



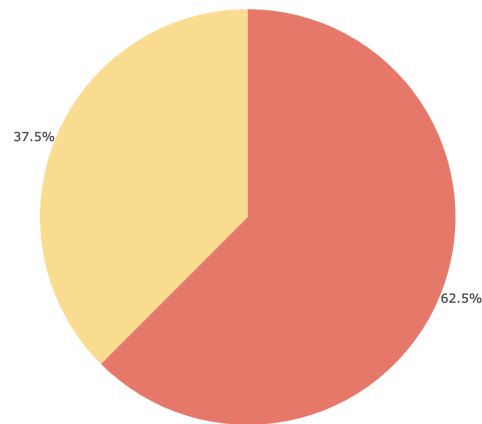
Client Healthy Meals Program 2024 Program Evaluation



Client Completion Survey Question Results

Food Consumption

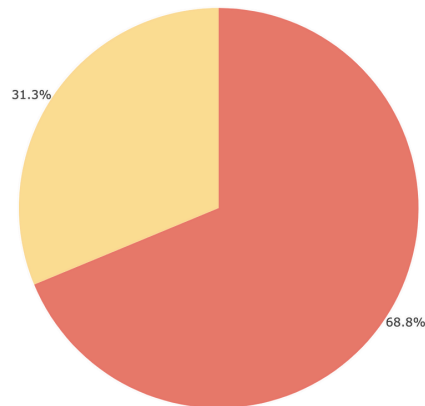
Fruits



CHOICE
Stayed the same
Increased
Decreased

Food Consumption

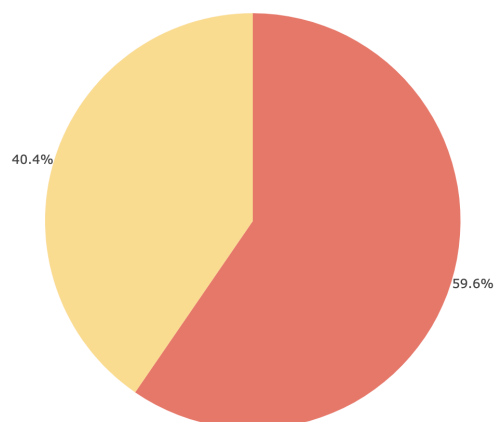
Vegetables



CHOICE
Increased
Stayed the same
Decreased

Food Consumption

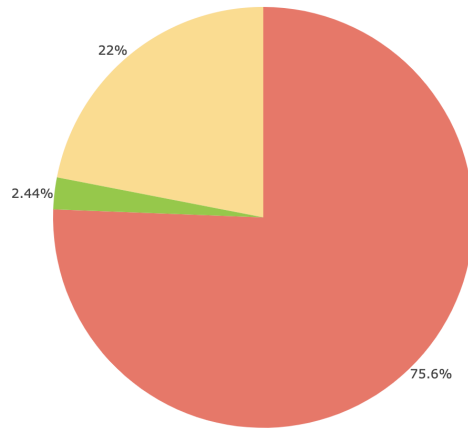
Whole grains and beans



CHOICE
Increased
Stayed the same
Decreased

Food Consumption

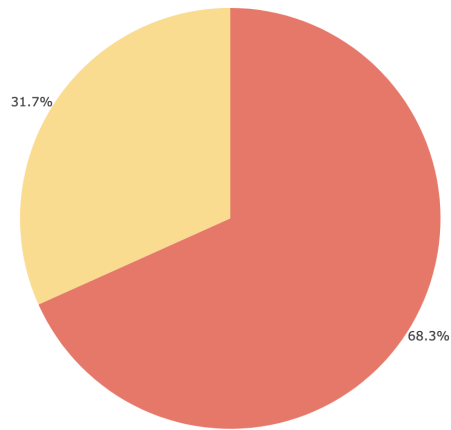
Fast food



CHOICE	
Decreased	
Stayed the same	
Increased	

Food Consumption

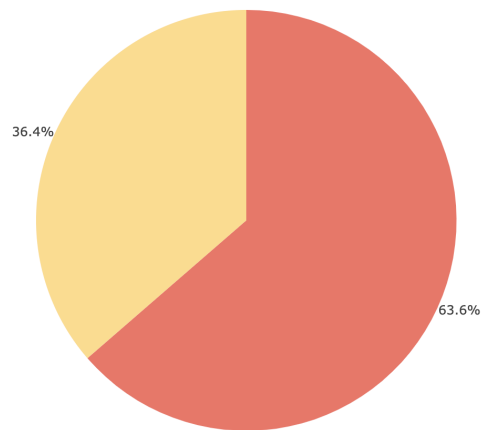
Sugary drinks



CHOICE	
Decreased	
