

“Cook What You Love, Love What You Eat” Workshop Series: Participant Post-Survey

1. Do you think that food insecurity is a problem in Toronto? (*Check one*)

	No, I don't think it is a problem
	Yes, I think that it is a problem, OR
	I don't know what food insecurity means

2. Do you know what 'food justice' is? (*Check one*)

	No, I've never heard of it
	Yes, I could explain it to you!

3. List as many factors as you can think of that impact what people eat.

4. Indicate how strongly you agree or disagree with each of the following statements (*with 1 being strongly disagree, 5 being strongly agree*).

	1	2	3	4	5
I feel happy in the kitchen					
I like cooking with others					
Sharing food with others makes me feel connected to them					
I like to try new foods					

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5. Indicate how confident you feel each of the following statements (*with 1 being not confident, 5 being very confident*).

	1	2	3	4	5
Your knife skills (chopping, slicing, peeling)					
Using kitchen equipment (stove, oven)					
Following different recipes					
Cooking by yourself					

6. Do you like to eat veggies and fruits? (*Check one*)

	No, I'd rather eat something else
	Yes, I love them!

7. How often do you eat veggies and fruits? (*Check one*)

	Almost never
	A couple times a month
	One or two times a week
	Daily

8. If you had all of the ingredients, could you cook a meal for yourself? (*Check one*)

	No, I wouldn't know how
	Yes, I definitely could!

9. What are some of the dishes you know how to cook by yourself?

10. Do you enjoy learning about food and cooking? (*Check one*)

	No, I don't like it at all
	Yes, I love it!

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11. Did you have fun participating in these workshops? (Check **one**)

<input type="checkbox"/>	No, they weren't fun
<input type="checkbox"/>	Yes, they were so fun!

12. What did you like most about these workshops? (Check **all that apply**)

<input type="checkbox"/>	Cooking together with my group
<input type="checkbox"/>	Getting to try new dishes
<input type="checkbox"/>	Learning new cooking skills
<input type="checkbox"/>	Talking about food justice

If there is something else you loved about these workshops, please share below:

13. List up to three things that the facilitator could change to make this workshop series even better:

14. What is your favourite memory from these workshops?

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15. I think these kinds of workshops are important for youth because:

16. These workshops inspire me to: