

Food Label Lingo Evaluation

Please complete the following evaluation. The results of the evaluation will be used to improve program effectiveness. Your participation is voluntary and confidential to the extent allowed by law. If you have any questions, please contact Sarah Siegel, Family Living Educator for Wood County UW-Extension at 715-421-8437 or at sarah.siegel@ces.uwex.edu. Thank you.

Please return evaluations to your county Family Living Educator.

1. What did you learn in this workshop?
 - a) First read the statement in the **center/middle** of the table.
 - b) Then in the **LEFT** column, place an **(X)** in the column which describes how you would describe your understanding **today, now** that you have participated in the *Food Label Lingo Workshop*.
 - c) **Next**, think back to how you would have answered each of the statements **before** participating in the *Food Label Lingo Workshop*. Put an **(X)** in the **RIGHT** column.

Today, AFTER the Workshop					My Understanding How would you describe your understanding of the following:	BEFORE the Workshop				
1 Strongly Disagree	2 Disagree	3 Neither Agree nor Disagree	4 Agree	5 Strongly Agree		1 Strongly Disagree	2 Disagree	3 Neither Agree nor Disagree	4 Agree	5 Strongly Agree
					I can identify what a food label is.					
					I can identify the parts/components of a food label					
					I understand all the parts/components of the food label					
					I can identify, explain and demonstrate how I would use food labels at home and in everyday food situations.					

2. Please identify 1 specific way you will use the Food Label Lingo information.

3. What additional resources would you need in order to start reading and using food labels more frequently?

4. What additional resources would you need in order to start eating more nutritious? (Assistance with planning meals, diet plan, exercise plan)

The University of Wisconsin-Extension asks that you voluntarily respond to the questions below. The cumulative demographic information will be used to enhance our programming efforts.

Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Race/Ethnicity: <input type="checkbox"/> Black (Not of Hispanic Origin) <input type="checkbox"/> Asian or Pacific Islander <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> Hispanic <input type="checkbox"/> White (Not of Hispanic Origin)	Age: <input type="checkbox"/> 18-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-64 <input type="checkbox"/> 65 +	Annual Household Income: <input type="checkbox"/> under \$10,000 <input type="checkbox"/> \$10,001-\$20,000 <input type="checkbox"/> \$20,001-\$50,000 <input type="checkbox"/> \$50,001-\$75,000 <input type="checkbox"/> \$75,001-\$100,000 <input type="checkbox"/> above \$100,000
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University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

Food Label Lingo materials developed by Sarah Siegel, Family Living Educator, Wood County UW-Extension. 2015



Family Living Educators

Please return completed evaluations to **Sarah Siegel** at:
 Wood County UW-Extension
 400 Market Street, P.O. Box 8095
 Wisconsin Rapids, WI 54495-8095