 **Family Program**

**Whole Grains and Sodium**

1. I will be able to feed my family healthier foods because of this class.

 🞏 Strongly agree 🞏 Agree 🞏 Disagree 🞏 Strongly disagree

2. I feel better prepared to exercise by myself or with my family because of this class.

 🞏 Strongly agree 🞏 Agree 🞏 Disagree 🞏 Strongly disagree

3. I would recommend this program to another family: 🞏 Yes 🞏 No

4. One way I learned for my family to eat more whole grains is:

5. One way I learned for my family to eat less sodium is:

6. My favorite part of the session was:

7. To improve the program I would recommend:

8. What was your opinion of the food prepared today?

Recipe I didn’t like it I loved it

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Comments: