



Healthy FoodKnowledge Sessions: St. Frances Cabrini Catholic Church  
Preliminary Report (prepared June 18, 2012)

Participation (through May 2012)

Attendance: 53 encounters; 41 unique participants; 12 participants attended at least two or more sessions

Healthy FoodKnowledge Session	Number of Attendees	Number of participants who attended a previous session
Healthy Vegetable Soup	19	
Healthy Yogurt Parfait w/ Homemade Granola	17	11
Healthy Southern Fry served w/ Brown Rice	17	7

Demographics

Age	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
0-12 years	2	2	2
13-18 years	0	0	0
19-20 years	1	1	3
30-45 years	6	2	4
46-59 years	6	6	3
60+ years	4	6	5

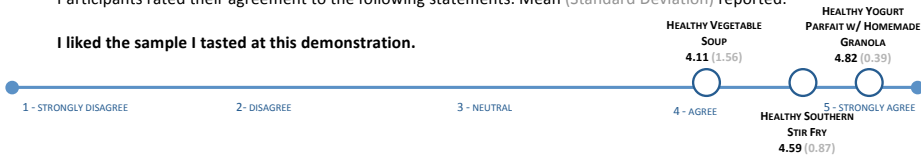
Race/Ethnicity	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
White	13	2	11
Hispanic	5	1	2
White & Hispanic	0	1	0
Black/African American	0	1	4
Asian/Pacific Islander	1	0	0

Five (5) participants reported receiving Supplemental Nutrition Assistance Program (SNAP) benefits in the past 6 months. One (1) participant reported receiving WIC. One (1) participant reported receiving child nutrition support (free or reduced lunch).

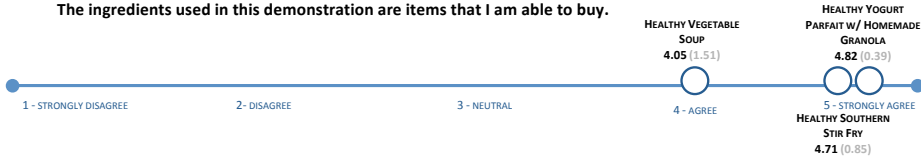
RELEVANCE AND ACCESSIBILITY

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

I liked the sample I tasted at this demonstration.



The ingredients used in this demonstration are items that I am able to buy.

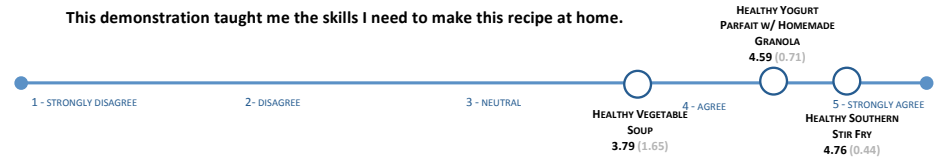


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WHAT PARTICIPANTS LEARNED

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

This demonstration taught me the skills I need to make this recipe at home.



I learned new ways to help my family eat healthier.



Summary of responses: What are 2 specific things you learned in today's Healthy FoodKnowledge Class?

Category of Statements	Number of Statements			Total
	Healthy Vegetable Soup	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served w/ Brown Rice	
General Health Choices (e.g., "cooking from scratch is good", "fresh and homemade are preferred", "choose colorful foods")	4	5	5	14
Nutritional Information (e.g., "Kale is a great source of calcium.", "Granola boosts energy and immunity.", "onions provide vitamins B and C.")	3	4	7	14
Food Preparation (e.g., "You can clean greens with cider vinegar.", "Microwave squash before peeling.", "Use less olive oil+ put in hot pan to spread.")	9	8	5	22
Taste of Recipe and Ingredients (e.g., "meatless soup is good", "granola is tasty.", "Brown rice taste ok")	5	3	2	10
General Information about Food (e.g., "vegetables with seeds are fruits", "[Okra is] different colors", "honey is a natural sweetener")	3	0	3	6
Miscellaneous	0	2	3	5



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**PARTICIPANTS' PLANNED BEHAVIORS**

Participants rated their agreement to the following statement: Mean (Standard Deviation) reported.

