

Overall

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

Behavior changes resulting from the program:

The majority of participants:

- experienced an increase in their consumption of whole grains
- experienced an increase in their consumption of lentils
- experienced an increase in their consumption of split peas
- experienced an increase in their consumption of beans
- understood the importance of taking care of self with healthier foods after the program vs. before

Some comments from the participants

- “Great ideas...to implement - no more "I don't have time to exercise."”
- “(My favorite thing about the program was) learning that there is hope for me to cook better. I still need major work but I really enjoyed the class.”
- “I am so thankful we were provided with this equipment. They are all very useful.”
- “I exercise regularly but being reminded on home I can exercise while just cooking or adding an ingredient was informative and fun. I do it all the time now! :)”
- “It was a great experience learning to make new healthier meals that my whole family will enjoy.”
- “The exercises taught were great because the kids could do it with while making dinner.”
- “(My favorite thing about the program was) how excited everyone was to learn.”

