

PROGRAM PLANNING & EVALUATION REPORT

FAMILY HEALTH SERVICES

PROGRAM/PROJECT

Food Skills 13 Week Post Program Evaluation

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PURPOSE

- The purpose of this report is to provide the focus group and survey results conducted with the Westminster Families First Group.

BACKGROUND & METHODS

- A Food Skills course (RHT Food Skills Program) was completed with the Westminster Families First group in June-August of 2015.
- The course participants were asked to complete a short questionnaire at the beginning (pre-program) and conclusion of the program (post-program).
- 12 weeks after the conclusion of the program (12 weeks post-program) the RHT Food Skills Program return to complete one additional cooking session and to conduct a focus group and a follow-up questionnaire with the participants.
- A focus group guide and short questionnaire were developed for the evaluation 12 weeks post-program ([see appendix](#)). The survey complements questions asked previously on the pre- and post-program questionnaires.
- Two focus groups were conducted with a total of 12 participants, with 6 participants in each group ([see appendix for a list of all reference themes](#)).
- The focus group was recorded. All participants agreed to this and signed a consent form.
- The 12 week post-program questionnaire was completed by 10 of the 12 focus group participants.
- Participants were asked about their fruit and vegetable consumption at the beginning (pre-program), end of the program (post-program) and 12 weeks post-program.
- At the conclusion of program and 12 weeks post-program participants were also asked about topics covered in the RHT Food Skills Course.

RESULTS

KEY THEMES FROM BOTH FOCUS GROUPS

- Nine themes emerged from the discussions of both groups (see figure 1). The most frequently discussed themes were; “Information sharing: new and innovative ideas”, “Completed with another cooking program”, “Incentives”, “Barriers”, and “Unique cooking needs based on family structure”. These six themes best reflect the discussion across both focus groups.

INFORMATION SHARING: NEW AND INNOVATIVE IDEAS

- The women in both groups enjoyed sharing what they learned and/or adapted from the course. These included recipes, food preparation, food storage and safety tips. Their comments demonstrated the increased knowledge and awareness of topics presented in the RHT Food Skills Program.

“I’m always open to new recipes; I like the thing we are making today. I would have never made it on my own”

COMPLETED WITH ANOTHER COOKING PROGRAM

- The women in both focus groups referenced recipes and activities they completed with cooking programs other than the RHT Food Skills Program.
- The focus groups only referenced recipes completed with the RHT Food Skills Program 6 times. The syrups and granola recipes were the only two RHT Food Skills Program recipes identified. In total the groups referenced recipes completed with other cooking programs 16 times. The following recipes from other programs were referenced: Teriyaki chicken, chicken Alfredo, fudge, cheese balls, whipped topping cookie, Carmel-squash dessert and trail mix.
- In addition, a group member mentioned a memorable guest chef from a previous cooking course that also demonstrated food skills.

“Ryan the chef, he actually showed you proper techniques, it’s how you prepare, it is the way you cut the chicken and how you season it at the right time”

INCENTIVES

- Both focus groups identified incentives and the benefits of these incentives. The most frequently referenced incentive was the fruit and vegetable pickup one Thursday a month. A total of 8 women indicated they participated in the Thursday fruit and vegetable pick up. The harvest bucks were the second most common incentive referenced. The RHT Food Skills Program as well as other cooking program provided Harvest Bucks to this group. The groups also mentioned the planters and food prep incentives (e.g. grater, apple corer) that were unique to the RHT Food Skills Program.

“Oh we got incentives like graters, tools to work with, fridge thermometer, measuring cup, apple cutter I never had”

BARRIERS

- Women in both groups identified limited finances as a barrier for obtaining fruits and vegetables and cooking healthy meals. Other women in the group commented on the high cost of quality vegetables and fruit. The Harvest Bucks made buying quality fruits and vegetable a bit more affordable. While many enjoyed many of the recipes presented, they agreed that adding the required items to their grocery list was cost prohibitive. Other barriers specific to one focus groups were transportation to and from the program location as well as time constraints when it came to making healthy meals at home.

“I guess with the Harvest Bucks it made it easier to do those recipes and eat those veg and fruit”

“No, it’s kind of a budget problem”

“It’s an ingredient thing; you would have to go and get all those things and have them on hand”

UNIQUE COOKING NEEDS BASED ON FAMILY STRUCTURE

- Both groups expressed the need for recipes tailored to the needs of their family structure. While family structures across the groups varied, the key groups identified were families with young children and small or single person families. The young families desired kid-friendly meals and smaller families wanted simple one dish meals with minimal leftovers.

“Meals with meat for picky eaters”

“So because my sons gone now so it’s just me and I’m finding and my family is finding that I’m not eating a whole lot anymore...they are worried...because I don’t really want to just cook for me. I like you said, I’m not going to get veggies going, potatoes, I’m not going to get gravy going, I’m not going to get meat going when it’s just me...not that it’s anybody’s fault”

LESS FREQUENTLY REFERENCED THEMES

The remaining themes discussed in both group were: “General positive feedback”, “Concerns about food waste and minimizing food waste”, “Sense of community” and “Making meals stretch”. These themes were discussed in far less frequency but were consistent across both groups. While participants do not reference as many details from the RHT Food Skills Program they did provide general positive feedback about the course. Some women in both groups also expressed concerns around taking the time to make healthy meals that their families would not eat and then the food ends up going to waste.

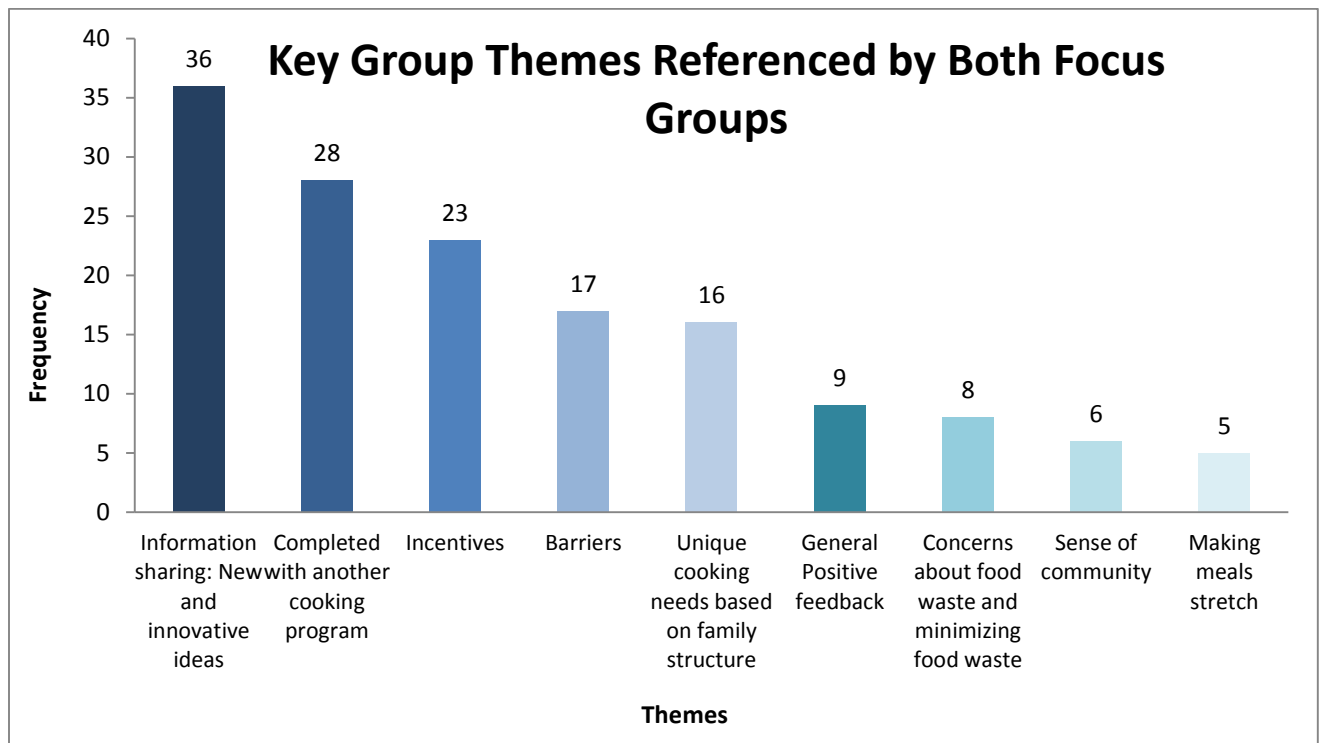
“...because when kids driving me nuts in the freakin’ kitchen, under my feet and then they don’t even eat it and then I’m stuck with all this clean up and stuff and then I get a bad case of....I don’t waste my time on making something with 50 thousand step to make something healthy and then I’m stuck with it and then it just goes out to the animals”

Comments regarding food waste were often accompanied by comments regarding the unique cooking needs based on family structure and making meals stretch. Some of the women were interested in using a few core ingredients that can be used to make multiple recipes. By buying chicken, potatoes and broccoli in bulk and using this to create 3 different dinners for example. This suggestion builds upon budgeting tool of buying in bulk learned in the RHT Food Skills Course.

“...you could do one dinner and then like the next day you could beef it up somehow to make it a different meal to make it stretch....what can you do with that chicken to make it a different something the next day...”

“then take what’s left over from that and make a stir fry the next day...or some wraps”

Members from both groups also shared that the cooking programs they participate in provide them with a sense of community, the Monday night Community Kitchen was mentioned specifically. Four women indicated that they attend the community kitchen.



THEMES FROM FOCUS GROUP ONE

A few themes emerged only in the discussions with the first focus group. These items were “Sharing personal recipes and experiences with food”, “Interest in baking” and “Difficulty replicating recipes”. The first group spent a great deal of time sharing their own recipes and experiences with food. One person mentioned how they improved upon a recipe learned in another cooking course. While the women in this group spoke generally about how much they enjoyed the RHT Food Skill Program no one could recall any of the recipes completed as part of the course. Another cooking program provided the group an opportunity to make bake goods. A few of the women expressed interest in baking because it is less expensive to make bake goods than to purchase.

