

## In-Between Steps of Change

<b>The Step</b>	<b>What a participant might say!</b>	<b>What an educator might write.</b>
<i>Trust</i>	I trust and like the educator.	A.A. shared in class. She has not done that before.
<i>Engagement</i>	I am open to learning in the class.	B.B. participated in the preparation of squash.
<i>Self-assessment</i>	I noticed I am using too much salt.	C.C. said she was eating too much salt.
<i>Awareness</i>	I learned that meat is healthier if I bake it or broil it instead of fry it.	D.D. stated that he did not realize how much fat he added to his meat when he fried it in oil rather than baking it in the oven.
<i>Attitudes</i>	Breakfast is important.	E.E. is going to make sure her kids eat breakfast.
<i>Beliefs</i>	A weekly menu means we eat better.	F.F. shared that she knows it is better to plan her menu each week.
<i>Knowledge</i>	I can get fiber from plant foods.	G.G. shared was not aware fiber was in plant foods, now she does.
<i>Self-efficacy</i>	The recipes I tried came out pretty good.	H.H. shared he tried the recipe and it came out pretty good.
<i>Personal development</i>	I'm out to better myself.	I.I. shared that she is going to begin to eat healthier.
<i>Satisfaction</i>	I'm impressed by how much I learned.	J.J. shared that he learned more than he thought he was going to.
<i>Social benefits</i>	My family likes the recipe I tried.	K.K. shared that her family is enjoying the recipes learned in class.
<i>Personal reinforcement</i>	I feel better when I tried eating that way.	L.L. shared that she has lost 3 lbs and is feeling better.
<i>Social reinforcement</i>	She calls me "my healthy daughter-in-law."	M.M. shared that her mother-in-law noticed the changes she has made and complemented her on them.
<i>Aspiration</i>	I'm looking forward to doing it on my own.	N.N. shared that she is ready to begin to modify some recipes on her own, after participating in class.
<i>Setting goals</i>	Next year we're growing a vegetable garden.	O.O. shared that he is going to plant a veggie garden in the spring.
<i>Skills trials</i>	I tried it and saved money.	P.P. began using a menu plan and reports saving \$25 each week.
<i>Adoption of behaviors</i>	I don't thaw on the counter any more.	Q.Q. since the meat model demonstration is no longer thawing meat on the counter.
<i>Testifying and sharing</i>	I showed my husband how much sugar he got from soda.	R.R. demonstrated the amount of sugar in a Burger King soft drink to her kids.
<i>Seeking more information</i>	I looked for more information on fat.	S.S. is reading labels, looking at the amount of fat in food items.
<i>Noticing change in others</i>	Now my kids can make a new snack.	T.T. has noticed that her children are choosing the cut up veggies over the chips when they come home from school.