Stayed the same	
Increased	

Food Consumption

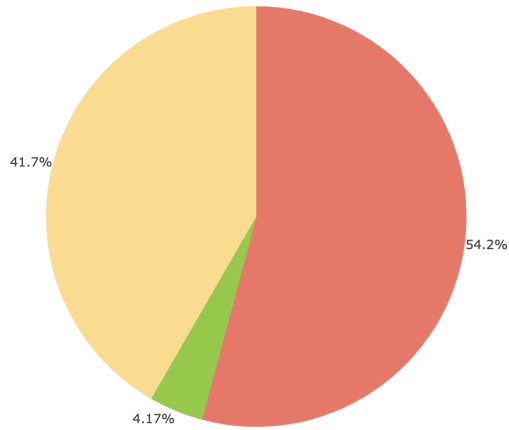
Pre-packaged foods



CHOICE	
Decreased	
Stayed the same	
Increased	

Eating habits section

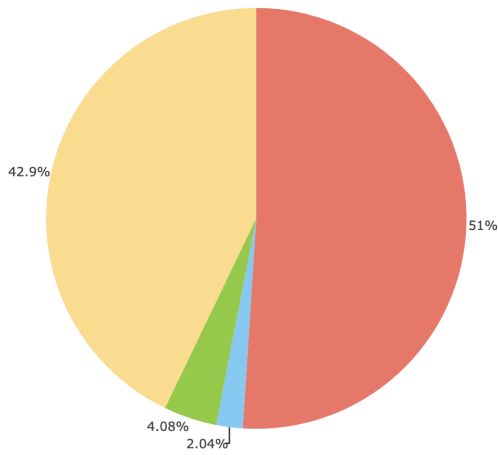
I have a greater understanding of the impact of my eating habits on my physical health.



CHOICE	
■	Strongly agree
■	Agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

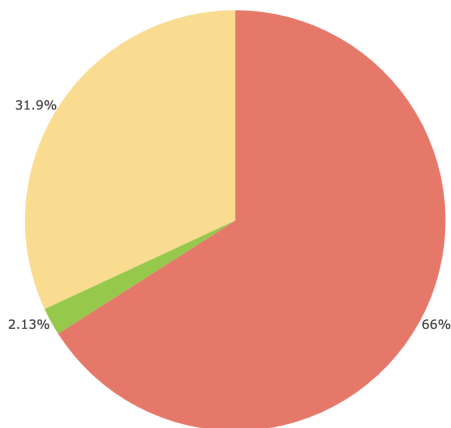
I feel like my eating habits now support good health.



CHOICE	
■	Strongly agree
■	Agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

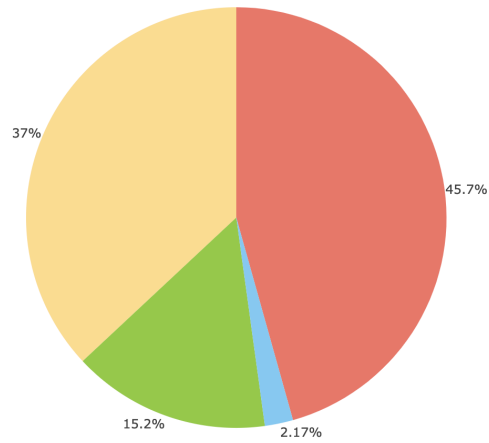
I am more comfortable eating whole foods like vegetables, fruit, whole grains, and beans.