“We have a lot of holidays and when you are buying that stuff it cost a lot to buy lots of kids Christmas desserts. My mom used to make a lot of this stuff and it’s cheaper than buying a boxful and you can make all kinds of them. “

A couple of people in the group mentioned they had difficulty replicating the recipes once they were at home. It was unclear if these were recipes provided through the RHT Foods Skills Course or another cooking program.

THEMES FROM FOCUS GROUP TWO

In addition to the topics discussed in both groups, the second group's conversation was also largely dominated by their "Grocery store preferences" followed by "Simple dishes" and "Program longevity and consistency". Many of the women in the second group discussed the poor quality of Food Basics produce.

"Oh yea at Food Basics is the worst place to buy fruit in the world ...I've tried it over and over again"

However, many continue to shop there because of the competitive prices and the vouchers they receive from the Families First group are only redeemable at Food Basics and/or Metro. The market was the preferred store for one person because of quality, but mentioned that it was quite expensive. It was discussed that Metro is too expensive and thus not an effective use of the card, leaving Food Basics as the only option if they would like to use the gift card. Some of the women preferred No Frills, indicating the produce quality exceeded Food Basics but were more reasonably priced than Metro. While the group agreed that Metro provides good quality they found shopping there cost prohibitive.

"I actually prefer No Frills to Food Basics but I get a card and that's why I go there...we get a gift voucher for Metro or Food Basics...Metro is too expensive so I never go there..."

One woman mentioned that while she enjoys shopping at No Frills, they will no longer price match items that are not in their flyer.

"That's helpful for me....price matching makes a huge difference for me...like going to one store with 5 flyers makes it some much easier than buying 5 things there, 2 things here...you know people don't have a car..."

Harvest bucks provided by the RHT Food Skills Program and other programs made choosing the market more affordable.

"Yea because I buy my fruit and vegetables down at the market, like if I buy fruit up at Food Basics I'm just throwing my money away because a) it's half rotten to begin with up there and it doesn't last, so I'm throwing it out...so for me making a couple of trips to the market, like one trip will easily cost me \$12-14...just to make sure my kids have grapes, some bananas or carrots you know little bit size carrots....and I have to do that 2-3 times a week. So right there that's \$20-\$30... to get the quality anyway"

Many of the women in the second focus group expressed interested in learning more simple dishes. More specifically, group members were interested in simple dishes that were quick to prepare, only use a few ingredients and single dish meals.

A few members of group two expressed some concerns regarding the consistency of the program. The group stated a number of cooking programs have come through and it was unclear what the duration or frequency of each program would be. For example, while the frequency and duration of the initial

sessions of the RHT Food Skills Program were quite clear they were not told the Program would be returning at the time the focus groups were conducted. In addition, there are gaps in programming. They would have a group come in with programming for some time and then no programming for a period. Some of the women also receive a great deal of social support from these programs and become attached to the people who lead them.

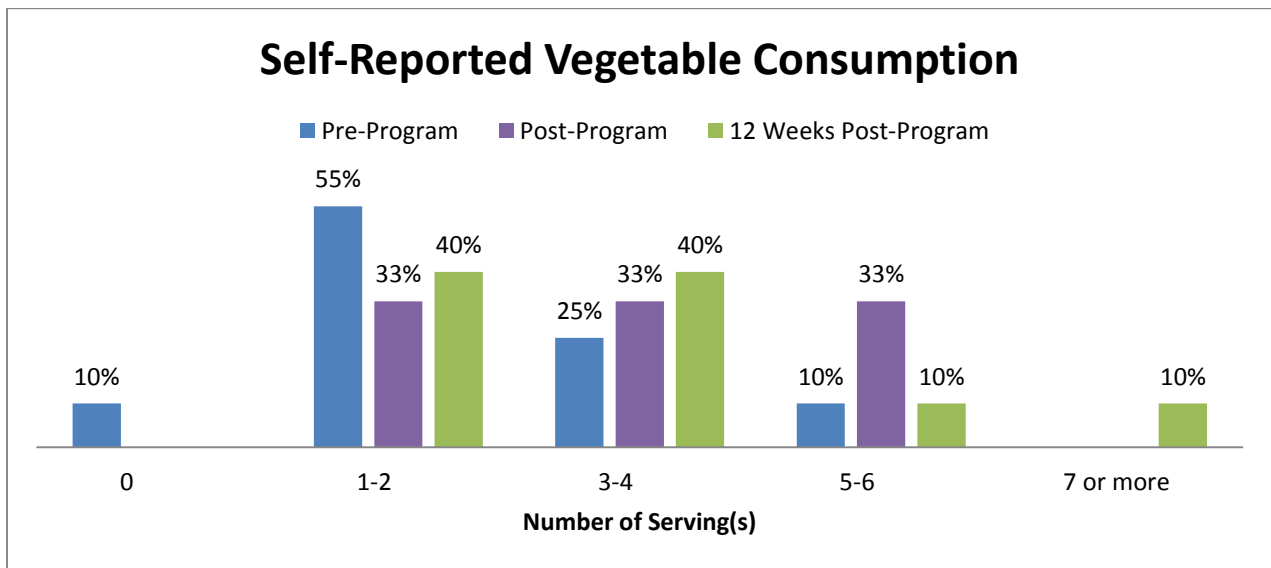
“Yea it’s so important...I isolated myself for a while...so to have the group is awesome.”

