



What Are People Saying about *NO HATE ON MY PLATE* Program?

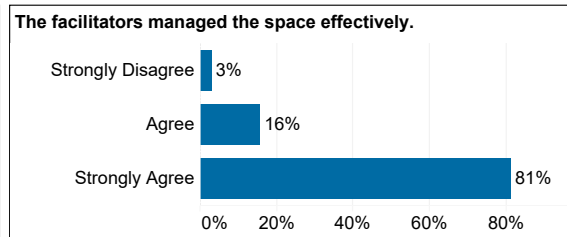
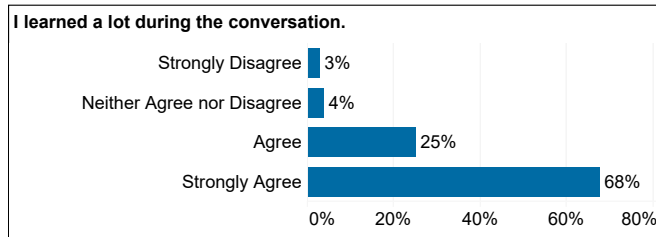
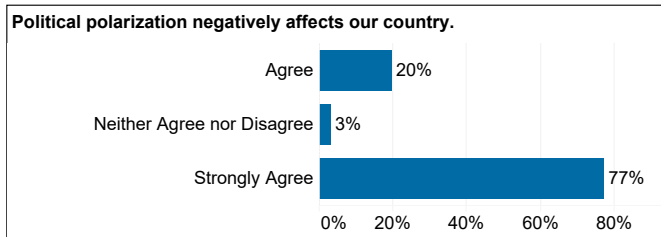
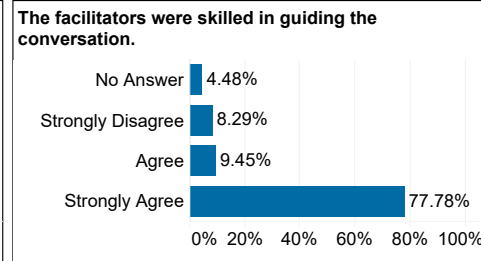
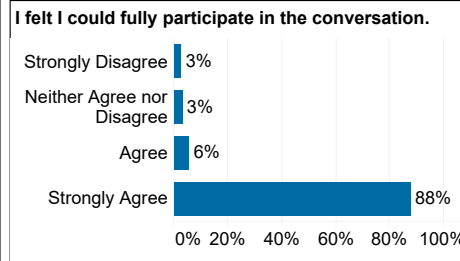
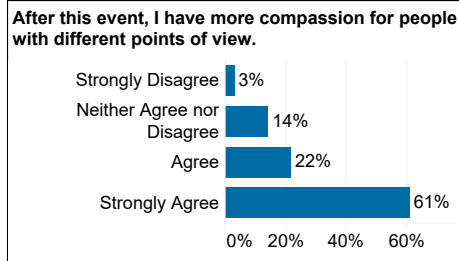
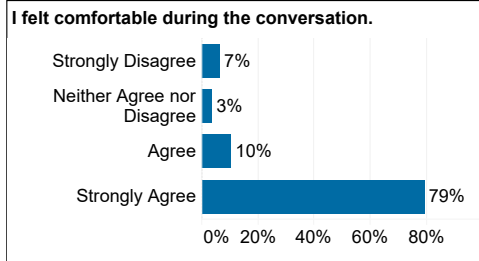
Last Updated
April 23, 2026



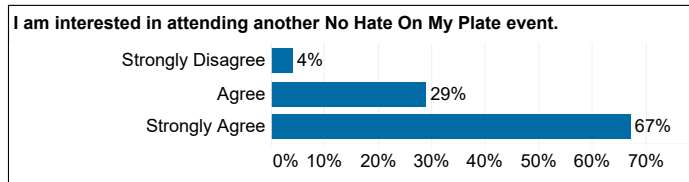
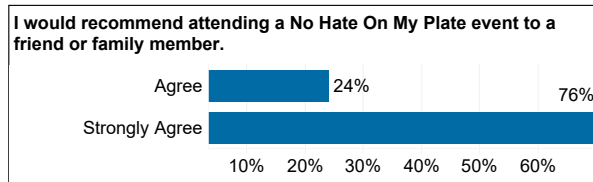
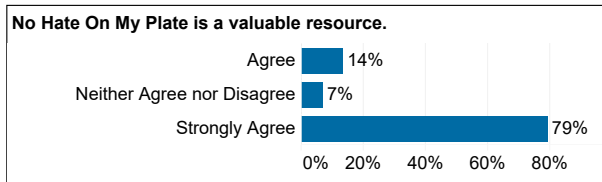
N=32

Overall, participants reported very positive experiences with the *No Hate On My Plate* program. Large majorities said they felt comfortable, were able to fully participate, and believed facilitators were skilled at guiding and managing the conversations. Many participants also expressed increased compassion for people with different perspectives and agreed that political polarization negatively affects the country. The program itself was widely seen as valuable, with most attendees saying they would recommend the event and were interested in attending again.

Event Experience



Overall Perception



Engagement