I plan to use this recipe at home.



Summary of responses: What will you do this week after taking part in today's Healthy FoodKnowledge Class?

Statement	Number of participants who selected statement		
	Healthy Vegetable Soup	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served w/ Brown Rice
This week, I will buy at least one of the ingredients I learned about today.	12	7	10
This week, I will make the [featured recipe].	4	5	5
This week, I will prepare at least one healthy dish using ingredients I learned about today.	13	8	10

\*Participants can select more than one answer.

**PARTICIPANTS' REPORTED BEHAVIORS**

Recipe Preparation: As of May 17, 2012,

- Twelve (12) participants reported that they prepared the Healthy Vegetable Soup recipe.
- Four (4) participants reported that they prepared the Healthy Yogurt Parfait with Homemade Granola
- Two (2) participants reported that they prepared a dish using a key ingredient from featured recipes

**Fruit and Vegetable Intake**

Summary of responses: How many times a day do you eat fruit?/How many servings of fruit do you eat today?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
0 times a day	0	0	1
1-2 times a day	13	10	6
3-4 times a day	5	5	8
5-6 times a day	8	2	2
No answer	0	0	2

Summary of responses: How many times a day do you eat vegetables?/How many servings of vegetables do you eat today?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
1-2 times a day	11	10	9
3-4 times a day	5	5	5
5-6 times a day	2	2	3
No Answer	1	0	2

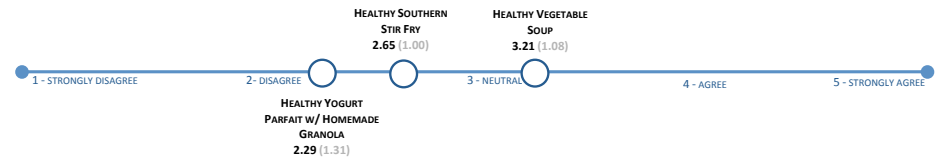


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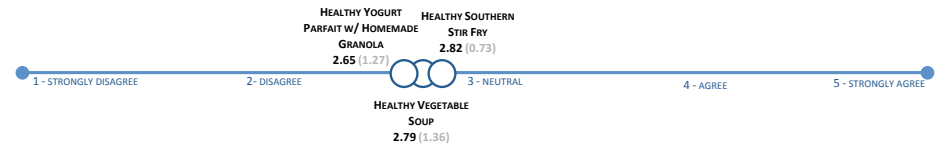
**PARTICIPANTS' PERCEPTIONS (AND PARTICIPATION) OF THE FORSYTH FARMERS MARKET**

Participants rated their agreement to the following statements: Mean (Standard Deviation) reported.

I think that shopping at the Forsyth Farmers market is difficult?



I think that shopping at the Forsyth Farmers Market is more expensive than shopping at a grocery store.



Summary of Responses: How often do you shop at the Forsyth Farmers Market?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
I have never shopped at the Forsyth Farmers Market.	15	14	12
I shop every week.	0	0	1
I shop 2-3 times a month.	1	1	0
I shop once a month.	1	0	1
I shop every 2-3 months.	1	2	1



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Healthy FoodKnowledge Session	Number of Attendees	Number of participants who attended a previous session
Healthy Vegetable Soup	19	
Healthy Yogurt Parfait w/ Homemade Granola	17	11
Healthy Southern Fry served w/ Brown Rice	17	7

Demographics

Age	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
0-12 years	2	2	2
13-18 years	0	0	0
19-20 years	1	1	3
30-45 years	6	2	4
46-59 years	6	6	3
60+ years	4	6	5

