

Post-Program Questionnaire *Cooking Fun for Families*



New Westminster School District #40

We would appreciate if you would answer the following questions. You are not required to answer these questions and there is no penalty for not answering. However, answering them would be very helpful to us and the program. All information will be kept confidential.

Session 1 Session 2 Session 3 Lord Kelvin : John Robson:

What is the biggest impact or affect **Cooking fun for Families** has had on your families life:

Have your families eating or cooking habits changed since you have become involved in **Cooking Fun for Families**?

Has **Cooking Fun for Families** changed how you shop (i.e. types of foods, buying different foods etc.) and how you budget your food dollars?

Please tell us know how **Cooking Fun for Families** has helped you in the following areas.

	1 I have seen a lot of improvement	2 I have seen some improvement	3 I have seen no improvement
Cooking / Baking			
Nutrition			
Budgeting			
Fitness / Stress Management			
Literacy Skills			
English Language skills			
Parenting skills			
School / Community Involvement			
Level of comfort in School			
Self-Esteem / Confidence			

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What were your families' favourite **Cooking Fun for Families** recipes?

What were your child / children's favourite activities at **Cooking Fun for Families**?

Was there anything you would have liked to learn from **Cooking Fun for Families** that we missed?

Are there any other comments you or your child / children would like to share?

Next Step Planning

Would you like to:	I already am	Yes	No
Get connected to another community kitchen in the community			
Become more involved in the school			
Are you interested in:			
Upgrading to get your high school diploma			
Improving your Literacy			
Attending English Language classes			
Obtaining Volunteer Work Experience			
Employment Related:			
Exploring Career options			
Finding Employment			
Attending Job Training			
Other:			