



Jr. Chef Club Parent Newsletter Evaluation

Over the past seven weeks *Jr. Chef* lessons were presented in your child's classroom. Please take a few minutes to let us know how you used the information in the nutrition newsletters that came home each week. **Please send this completed form to school with your child within one week.**

<p>As a result of reading this newsletter, did you or your family do any of the following:</p>	<p>Check Your Answer</p>	<p>If you mark YES, write what you are doing or what information was most valuable to you.</p>
<p>We prepared new foods or recipes from the newsletter.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>We now buy healthier snacks for my child to eat.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>We did some of the suggested activities in the newsletter.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>We eat more fruits and vegetables.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>We read nutrition labels when choosing food.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>We did physical activity this week.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>These newsletters provided new ideas for healthy eating and increasing physical activity.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>_____</p>
<p>I would attend classes about healthy eating if they are offered.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>If yes: Name _____ Phone _____ Address _____</p>

Thank you for completing this evaluation!