

Walmart and MTFAC Projects 2021

COOKING VIDEO EVALUATION SURVEY

Hello everyone!

With the Walmart cooking classes pivoting to cooking videos, we have updated a survey for the cooking videos. This survey can be used with the cooking videos that are being distributed by ITCM each month and also with any cooking videos or virtual cooking classes that your tribe may create. This data is important to collect for the evaluation of both the Walmart and the MTFAC projects.

The hard copy version of the survey is included on the next page, as well as both a link and a QR code to scan to access the survey

<https://chc.mphi.org/surveys/?s=PCRWDLR3YM>



We suggest that you promote the survey either once a quarter, or after you know that a video may have been watched.

If you collect hard copies of the surveys, please send through USPS to:
Tasha Kelley-Stiles, Research Associate
Michigan Public Health Institute
2342 Woodlake Drive
Okemos, MI 48864

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. 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 include your name in this survey; your answers will be anonymous. 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, please contact Cathy Edgerly at ITCM at cedgerly@itcmi.org.

Date: _____ Tribal Community: _____

Are you a participant in your tribe's Food Distribution (Commodities) Program? ____ Yes ____ No

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

Which Cooking Videos have you watched: _____

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,	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,	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?

What has been the most significant change you have experienced from watching or trying the cooking videos?

Are you: Male Female Other: _____

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