SURVEY RESULTS

SELF-REPORTED FRUIT AND VEGETABLE CONSUMPTION

- The results indicate that following the course (post-program) participants reported consuming a greater number of vegetables than at the beginning of the course. This trend appears to continue 12 weeks following the Food Skills Course (see figure 2).

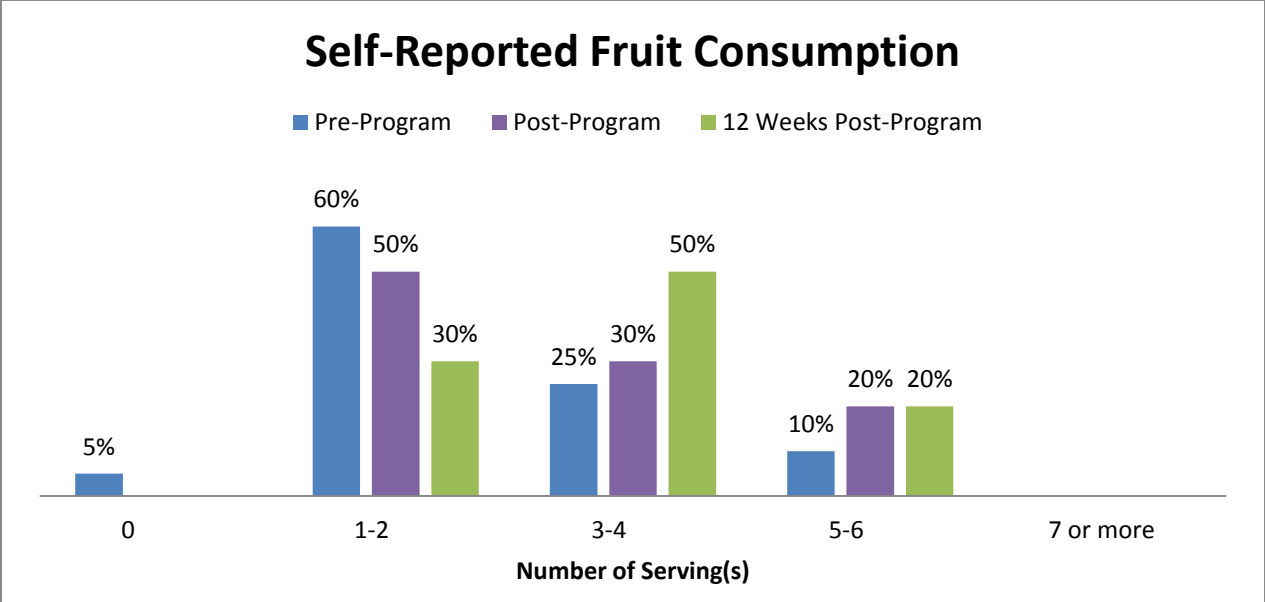
Figure 2. Self-Reported Vegetable Servings RHT Food Skills Participants



(Pre-program n=20, post-program n=9 and 12 weeks post-program n=10)

- The trend is similar for the self-reported fruit consumption. Participants reported eating more fruit at the conclusion of the program than at the beginning (see Figure 3). This trend also extends to the 12 week post-program survey.

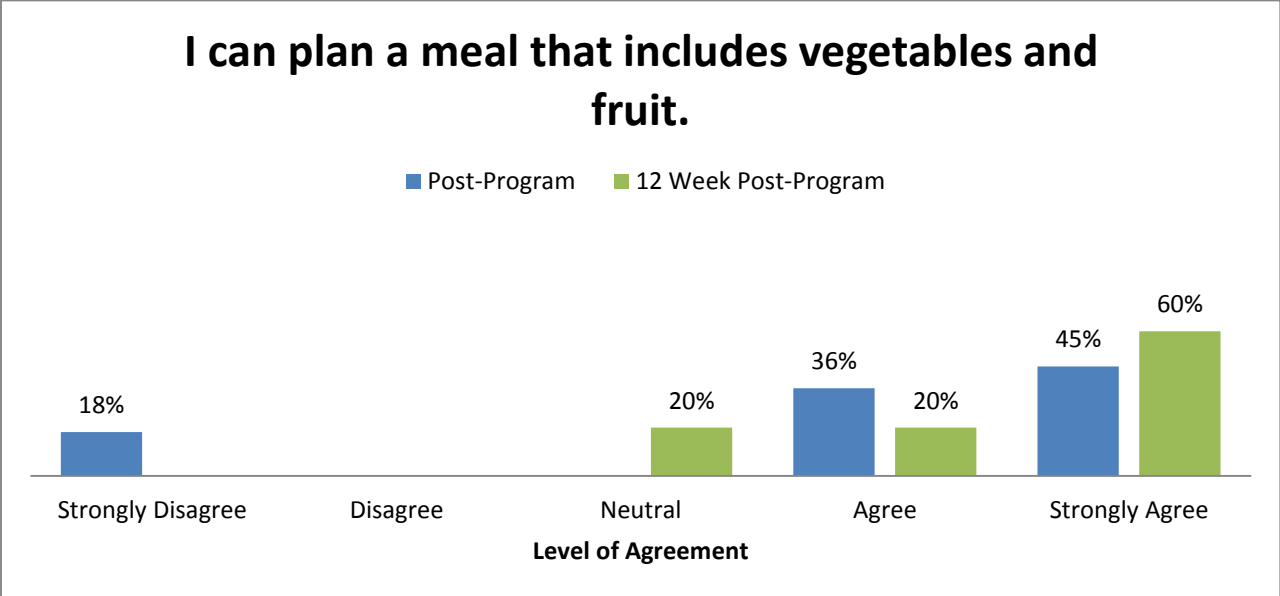
Figure 3. Self-Reported Fruit Servings RHT Food Skills Participants



