

Overall:

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

Knowledge and behavior changes resulting from the program:

- The biggest dietary behavior changes from the program (listed from highest to lowest change) were an increase in consumption of :
 - 1) whole grains
 - 2) lentils
 - 3) beans
 - 4) fruits and vegetables
- The majority of participants expressed an improvement in their understanding of whole grains and the importance of preparing healthy foods to take care of themselves and children
- The majority of participants experienced an increase in their confidence preparing healthy meals for themselves and for children
- The majority of participants experienced an increase in their family's enjoyment of meals

Some comments from the participants:

- My favorite thing about these classes was “the motivation it gave me to cook with cereals and grains that I hadn't used before.”
- “I am overweight as well as my daughter and need to change bad cooking and eating habits. This program gave me hope that we can do better by showing me better, healthier ways.”
- “I learned what I did wrong with my kids so (my) grandkids will eat different. Thank you for the rice cooker and using it for more than rice. I never thought of that great idea.”
- “It was extraordinary to learn new things.”
- “Classes are fun, informative, interesting, delicious, (of course). I want to do it again.”

