

Overall

- 100% of the participants rated the program as “good” (25%) or “excellent” (75%)
- 100% of the participants would recommend this program to another parent



Some comments from the participants

- “I don't have to waste or throw (away) my leftovers anymore!”
- “(My favorite thing about this class was) the ability to try to cook the recipes and the variety of the ingredients available to use to make it to your taste.”
- “Great job!--It's great food and it's great to do and lots of fun.”
- “(My favorite thing about this class was) that we learn(ed) new things and a faster way to cook.”
- “I think this was very informative. It's nice to know there is a group like this to give us some insight to different nutrition (information) we may not be aware of. I loved it!”
- “I am glad that I came, I have 5 children, and I don't have to stick with one thing for breakfast or lunch anymore.”
- “(My favorite thing about this class was) the fact that I could use a rice cooker to make a healthy breakfast.”
- “The presenters were very knowledgeable, and I also like the fact that everything presented was promoting healthy eating habits. Bravo.”
- “I really like the way you can mix ingredients to make grains in a healthy way—To everyone who doesn't have time to cook and want to eat healthy.”
- “Very hands on, explain very well; Everyone is very friendly.”
- “This program is very informational and everyone was so friendly and open to what we had to say.”
- “The breakfast dish was really yummy.”
- “(My favorite thing about this class was) the dedication of the women that came out to teach us more about nutrition.”

Participants' thoughts about the rice cooker

- “I love it, thank you.”
- “I would use this a lot for breakfast since I always struggle with that for my family.”
- “I am going to use it a lot, thank you so much!”
- “I will use with everything to make good recipes for my kids!”
- “It's good because you save up so much time and you don't have to be looking over your rice (and grains/lentils) frequently.”