(Pre-program n=20, post-program n=10 and 12 weeks post-program n=10)

- The majority of clients agreed or strongly agreed that they could plan a meal that included vegetables and fruit and at both time points (see figure 4).

Figure 4. Planning a Meal with Vegetable and Fruit

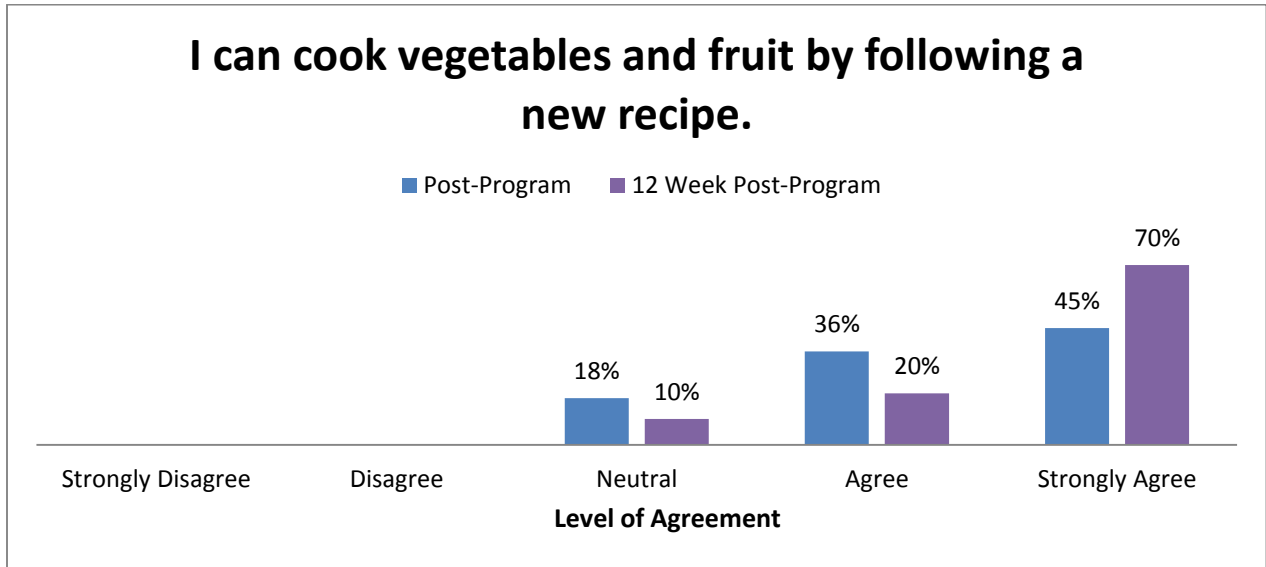


(Post-program n=11 and 12 weeks post-program n=10)

RHT FOOD SKILLS PROGRAM TOPICS AND FUTURE INTENTIONS

- Slightly more participants agreed that they could cook with vegetables and fruit using a new recipe 12 weeks post program than right after completing the program (see figure 5).

