Low Cost Cooking for Health- March 2008

Participant Questionnaire

1. Is Low Cost Cooking for Health helpful for you & your family meals:

_____	_____	____	___	_____
Not at all	Not much	A little	Yes	Wow

How was it helpful?_____

2. Do you use any of the recipes at home? Yes No

   What are some of your favorite recipes?

3. Have you used any other services or programs at Princess Royal Family Centre?

   Yes No

   Which ones ?_____

4. Would you suggest our program to a friend?

Suggest to a friend		Join a community kitchen group	
Yes	No	Yes	No

5. Are there changes you think we should make to this program?

6. When you prepare a meal, do you mostly follow a recipe or create your own dishes?

7. Do you have the tools at home to make the recipes?