

### 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:

- After completing the program, the majority of participant families **prepared and ate a home cooked breakfast** more often than before attending the classes
- After completing the program, the majority of participants families **prepared and ate a home cooked dinners** more often than before attending the classes
- The biggest behavior changes we saw from the program were: 1) consumption of **more whole grains**, and 2) consumption of **more lentils and beans**. In fact, a majority of the program participants were not eating any lentils and beans on a weekly basis prior to attending the classes. On average, consumption of whole grains, beans and lentils **increased to 3-5 times per week!**
- Two additional behavior changes were reported: 1) an **increase in consumption of fruits and vegetables** (for 80% of the participant families) and 2) an **increase in weekly exercise** (for 80% of the participant families)
- Participants felt an impact on their health through the program- the biggest change was an **increase in energy** (70% of families noticed an improvement)

### Some comments from the participants

- “Great thing was to be able to actually put our hands and making meals and the excellent teachers, helpful and energetic. It was awesome.”
- “I had so much fun learning about how to feed my family better, healthier and cheaper best of all.
- Thank you.”
- Translated from Spanish: “It was a very good program because it helped us to cook and buy healthier food for the whole family. Most importantly, it taught our children (healthy eating).”
- “We definitely changed our way of cooking and preparing meals. We eat more fruits and veggies and more protein.”
- “(My favorite thing was) SLOW COOKER cooking!! It changed my life.”
- Translated from Spanish: “What I liked about the classes was when we made the recipes and how we learned how they were good for our health. Also, having the opportunity to bring our children (was s favorite thing) so that they understand how important home-made foods are.”
- Translated from Spanish: “I want to thank you for allowing us to participate as a family.”