

**Eat Together, Eat Better Evaluation**

We are conducting this evaluation to determine the outcomes of the Eat Together, Eat Better Program. Your participation is voluntary, but encouraged, and your results will be anonymous. Please circle the answer that most accurately represents you and your family. Thank you!

1. On average, how many family meals did you have per week?
   1. never or seldom (0-2 times)
   2. most days (3-5 times)
   3. usually (6-7 times)
2. How often a week do you cook with your family?

a. 0-1 time

b. 2-3 times

c. 4 times or more

1. While eating meals together, how much of the time is your family talking together?
2. a little bit of the time
3. some of the time
4. a good bit of the time
5. most of the time
6. How important is celebrating with your family to you?

a. not important

b. a little bit important

c. somewhat important

d. important

d. very important

e. extremely important

**Thinking back…**

The questions you just answered were about the present. Now we want you to look back and think about before you participate in Eat Together, Eat Better. On this page please answer the questions based on what meals were like with your family **before** you participated in the program. This side of the evaluation is designed to understand what participants habits were prior to the program. Thank you!

1. On average, how many family meals did you have per week before the start of ETBT?

a. 0-1 time

b. 2-3 times

c. 4 times or more

1. Before beginning ETEB, how often a week did you cook with your family?

a. 0-1 time

b. 2-3 times

c. 4 times or more

1. Before participating in ETEB, while eating meals together, how much of the time did your family talking together?
2. a little bit of the time
3. some of the time
4. a good bit of the time
5. most of the time
6. Before beginning ETEB, how important was celebrating with your family to you?

a. not important

b. a little bit important

c. somewhat important

d. important

d. very important

e. extremely important

Lesson 1

Cook Together Evaluation

This short evaluation is being conducted to determine the outcomes of the Eat Together, Eat Better Program. Your participation is voluntary, but encouraged, and your results will be anonymous. Please be open and honest in your answers. Thank you!

1. What are some reasons to cook together as a family?
2. What benefits of cooking together are most important to you?
3. What are some ways to involve family members in preparing a meal?

Lesson 2

Talk Together Evaluation

This short evaluation is being conducted to determine the outcomes of the Eat Together, Eat Better Program. Your participation is voluntary, but encouraged, and your results will be anonymous. Please be open and honest in your answers. Thank you!

1. Please list some guidelines that you think are important to keep in mind for mealtime conversations:
2. What are some of the benefits of talking together at mealtimes?
3. Thinking about your family, what are some ways you could start conversation?

Lesson 3

Celebrate Together Evaluation

This short evaluation is being conducted to determine the outcomes of the Eat Together, Eat Better Program. Your participation is voluntary, but encouraged, and your results will be anonymous. Please be open and honest in your answers. Thank you!

1. What are some reasons food is used in celebration?
2. What changes or additions would you like to include in your next family celebration?
3. What food could you include, to make healthy options part of your celebration?
4. What are some ways that rituals, traditions, and celebrations influence the health and wellbeing of our children?