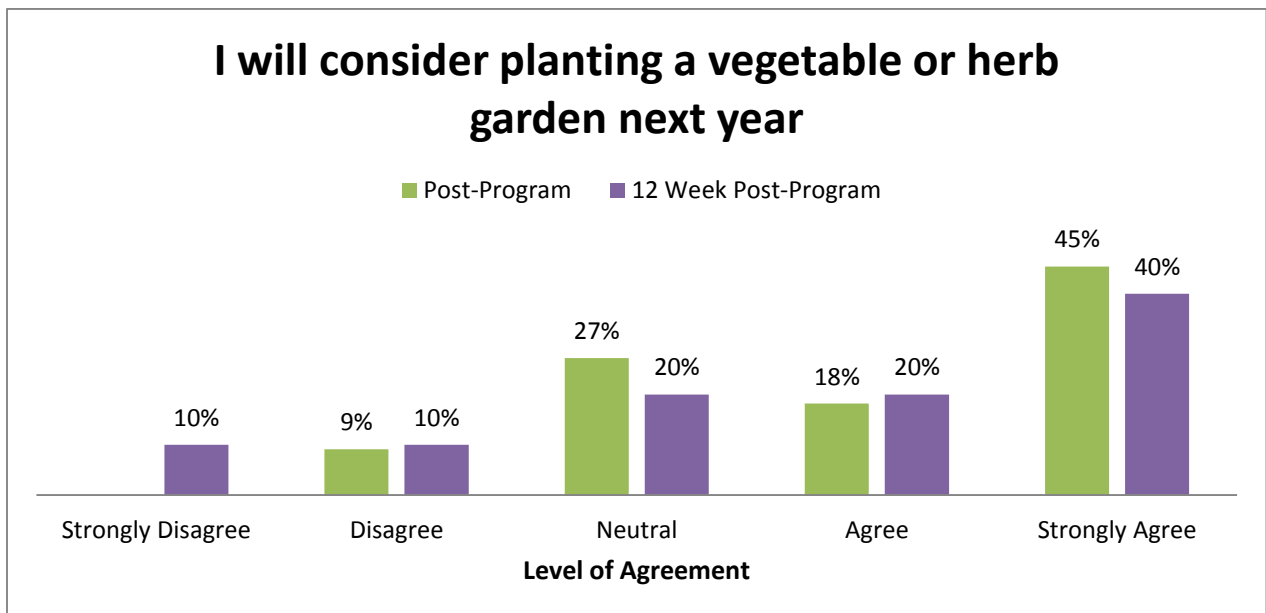
Figure 5. Cooking a New Recipe that Includes Vegetables and Fruit



(Post-program n=11 and 12 weeks post-program n=10)

- Slightly fewer people agreed they would consider planting a vegetable or herb garden in the coming year 12 weeks post-program than right after the completion of the program (see figure 6).

Figure 6. Planting a Vegetable or Herb Garden Next Year



- The results indicate that fewer participants tried a new vegetable or fruit in the month 12 weeks post program than during the course.
- By the end of the program all respondents had learned new ways to save money at the grocery store and the majority were still using the money-saving tools they had learned 12 weeks post program.
- At the conclusion of the program the majority of participants planned to complete a recipe learned in the course and all participants said they planned to make a recipe from the course 12 weeks post program (see table 1).

Table 1. True and False Questions Post Program and 12 Weeks Post Program

	Questions	True	False	Total Responses
Post-Program	I tried a new vegetable or fruit during this class	10	0	10
	I learned new ideas to save money on grocery shopping	10	0	10
	I will prepare a recipe we made in the program	10	1	11
12 Week Post-Program	I tried a new vegetable or fruit this month.	6	4	10
	I saved money on grocery shopping this month using ideas from the Food Skills Course.	9	1	10
	I will prepare a recipe we made in the program this month.	10	0	10

DISCUSSION

As a result of the RHT Food Skill Program and other cooking programs it is apparent that the focus group members have an increased knowledge and awareness of food preparation, storage and safety. While in the context of the focus groups specific details related to the RHT Food Skill Program were rarely mentioned, the meal planning, food storage and safety information provided through the RHT Food Skills Program was viewed helpful and welcomed.

Since a number of cooking programs were recalled as part of this focus group, it is unclear if the increase in knowledge and skills can be solely attributed to the RHT Food Skills program. The survey data confirm that much of the knowledge around items taught in the course were retained 12 weeks following the program. While the findings of the survey support the changes in awareness, knowledge and behaviour, changes in behaviour were not supported by the focus group discussions. The vast majority of members indicated that they would try a recipe completed in the course post program; no one reported replicating a recipe and few could recall the one recipe made during the program. The survey results did indicate a trend of increased fruit and vegetable intake during the course and to some extent 12 weeks post program; however, none the women indicated increased fruit and vegetable consumption during the focus group discussions.

While the group enjoyed the programming provided by the RHT Food Skills course, they desired more customized solutions to address financial barriers they experience and to find recipes that meet the

need of their unique family structure. In addition, simple meals that make ingredients stretch are welcomed. The incentives provided through the RHT Food Skills Program and other venues seem to be somewhat helpful in dealing with financial barriers.

While only mentioned in a single focus group, the ability to share personal experiences with food and shopping at grocery stores with affordable and quality vegetables were paramount to the members of the respective groups.

LIMITATIONS

- While the focus group participants appear to be representative of the participants of the original RHT Food Skills Program, this was not confirmed. It is unclear whether focus group participants completed some or all of the original RHT Food Skills Program.
- The time points of the survey data are not linked it and may represent different individuals at each time point. No statistical analysis was completed on these data to determine if the change across time points was statistically significant.
- The sample sizes for the surveys were very small.

PREPARED BY: Christine Brignall

Date: January 11, 2016

APPENDIX

Food Skills Course Survey

1. In the last month, how many **servings** of vegetables and fruit did you **usually eat per day**?

(Examples of 1 serving: ½ cup of fruit or vegetables, a small apple, 1 cup of salad, ½ cup juice)



	0	1-2	3-4	5-6	7 or more
Fruit					
Vegetable					

2. Please indicate your feelings about the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I can plan a meal that includes vegetables and fruit.					
I can cook vegetables and fruit by following a new recipe.					
I will consider planting a vegetable or herb garden next year					

3. Please answer True or False for the following Questions:

I tried a new vegetable or fruit this month	T	F
I saved money on grocery shopping this month using ideas from the Food Skills Course	T	F
I will prepare a recipe we made in the program this month	T	F

Thank you for your feedback!