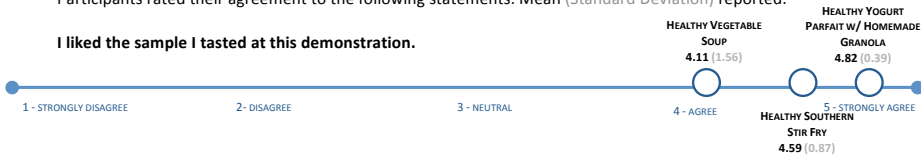
Race/Ethnicity	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
White	13	2	11
Hispanic	5	1	2
White & Hispanic	0	1	0
Black/African American	0	1	4
Asian/Pacific Islander	1	0	0

Five (5) participants reported receiving Supplemental Nutrition Assistance Program (SNAP) benefits in the past 6 months. One (1) participant reported receiving WIC. One (1) participant reported receiving child nutrition support (free or reduced lunch).

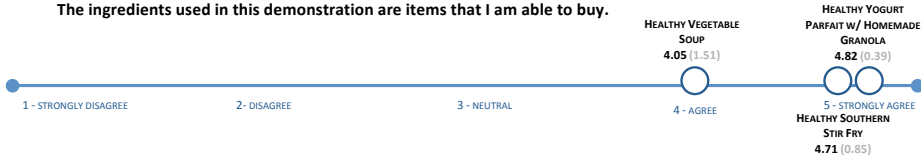
RELEVANCE AND ACCESSIBILITY

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

I liked the sample I tasted at this demonstration.



The ingredients used in this demonstration are items that I am able to buy.

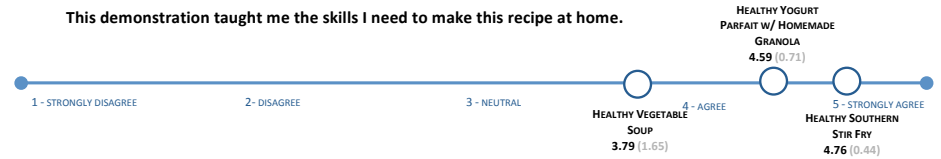


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WHAT PARTICIPANTS LEARNED

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

This demonstration taught me the skills I need to make this recipe at home.



I learned new ways to help my family eat healthier.



Summary of responses: What are 2 specific things you learned in today's Healthy FoodKnowledge Class?

Category of Statements	Number of Statements			Total
	Healthy Vegetable Soup	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served w/ Brown Rice	
General Health Choices (e.g., "cooking from scratch is good", "fresh and homemade are preferred", "choose colorful foods")	4	5	5	14
Nutritional Information (e.g., "Kale is a great source of calcium.", "Granola boosts energy and immunity.", "onions provide vitamins B and C.")	3	4	7	14
Food Preparation (e.g., "You can clean greens with cider vinegar.", "Microwave squash before peeling.", "Use less olive oil+ put in hot pan to spread.")	9	8	5	22
Taste of Recipe and Ingredients (e.g., "meatless soup is good", "granola is tasty.", "Brown rice taste ok")	5	3	2	10
General Information about Food (e.g., "vegetables with seeds are fruits", "[Okra is] different colors", "honey is a natural sweetener")	3	0	3	6
Miscellaneous	0	2	3	5



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**PARTICIPANTS' PLANNED BEHAVIORS**

Participants rated their agreement to the following statement: Mean (Standard Deviation) reported.

I plan to use this recipe at home.



Summary of responses: What will you do this week after taking part in today's Healthy FoodKnowledge Class?

Statement	Number of participants who selected statement		
	Healthy Vegetable Soup	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served w/ Brown Rice
This week, I will buy at least one of the ingredients I learned about today.	12	7	10
This week, I will make the [featured recipe].	4	5	5
This week, I will prepare at least one healthy dish using ingredients I learned about today.	13	8	10

\*Participants can select more than one answer.

