

### Overall:

- 94% of the participants rated the program as “good” (50%) or “excellent” (44%)

### Behavior changes resulting from the program:

- The majority of the participants found the **rice cooker** to be very useful
- The biggest dietary behavior changes we saw from the program (in the following order of degree of change, from high to low) were:
  - 1) increase in consumption of **whole grains**
  - 2) increase in consumption of **beans**
  - 3) increase in consumption of **fruits and vegetables**, and
  - 4) increase in consumption of **lentils**.
- The majority of participants felt increased **confidence in preparing their kids’ meals**.



### Some comments from the participants:

- “My kids are eating my food for the first time in 6-7 years!”
- “Very kind, patient & communicative staff.”
- “I liked the three classes because I learned how to use whole grains and vegetables.”
- “I really liked participating in this program. Thank you for teaching us about healthy eating.”
- “(What I learned) helps me manage my time.”
- “(My favorite thing about the program was) trying different foods I have never tried.”
- “It is an important program (that teaches) new preparations of food and the nutritional value of different foods.”
- “It was very informative. It was also very motivating.”

