

Appendix 12: Sample evaluation form

1. How did you hear about this program?

2. Why did you join this program?

3. Please put a (X) in a box to show your answer.

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
I learned new cooking skills from the program.				
This program helped me learn how to choose healthy foods.				
I am introducing new foods or recipes to my family.				
This program helps me feel more connected to my community.				

4. What do you like the most about this program?

5. Do you have any suggestions on how we can make the program better?

Thank you!