

A TASTE OF LATIN AMERICAN HERITAGE

EVALUATION RESULTS

Based on pre- and post-survey data collected from 252 *A Taste of Latin American Heritage* participants in TX, NJ, MD, MA, OH, NY, and FL:



33%

report eating more
fruits



32%

report eating more
vegetarian meals



32%

report eating more
herbs and spices



31%

report an increase in
exercise



30%

report eating more
vegetables



30%

report eating more
nuts and seeds



30%

report eating more
beans



31%

report eating more
tubers



27%

report an increase in
home cooking



99%

report that history and
heritage are motivators
for eating well

Participant testimonials:

Meals are easy to prepare and they taste really great. The best part is that they are healthy."

"I love coming to this class."

"Me servio' muchisimo a nivelar mis comidas a ser firme mejor con mi misma y lo mas importante, conocer nuevas personas" [It helped me a lot to balance my meals to be better with myself and most importantly, to meet new people]

Across the full group, there were also **statistically significant improvements** in consumption of fruits, herbs, whole grains, and nuts as well as in exercise frequency.

Learn more:

classes@OldwaysPT.org

OldwaysPT.org/ATOLAH

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