

ITC Walmart / FDPIR 2021

COOKING VIDEO EVALUATION SURVEY

Hello everyone!

Since January we have been distributing monthly cooking videos via email and posting them on webpages and Facebook pages in the community. These videos are part of an ITC / FDPIR grant with Walmart.

Attached is a survey for the cooking videos. This data is important to collect for the evaluation of the ITC / FDPIR Walmart project and we are in need of data!

IF YOU HAVE WATCHED THE VIDEOS, please take the time to complete the survey and submit it to Charla Gordon at cgordon@ltbbodawa-nsn.gov . You can print it, complete it and scan or take a photo and email it. You can also highlight your answers directly on the form and email it back to Charla.

Your answers are anonymous but all names/email addresses will be collected for a drawing. **SUBMIT A COMPLETED SURVEY FOR A CHANCE TO WIN EITHER A NINJA 1000 BLENDER OR A GEORGE FOREMAN GRILL.**

Miigwech for your time and support of our programming efforts,

Joe VanAlstine, FDPIR and Charla Gordon, Community Health

HEALTHY NATIVE FOODS COOKING VIDEO SURVEY

Please answer these questions to tell us what you know and how confident you feel about nutrition and cooking with healthy, Native foods. The survey will help us see how well the cooking video helps increase confidence in cooking meals with fresh fruits, vegetables, and traditional foods. You will answer a set of questions two times, once based on your confidence **BEFORE** watching the cooking video and once based on your confidence **AFTER** watching the cooking video. Please do not type your name anywhere in this survey; your answers will be anonymous. All the survey data will be combined and results analyzed by our evaluators at MPH. The overall results may be shared with our Tribe, the Inter-Tribal Council of Michigan, and the Walmart Foundation (the funders of this program). If you have any questions or concerns about this survey or the Tribal Foods project, please contact Cathy Edgerly at ITC of MI at cedgerly@itcmi.org.

Date: _____ **Tribal Community:** _____

How many Healthy Native Foods cooking videos did you watch/attend in the past 3 months: _____

Please choose the one answer that sounds the most like you BEFORE watching the cooking video(s).

I was confident in my ability to prepare and cook a healthy meal with fresh fruits and/or vegetables.	NO!	no	Not sure	yes	YES!
I was confident in my ability to prepare and cook a healthy meal using some traditional foods (such as wild rice, squash, beans, berries, bison, and fish).	NO!	no	Not sure	yes	YES!
I was confident cooking with new recipes that include fresh fruits, vegetables, or traditional foods.	NO!	no	Not sure	yes	YES!

Please choose the one answer that sounds the most like you AFTER watching the cooking video(s).

I am confident in my ability to prepare and cook a healthy meal with fresh fruits and/or vegetables.	NO!	no	Not sure	yes	YES!
I am confident in my ability to prepare and cook a healthy meal using some traditional foods (such as wild rice, squash, beans, berries, bison, and fish).	NO!	no	Not sure	yes	YES!
I am confident cooking new recipes that include fresh fruits, vegetables, or traditional foods.	NO!	no	Not sure	yes	YES!
I know more about how to prepare healthy meals with traditional foods from watching the cooking video(s).	NO!	no	Not sure	yes	YES!
I will very likely use what I learned from the cooking video(s) to cook meals in the future.	NO!	no	Not sure	yes	YES!

What other cooking skills (i.e. cutting, grilling, etc.) would help you prepare more healthy meals at home?

Are you: Male Female Transgender Genderqueer/Non-Binary Other: _____

What is your age group? Under 18 18 – 35 36 – 55 56 – 65 Over 65

Miigwetch for helping us improve our cooking videos!