**PARTICIPANTS' REPORTED BEHAVIORS**

Recipe Preparation: As of May 17, 2012,

- Twelve (12) participants reported that they prepared the Healthy Vegetable Soup recipe.
- Four (4) participants reported that they prepared the Healthy Yogurt Parfait with Homemade Granola
- Two (2) participants reported that they prepared a dish using a key ingredient from featured recipes

**Fruit and Vegetable Intake**

Summary of responses: How many times a day do you eat fruit?/How many servings of fruit do you eat today?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
0 times a day	0	0	1
1-2 times a day	13	10	6
3-4 times a day	5	5	8
5-6 times a day	8	2	2
No answer	0	0	2

Summary of responses: How many times a day do you eat vegetables?/How many servings of vegetables do you eat today?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
1-2 times a day	11	10	9
3-4 times a day	5	5	5
5-6 times a day	2	2	3
No Answer	1	0	2

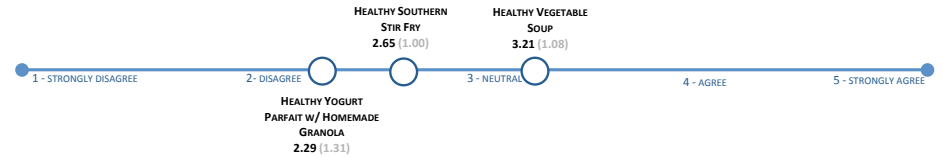


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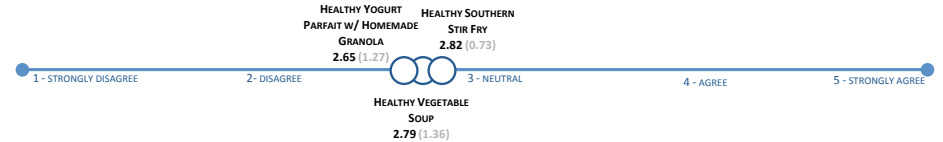
**PARTICIPANTS' PERCEPTIONS (AND PARTICIPATION) OF THE FORSYTH FARMERS MARKET**

Participants rated their agreement to the following statements: Mean (Standard Deviation) reported.

I think that shopping at the Forsyth Farmers market is difficult?



I think that shopping at the Forsyth Farmers Market is more expensive than shopping at a grocery store.



Summary of Responses: How often do you shop at the Forsyth Farmers Market?

Frequency	Number of Participants		
	Healthy Vegetable Soup	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry w/Brown Rice
I have never shopped at the Forsyth Farmers Market.	15	14	12
I shop every week.	0	0	1
I shop 2-3 times a month.	1	1	0
I shop once a month.	1	0	1
I shop every 2-3 months.	1	2	1



Healthy FoodKnowledge Sessions: Temple of Glory Community Church  
Preliminary Report (prepared June 22, 2012)

Participation (through May 2012)

Attendance: 39 encounters; 35 unique participants; 4 participants attended at least two or more sessions

Healthy FoodKnowledge Session	Number of Attendees	Number of participants who attended a previous session
Healthy Yogurt Parfait w/ Homemade Granola	24	
Healthy Southern Fry served w/ Brown Rice	15	4

Demographics

Age	Number of Participants	
	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
0-12 years	0	0
13-18 years	0	0
19-29 years	0	1
30-45 years	5	6
46-59 years	12	6
60+ years	5	1
No Response	2	1

Race/Ethnicity	Number of Participants	
	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
Hispanic	1	1
Black/African American	21	14
No Response	2	0

Two (2) participants reported receiving Supplemental Nutrition Assistance Program (SNAP) benefits in the past 6 months.

RELEVANCE AND ACCESSIBILITY

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

I liked the sample I tasted at this demonstration.



The ingredients used in this demonstration are items that I am able to buy.



Healthy FoodKnowledge Sessions: Temple of Glory Community Church  
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WHAT PARTICIPANTS LEARNED

Participants rated their agreement to the following statements. Mean (Standard Deviation) reported.

This demonstration taught me the skills I need to make this recipe at home.



I learned new ways to help my family eat healthier.



Summary of responses: What are 2 specific things you learned in today's Healthy FoodKnowledge Class?