RHT Food Skills Program Focus Group

Welcome (2 Minutes)

Good morning, I am Christine Brignall and this is Tara Vyn. We would like to talk to you about the Food Skills Course you took with Erica and Ginette from May to August of this year. We are interested to know if you are still using the information and skills you learned in the program. Also, we want to know if you have made any changes as a result of the program. We need your input to make this program better for further groups. We want you to share your honest thoughts with us.

Before we begin has everyone read and signed the consent form? Does anyone have any questions? We have also given you a short survey. The questions are very similar to the questions you may have answered about the Food Skills Course before. This time we would like you to answer these questions based on the last few weeks. For example the first question asks about the number of fruits and vegetables you usually have in a day. Think about how many fruits and vegetables you have had recently before answering.

Ground Rules (5 Minutes)

Here are a few ground rules before we begin.

1. We want you to do the talking. We would like everyone to participate. I may call on you if I haven't heard from you in a while.
2. There are no right or wrong answers. Every person's experiences and thoughts are important. Speak up whether you agree or disagree. We want to hear a wide range of opinions.
3. What is said in this room stays here. We want you to feel comfortable sharing when sensitive issues come up.
4. We will be tape recording the group. We are doing this to make sure we do not miss anything you have to say. Tara will also be taking note just in case parts of the recording are hard to hear. You will not be identified in a report. You will remain anonymous. Once I have completed the report the recording will be destroyed. No one else will hear the recording but me.

If everyone understands, let's get started. *****START RECORDING*****

Opening Questions (2 Minutes)

1. Icebreaker: What is your favourite food or meal? It can be healthy or unhealthy it doesn't matter. Dessert counts!
 - a. *What are some foods your kids like to eat?*
(If no one says anything start with your favourite meal).

Exploration Questions (30 Minutes)

2. What did you think of the recipes you made in the Food Skill Course? Do you still use the recipes? Why or why not?
 - a. *What about the recipes in the "Basic Shelf Cookbook"*
 - b. *Are there any issues related to having the ingredients are hand? Were there too many ingredients? Takes too long to prepare?*
 - c. *Was there enough variety (e.g. too much breakfast lunch etc.)?*
 - d. *Are there any issues with the preparation of the meals (e.g. too many cold or hot dishes)?*

3. When do you think you ate the most fruits and vegetables? Before the Food Skills Course? During? Or After the course?
4. Based on what you learned in the Food Skills Course have you made any changes to the way you eat or cook? Why or why not?
5. Since the Food Skills Course how confident do you feel about meal planning? Following a recipe? Making substitutions? Cooking? What about price matching? Buying in bulk?
 - a. *Have you been able to apply any of these skills to dishes you made prior to the program?*
6. Based on what you learned in the Food Skills Course is it easier to buy or get more fruits and vegetables? Why or why not?
 - a. *Have you used the fruit and vegetable distribution program here?*

Exit Questions (5 Minutes)

7. Is there anything else you would like to say about how the Food Skills course helped or did not help you?
 - a. *What did you like being able to bring home leftovers? Harvest bucks? Fruits and vegetables? Multivitamins?*
 - b. *What about the free produce every 2nd Thursday of the month?*
 - c. *Is there anything else this program could offer to make it better?*
8. Aside from the course, do you think being a part of the Westminster/Families First Women's Group has helped you eat more fruits and vegetables? Plan and cook healthy meals?
 - a. Do you think you would have participated in this program if it was just in the community and not tied to the Families First Women's Group?
 - b. What about the cooking group some of you participate with Tayiba (community kitchen style group)?
 - c. What about the course you took with Food Families (CYN program)?

Thank you for participating! This information will help us make the program even better! *(Provide group members with the incentive)*

*****State which Focus Group, the date and time and STOP the RECORDING*****

Consent to Participate in Food Skill Program Focus Group

You have been asked to participate in a focus group sponsored by the Middlesex London Health Unit. The purpose of the group is to get your thoughts on the Food Skills Course you participated in June- August of 2015 and if you have made any change to your eating or cooking habits since then. The information learned in the focus groups will be used to improve the Food Skills Program.

You can choose whether or not to participate in the focus group and stop at any time. Although the focus group will be tape recorded, your responses will remain anonymous and no names will be mentioned in the report. The recording will be destroyed once information from the focus group is completed.

There are no right or wrong answers to the focus group questions. We want to hear many different viewpoints and would like to hear from everyone. We hope you can be honest even when your responses may not be in agreement with the rest of the group. In respect for each other, we ask that only one individual speak at a time in the group and that responses made by all participants be kept confidential.

I understand this information and agree to participate fully under the conditions stated above:

Name (*please print*): _____

Signed: _____

Date: _____

FOCUS GROUPS REFERENCED THEMES

The table below contains all of the themes coding in Focus Groups 1 and 2. The main or parent themes are bolded, the child or sub-themes are indented once and are not bolded. Themes subordinate to the child themes are indented twice and are italicised. The parent references are the sum total of all their child theme references.

