

Overall

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

Behavior changes resulting from the program:

- increase in frequency of home-made breakfasts (all participants)
- decrease frequency in fast food consumption (majority of participants)
- increase in fruit and veggie consumption (all participants)
- increase in making home-made baby food (50% of participants)
- increase in exercise (majority of participants)
- major transition (for the majority of participants) in understanding the benefits of making homemade baby food

Some comments from the participants

- “The program is absolutely great.”
- “Well organized.”
- “I really like all of the classes.”
- “Great!”
- “The program is great.”
- “They have great food.”
- “(The program) shows people how to eat healthier for cheaper prices.”
- “(They) teach very well.”
 - “I really like all of the classes.”
 - “It helped me become healthier.”
 - “Everything is useful.”



- “Good easy exercises.”
- “I do the standing crunches all of the time.”
- “I have been taking baby steps to become healthier and exercise more.”