

**Texas WIC Lesson Evaluation Results
GN-000-24: CCNE Cooking with WIC Approved Foods**

Client Feedback

Total # of clients who responded to survey: 79

Clients surveyed identified themselves as:

- Pregnant: 11%
- Breastfeeding: 9%
- Caretaker of baby under 12 months: 46%
- Caretaker of a child over 1 year: 84%
- Friend of family: 17%
- First WIC class: 13%

Language in which the class was taught:

- English – 68%
- Spanish – 23%
- Both – 10%

Compared to other WIC classes, clients awarded this class **4.6 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	0%	16%	84%
Too long	91%	7%	3%
Informative	0%	12%	89%
Important	0%	16%	84%
Boring	89%	8%	3%
Covered things I already know	17%	63%	20%
Answered my questions	5%	31%	64%
Encouraged me to participate	3%	22%	75%
The instructor knew a lot about the topic	0%	7%	94%
Good for first-time parents	1%	17%	82%
I understood the language	0%	5%	95%

Clients indicated one thing they learned that they would try at home. Out of 77 write-in responses, themes for the comments included:

- Recipes are quick and easy – will try them all
- Using healthier cooking techniques or ingredients, such as brown rice or canola oil
- How to cook with WIC foods
- To cook more at home
- Save leftovers to make another dish
- Try new and healthy foods

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Staff Feedback

Total # of staff who responded to the survey: 21

Staff surveyed included: WCS (3), CA (2), Nutritionist (15), Nutrition Education Coordinator (1) and had the following degrees: LVN (1), LD (1), RD (2), Degreed Nutritionist (16), Other (3).

Language in which the class was taught:

- English – 67%
- Spanish – 0%
- Both – 33%

Staff reported the following as working well when teaching the class:

- Asking parents what they like to cook for their children
- The video along with the chili recipe
- Clients like to share how they incorporate WIC foods into their meals
- The clients loved to learn about and sample WIC foods
- Having clients share their food/meal ideas with each other
- Showing clients the benefits of using WIC foods
- The clients enjoyed the recipes, free food samples, and free give-a-ways (like the *Cooking with Fruits and Vegetables* book)
- The Meal Planning Activity - We had the Food Combinations listed on Menu cards. We used a Choose My Plate poster to identify which group the WIC food was in, and then we brainstormed on what additional food to add to complete the plate. The participants came up with some great meal plans that were healthy and budget-friendly.

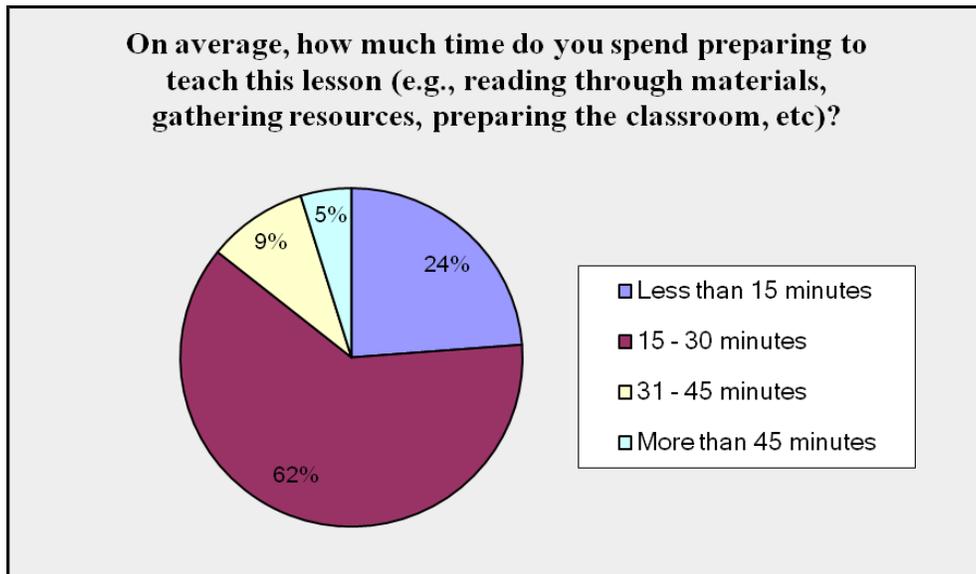
What staff would do differently the next time they teach the class:

