



Fruits and Veggies 101 Parent Education exit Survey Results 2010-11

The Fruits and Veggies 101 head Start program includes a parent education component. From October 2010 to May 2011, ten parent education classes took place, one at each preschool site that received the Fruits and Veggies 101 program. At the end of each class parents were given a brief exit survey. A total of 196 surveys were collected. Below are the survey results.

Comments:

"Thank you! Learned some new info."

"Great presentation. Learned lots."

"Good nutrition class."

"I was very interested in the class."

"This type of class is very good because we learn more things."

"Thank you for the class – very good information."

"I would definitely like to have this program brought to my preschool to help educate parents in my classroom."

"I liked the nutrition class and I learned more about how to feed my children and family."

"I'm shocked by the high quantities of sugar we are consuming."

"Very informative."

"Excellent presentation! Thank you!"

"The class helped me a lot. Even though healthier foods are more expensive, I will buy healthy food for my family."