



NTFP Spring 2010 Adult Program Evaluation Summary

Overall:

- 100% of respondents would recommend this program to other families
- 100% of respondents rated the program as “excellent”

Behavior Change:

- Many participants reported an increase in preparing breakfasts at home upon completing the program
- After completing the program, the majority of participants reported making lifestyle improvements for themselves and their children
- The biggest post-program dietary behavior changes included an increase in consumption of:
 - 1) whole grains
 - 2) fruits and vegetables
 - 3) lentils and beans
- Many participants reported enjoying their meals more than before attending the classes



Participant Comments:

- “The handouts about grains taught me something I didn't know.”
- “The rice cooking class helped me to know there are so many things that can be made in a rice cooker, and it's all healthy food.”
- “The teacher was very helpful and great at explaining and reading the directions on how to make the foods.”
- “The classes were great and I would recommend (them) to another family. My favorite class was Class 1 – Breakfast Grains.”