CHOICE	
■	Strongly agree
■	Agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

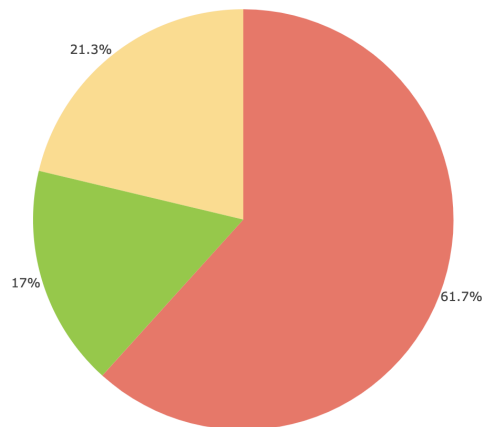
I practice more activities in my life that give me a sense of wellness.



CHOICE	
■	Agree
■	Strongly agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

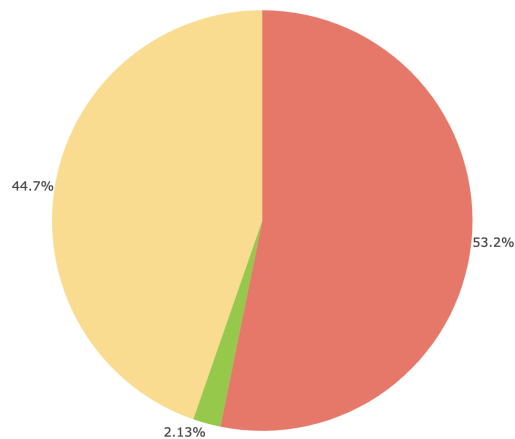
I incorporate the information and activities from the NEW Book (nutrition, education, wellness book) into my daily...



CHOICE	
■	Agree
■	Strongly agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

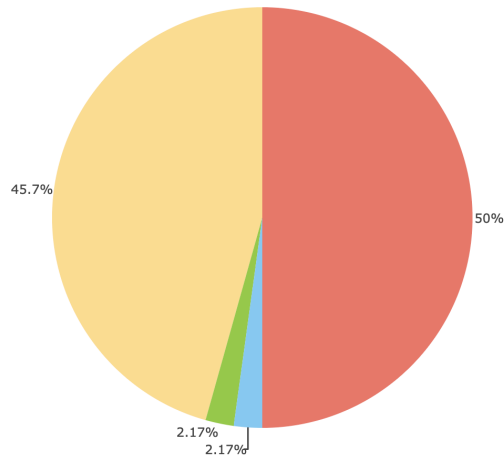
I have a greater understanding of how important it is to take time to focus on my mental health.



CHOICE	
■	Strongly agree
■	Agree
■	Neutral / I don't know
■	Disagree
■	Strongly Disagree

Eating habits section

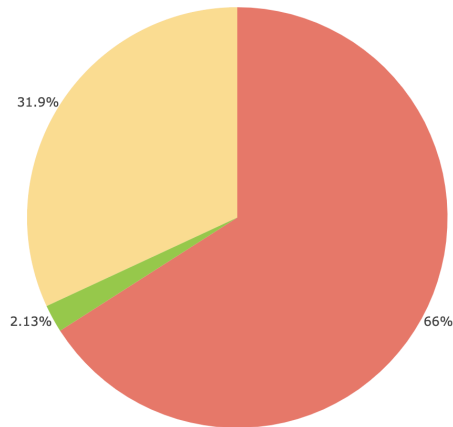
I intend to continue to follow the healthy eating habits that I have learned during this meals program.



