

## Program Evaluation

# Planning Thrifty Holiday Meals

Leader Lesson

Circle the response that most closely represents your thoughts about each statement.

As a result of participating in this program:

### Program Specific

I know about various methods to meal plan during the holidays  
Strongly Agree Agree Disagree Strongly Disagree

I am able to identify recipes for the holidays that fit my budget/families budget  
Strongly Agree Agree Disagree Strongly Disagree

I understand the importance of food safety  
Strongly Agree Agree Disagree Strongly Disagree

I learned new and useful cooking techniques  
Strongly Agree Agree Disagree Strongly Disagree

### Core Curriculum

I am able to prepare healthy & tasty foods on a budget  
Strongly Agree Agree Disagree Strongly Disagree

I feel confident in my skills to plan holiday meals  
Strongly Agree Agree Disagree Strongly Disagree

I know how to grocery shop for food items that fit within my budget  
Strongly Agree Agree Disagree Strongly Disagree

I will use the tips and recipes I learned today in my future holiday meals  
Strongly Agree Agree Disagree Strongly Disagree

### Post Program

I feel comfortable teaching and sharing the information I learned to friends and family  
Strongly Agree Agree Disagree Strongly Disagree

I gained useful, hands on experience during this lesson  
Strongly Agree Agree Disagree Strongly Disagree

I plan to implement meal planning tips I learned today in the future  
Strongly Agree Agree Disagree Strongly Disagree

I would like to participate in a program or leader lesson like this in the future  
Strongly Agree Agree Disagree Strongly Disagree