Name	Brief Description	Source	Number of References
Baking interest	Participant comment(s) related to an interest in learning baking techniques and recipes	Group 1	4
Barriers	Participant identified challenges to implementing food skills program knowledge	Group 1 & 2	17
Financial		Group 1 & 2	11
Obtaining fruit and vegetables		N/A	0
Time constraints		Group 2	3
Transportation		Group 2	2
Budgeting tools and grocery store preferences		Group 2	27
Budgeting tools	Budgeting tools identified or used by participants (e.g. price-matching)	Group 2	6
Grocery store preferences	Positive and/or negative comments related to the grocery store preferences for produce	Group 2	21
<i>Food Basics</i>		Group 2	9
<i>Freshco</i>		Group 2	1
<i>Market</i>		Group 2	1
<i>Metro</i>		Group 2	4
<i>No Frills</i>		Group 2	5
Completed with another cooking program	Recipes or events identified that pertain to a cooking program other than the RHT Food Skills Program	Group 1 & 2	28

Food Families Program		Group 1	3
Monday Community Kitchen	Comment(s) related to a local community kitchen some of the participants attend. The community kitchen operates a least one Monday each month.	Group 1	6
Concerns about food waste and minimizing food waste	Comment(s) related to wasting food and/or minimizing food waste. This theme included items related to preparing meals that would not be eaten by family members	Group 1 & 2	8
Difficulty replicating recipes	Comments indicating some difficulty remembering and/or replicating recipes presented in the RHT Food Skills Program or another cooking program. This also included participants desiring a copy of recipes learned in the RHT Food Skills Program or another cooking program	Group 1	2
General Positive feedback	Unspecific positive feedback about the RHT Food Skills Program or another cooking program	Group 1 & 2	9
Incentives		Group 1 & 2	23
Food prep incentives	Comment(s) related to the food preparation incentives provided by the RHT Food Skills Program (e.g. graters, apple slicer, etc.)	Group 2	1
Harvest bucks	Comment(s) related to the use of Harvest Bucks provide by the RHT Food Skills Program or another cooking program	Group 1 & 2	6
Planters	Comment(s) related to the planters provided by the RHT Food Skills Program	Group 2	3
Thursday fruit and vegetable pick up	Comment(s) related to a program that provides bags of fruit and vegetables related the second Thursday of every month to people who reside in the local housing complex.	Group 1 & 2	11

Vouchers	Comment(s) related to the \$10 Food Basics/Metro gift card provided by the Food Families Program	Group 2	2
Information sharing: new and innovative ideas	Comment(s) presented by participants that demonstrate their knowledge and/or awareness of food storage and safety and/or meal planning and recipes learned in the RHT Food Skills Program or another cooking program	Group 1 & 2	36
Food storage and safety	This topic includes but was not limited to: handwashing, refrigerating prepared food, storing fruit and vegetables etc.	Group 2	8
Meal planning and recipes	This topic includes but was not limited to: identifying recipes learned in a cooking program, meal planning techniques etc.	Group 1 & 2	23
<i>Recipes specific to Food Skills course</i>	Comment(s) related to recipes presented in the RHT Food Skills Program	Group 2	5
<i>Variety in the types of recipes</i>	Participant comment(s) related to the desire to learn different types of recipes. This included but was not limited to recipes for various time meals (e.g. mains, casseroles, side dishes etc.)	Group 2	2
Making meals stretch	Participant comment(s) related to finding multiple uses for ingredients. This also includes creating a new meal from an existing meal or recipes	Group 1 & 2	5
Program longevity and consistency		Group 2	10
Communication	Participant comment(s) related to the communication of the frequency and duration of RHT Food Skills Program or another cooking program	Group 2	4
Feelings of abandonment	Participant comment(s) related feeling desertion when there are gaps in cooking programming	Group 2	2

Sense of community	Participants comments related to feeling of collectiveness as a result of the RHT Food Skill Program or another cooking program	Group 1 & 2	6
Sharing personal recipes and or experiences with food	Participant comment(s) related to personal recipes or experiences with food external to the RHT Food Skills Program or another cooking program.	Group 1	7
Simple dishes	Participant comments related to the desire to learn simple because they include few ingredients, prepared quickly or can be prepared in a single dish.	Group 2	5
Few ingredients		Group 2	1
Low cost	Referenced under "Barriers, financial."	N/A	0
Single dish meals		Group 2	4
Time efficient		Group 2	4
The application of food skills	Participant comment(s) that indicated they had applied the food storage, safety, recipes and /or food preparation techniques learned in the RHT Food Skills Program or another cooking program.	Group 2	1
Food storage and safety techniques	See Food storage and safety above.	N/A	0
Recipes and food preparation techniques	See Meal planning and recipes above.	Group 2	1
Unique cooking needs based on family structure	Participant comment(s) related to preparing meals for their unique family structure.	Group 1 & 2	16
Difficulties cooking for and with children		Group 1 & 2	8
Single person families		Group 2	1