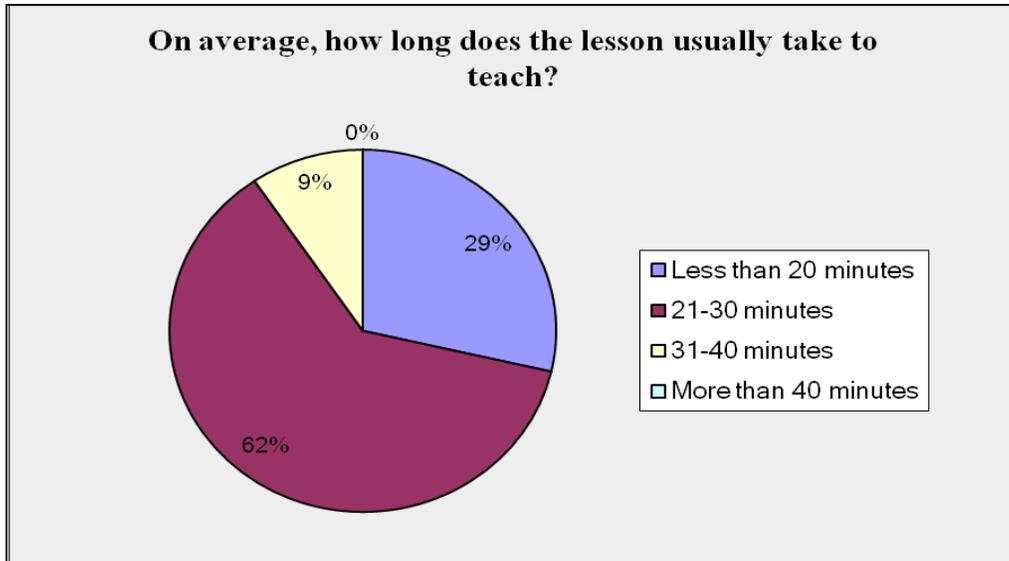
- Parents are often not very talkative – ask questions and pause long enough for them to answer
- Some instructors may want to ask a different icebreaker question
- Watch just the cooking part of the video. The clip was very long and the meal easy, so the clients seemed to be bored with the repetition.
- I would have more foods/snacks prepared for the demonstration
- Nothing

CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	4.8%	1
2	4.8%	1
3	19.0%	4
4	14.3%	3
5 or more	57.1%	12

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	57.1%	12
Easy	42.9%	9
Difficult	0.0%	0
Very Difficult	0.0%	0





In your opinion, what would be the ideal size for this class?

Answer Options	Response Percent	Response Count
Less than 6	23.8%	5
6-10	57.1%	12
11-16	19.0%	4
More than 16	0.0%	0
It doesn't matter	0.0%	0

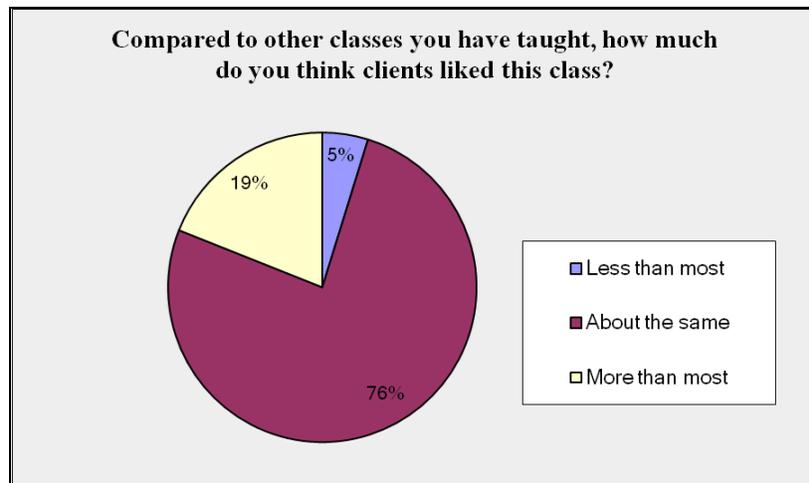
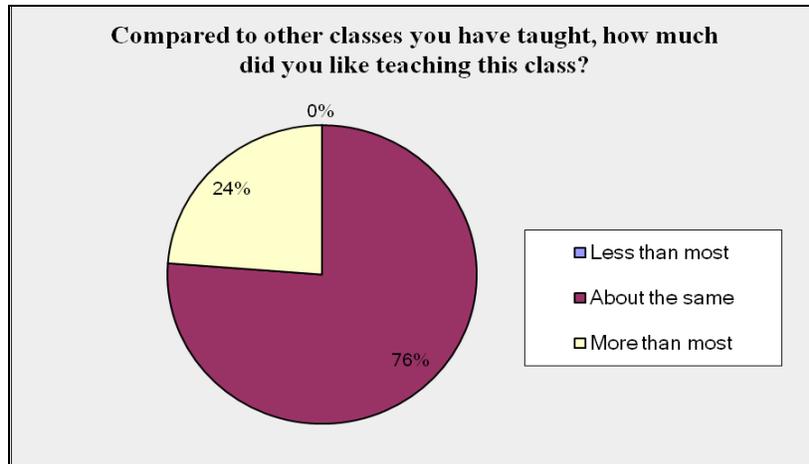
CLASS FLOW

How much of the following sections of the lesson plan did you usually cover?

Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	1	3	16	1	21
Main activity	0	3	17	1	21
Optional activities	2	13	3	0	18
Conclusion/Take away	0	1	19	1	21
In-class evaluation	3	7	8	3	21

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	0.0%	0
Less than half	19.0%	4
About half	61.9%	13
More than half	4.8%	1
Almost all	14.3%	3

ENJOYMENT OF CLASS



TRAINING BACKGROUND

What training or background have you had that helped you teach this class? (Check all that apply.)		
Answer Options	Response Percent	Response Count
None	0.0%	0
Basic nutrition knowledge	61.9%	13
Advanced nutrition knowledge	47.6%	10
Basic breastfeeding knowledge	14.3%	3
Advanced breastfeeding knowledge	9.5%	2
Public speaking	14.3%	3
Client-centered NE training from State	42.9%	9
Client-centered NE training at my local agency	52.4%	11
Other (please specify)		2

What additional training would help you teach this class?

- Personal experience with cooking or food preparation
- Doing more classes like this
- None, it is a pretty easy class to follow