

Overall:

- 97% of the participants were satisfied with the quality of the programming (67% “excellent” rating and 30% “good” rating)
- 94% of the participants would recommend this class to another family (with 3% of participants not responding)
- 97% of the participants understood MyPlate at the conclusion of the class (only 66% understood MyPlate prior to the class)

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

- “Fun and interactive!”
- “I learned a lot and...loved the samples. I didn’t realize that you can do so much with a slow cooker.”
- “I think this class would be very helpful to other people.”
- “Recipes were delicious!”
- The presenter was excellent. Her personality and warmth shine through!”
- “Answered many questions I had about slow cooking.”