Category of Statements	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served w/ Brown Rice	Total
General Healthy Choices (e.g., "cooking from scratch is good", "fresh and homemade are preferred", "choose colorful foods")	8	3	11
Nutritional Information (e.g., "Kale is a great source of calcium.", "Granola boosts energy and immunity.", "onions provide vitamins B and C.")	14	11	25
Food Preparation (e.g., "You can clean greens with cider vinegar.", "Microwave squash before peeling.", "Use less olive oil+ put in hot pan to spread.")	3	3	6
Taste of Recipe and Ingredients (e.g., "meatless soup is good", "granola is tasty.", "Brown rice taste ok")	0	0	0
General Information about Foods (e.g., "vegetables with seeds are fruits", "[Okra is] different colors", "honey is a natural sweetener")	8	2	10
Miscellaneous	0	0	0



Healthy FoodKnowledge Sessions: Temple of Glory Community Church  
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**PARTICIPANTS' PLANNED BEHAVIORS**

Participants rated their agreement to the following statement: Mean (Standard Deviation) reported.

I plan to use this recipe at home.



Summary of responses: What will you do this week after taking part in today's Healthy FoodKnowledge Class?

Statement	Number of participants who selected statement	
	Healthy Yogurt Parfait w/ Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
This week, I will buy at least one of the ingredients I learned about today.	12	9
This week, I will make the [featured recipe].	8	8
This week, I will prepare at least one healthy dish using ingredients I learned about today.	8	9

\*Participants can select more than one answer.

**PARTICIPANTS' REPORTED BEHAVIORS**

Recipe Preparation: As of May 14, 2012,

- Four (4) participants reported that they prepared the Healthy Yogurt Parfait with Homemade Granola

**Fruit and Vegetable Intake**

Summary of responses: How many times a day do you eat fruit?/How many servings of fruit do you eat today?

Frequency	Number of Participants	
	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
0 times a day	0	0
1-2 times a day	9	2
3-4 times a day	14	13
5-6 times a day	1	0
No answer	0	2

Summary of responses: How many times a day do you eat vegetables?/How many servings of vegetables do you eat today?

Frequency	Number of Participants	
	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
0 times a day	0	1
1-2 times a day	17	3
3-4 times a day	6	10
5-6 times a day	1	1
No Answer	0	0

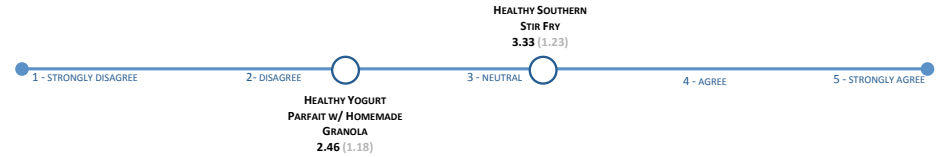


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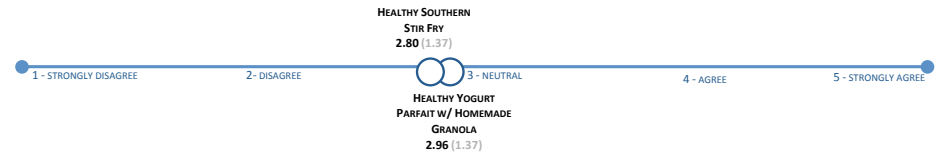
**PARTICIPANTS' PERCEPTIONS (AND PARTICIPATION) OF THE FORSYTH FARMERS MARKET**

Participants rated their agreement to the following statements: Mean (Standard Deviation) reported.

I think that shopping at the Forsyth Farmers market is difficult?



I think that shopping at the Forsyth Farmers Market is more expensive than shopping at a grocery store.



Summary of Responses: How often do you shop at the Forsyth Farmers Market?

Frequency	Number of Participants	
	Healthy Yogurt Parfait with Homemade Granola	Healthy Southern Stir Fry served over Brown Rice
I have never shopped at the Forsyth Farmers Market.	16	11
I shop every week.	0	0
I shop 2-3 times a month.	0	0
I shop once a month.	1	1
I shop every 2-3 months.	4	2
No Response	2	1