

Overall:

- 100% of the participants rated the program as “excellent” or “very good”
- 100% of the participants would recommend this program to another family

Behavior changes resulting from the program:

- After completing the program, 100% of the participants understand the difference between whole grains and processed grains
- The majority of program participants experienced dietary behavior changes (shown in the following order of occurrence, from 90-50%)
 - 1) increase in consumption of **whole grains**
 - 2) increase in consumption of **fruits and vegetables**
 - 3) increase in consumption of **lentils and split peas**, and
 - 4) increase in consumption of **beans**.The majority of participants (70%) also reported enjoying their meals more than before the program!
- Participants felt an impact on their health through the program- the majority (60%) reporting exercising more frequently after the program vs. before.

Some comments from the participants (translated from Spanish):

- “The rice cooker has become my favorite piece of equipment to make side dishes and even desserts! (rice with milk, cinnamon and honey).”
- “The slow cooker is so easy to work with because I can cook all kinds of meats and vegetables—so simple.”
- “(My favorite thing about this program was) learning to cook in a healthy way and collecting all the recipes.”
- “With these classes I learned things I never knew before; I hope to continue the classes to learn more about healthy cooking and eating.”
- “I have solidified my knowledge of whole grains and how to incorporate them into my diet. Thank you for teaching us how to prepare them (whole grains) in different ways.”
- “The classes were an excellent way to remind me about the importance of exercise in staying healthy.”