CHOICE	
Strongly agree	
Agree	
Neutral / I don't know	
Strongly Disagree	
Disagree	

Eating habits section

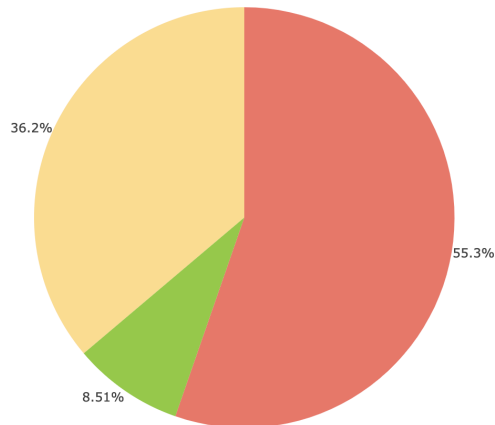
I believe that eating healthy meals during this program has supported my physical health.



CHOICE	
Strongly agree	
Agree	
Neutral / I don't know	
Disagree	
Strongly Disagree	

Eating habits section

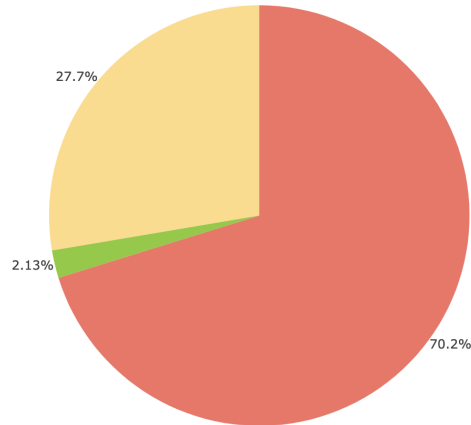
I believe that eating healthy meals during this program has supported my mental wellbeing.



CHOICE	
Strongly agree	
Agree	
Neutral / I don't know	
Disagree	
Strongly Disagree	

Eating habits section

I have felt more cared for and connected to a caring community.



CHOICE	
Strongly agree	
Agree	
Neutral / I don't know	
Disagree	
Strongly Disagree	

Collection of Client Comments

I am deeply grateful to healing Meals for providing nourishment, comfort, care and support to me during a challenging period of my life. Your efforts are exceptionally thoughtful and valuable, and I can't thank you enough for all of the ways your meals and notes have enriched my life.

Yes, it has helped me to be more mindful of the foods that I put in my body for overall health. I can't say enough. This is a wonderful program for anyone going through a health crisis. Thank you all from the bottom of my heart. Love and prayer for all that need help.

I have been very blessed to have this program, and it has helped me and my family immensely during this very difficult time. I can't thank you enough for this. It has made such a difference. Thank you so much!

The majority of the meals made it easy and convenient for me to get my veggies daily. With two children, one of which is very picky, it can be challenging as I don't have time to cook separate meals. I enjoyed the vegan option too - something I usually don't have time to prepare. Most of the meals were delicious and when I felt unwell during chemo, the broth was a huge help. I always ate a lot of fruit and veggies (berries and leafy greens) before - I got to expand my pallet to also enjoy more grains that I had little experience with prior. Thank you for your support during my active cancer treatments!

At a time when I needed support and encouragement to recover, Healing Meals was there for me and my family.

It was wonderful to not have to think about "what's for dinner" AND have such healthy and delicious meals for the week.

These delicious meals have made such a positive impact on my overall health!

Dear HM, I want to take this time to say "Thank you" for your incredible support you "ALL" have provided me and my family during my health crisis. Your commitment to making organic, clean and tasty meals has been a true blessing. I understand the work that goes on behind the smile when you are delivering the "blue bag". My body has and will continue to need this nutrition and care, as I continue to heal. You have showed me that it is possible to make delicious, healthy meals every day. Thank you!

Your organization is such an incredible and outstanding source of support and wellness. The food is so marvelously nourishing and delicious and has been a truly delightful experience to receive your meals and notes each week.