**Name or Site:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **How helpful was the information provided in today’s workshop?**  
   a. Very helpful   
   b. Helpful  
   c. Kind-of helpful  
   d. Not helpful (explain)  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **On a scale from 1 to 10 how confident are you about your cooking skills after today’s workshop?** *(1=not confident, 10=very confident)*  
   \_\_\_\_\_\_\_
3. **How likely are you to try the discussed preservation methods after today?** **(CIRCLE)**  
   a. Very likely  
   b. Somewhat likely  
   c. Not likely (explain)  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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4. **We would love your feedback! It will help us improve the next nutrition workshop!  
   *Anything you would have liked to learn that we didn’t cover? What did you enjoy?***  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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**THANK YOU!**