.”
- “(My favorite thing about the class was) the presenters were knowledgeable and easy to understand. Enjoyed the food sampling and recipe handouts.”
- “Wonderful presentation. Would like to attend another.”
- “(My favorite thing about the class was) very interactive and fun—timely and current info.”
- My family would love to know more about these classes. They are great.”

