

WRAP UP FINAL EVALUATION

Thank you for participating in the evaluation of Food Families. Your responses will help us to continually improve the Food Families program. Please note that your survey responses will be confidential.

Date: _____

1. Overall, how satisfied are you with the Food Families program? (*Circle a response*)

Very Satisfied Satisfied Neutral Dissatisfied Very Dissatisfied

2. What did you like most about the Food Families program? Why?

3. What would you change about the Food Families program to make it better?

4. Would you recommend the Food Families program to others? (*Circle a response*)

Strongly Agree Agree Neutral Disagree Strongly Disagree

5. What are the 3 most important or helpful skills you learned from participating in Food Families?

- a. _____
- b. _____
- c. _____

6. What do you do differently because of what you learned in Food Families?

7. How has attending Food Families had an impact on **you** (i.e. what has changed for you since you started attending Food Families)?

8. How has attending Food Families had an impact on **your family** (i.e. what has changed for your family since you started attending Food Families)?



9. Please check one of the boxes for each line below to say whether the number of times per month you accessed food from each source has increased, decreased, or stayed the same.

Source	Increased	Decreased	Stayed The Same
Grocery store			
Convenience store			
Restaurant (e.g. Tim Hortons)			
Farmer's Market			
Garden			
Emergency Food Source			
Other (e.g. family/friends)			

If you chose **other**, please specify the source(s): _____

10. What barriers to healthy eating has Food Families helped you with? (Check all that apply)

- Cost
- Time to prepare
- Knowing how to prepare healthy meals and snacks
- The taste of many healthy foods
- Knowing where to find healthy recipes
- Motivation to eat in a healthy way
- Understanding the available information
- Having picky eaters in my family and just cooking what they like

Other: _____

11. As a result of attending Food Families, I have... (Check one of the boxes for each row)

	Yes, I have done this	I plan to do this	No, and I do not plan to do this
Used coupons to save money on my grocery bill.			
Registered with one or more rewards programs.			
Included other family members in couponing.			
Created a meal plan specific to my family's needs.			
Used a grocery list when buying groceries.			
Used price matching at a grocery store to save money.			
Used proper hand washing techniques with my family.			
Prepared at least one new healthy recipe at home.			
Used new methods to budget my monthly income.			
Accessed financial resources or services in the community.			
Used Harvest Bucks to buy fresh fruits or vegetables.			
Used one or more of the food preservation techniques I learned.			



12. As a result of participating in Food Families, I have saved money on my monthly grocery bill.
(Circle a response)

Yes No Unsure

If **yes**, approximately how much do you think you are saving each month? \$_____

13. As a result of attending Food Families... (Check one of the boxes for each row. Please consider your overall experience with Food Families.)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I learned new ways to save money.					
I now have more options when purchasing food.					
I have increased my ability to prepare healthy meals.					
I am more confident in my cooking skills.					
I can confidently include my children or family members in the meal preparation process.					
I can adjust a recipe to make it healthier.					
I can make a meal from scratch using a recipe.					
I have increased my ability to use a variety of kitchen tools and appliances to prepare a recipe.					
I have increased knowledge about how to cook healthy meals on a budget.					
Whenever we can, my family and I eat nutritious and well-balanced meals.					
I know where to go for information, resources, and neighbourhood activities related to food and nutrition.					
I have shared money saving techniques with friends outside of the Food Families program.					
I have developed relationships outside of the program with other Food Families participants.					
I feel more connected to my neighbourhood or community.					
I would like to continue to be involved in something like Food Families in my neighbourhood.					

