



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

Last Updated
June 17, 2026

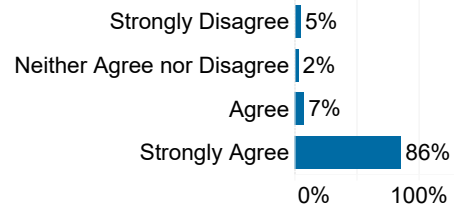


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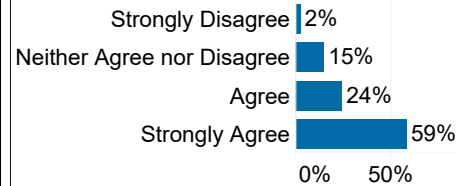
Overall, participants reported very positive experiences with the *No Hate On My Plate* program. Large majorities said they felt comfortable, were able to fully participate, and believed facilitators were skilled at guiding and managing the conversations. Many participants also expressed increased compassion 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 a..

Event Experience

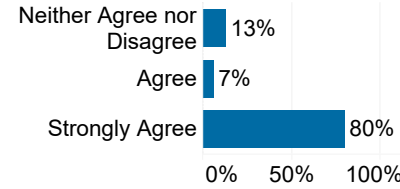
I felt comfortable during the conversation.



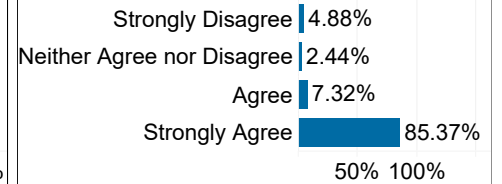
After this event, I have more compassion for people with different points of view.



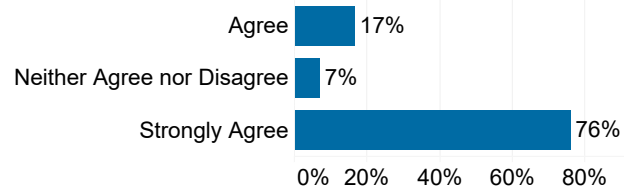
I felt I could fully participate in the conversation.



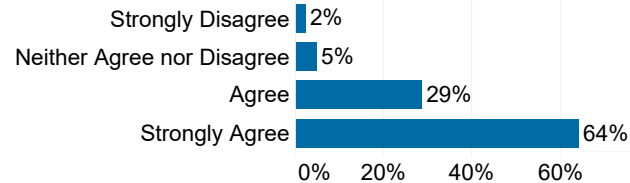
The facilitators were skilled in guiding the conversation.



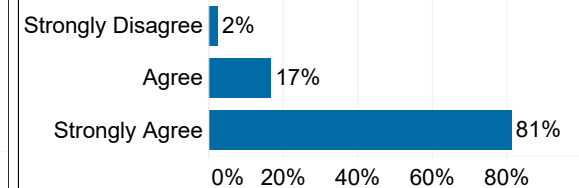
Political polarization negatively affects our country.



I learned a lot during the conversation.

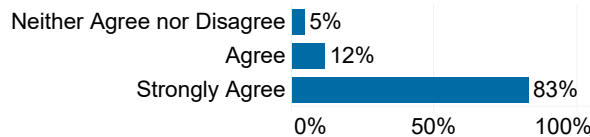


The facilitators managed the space effectively.

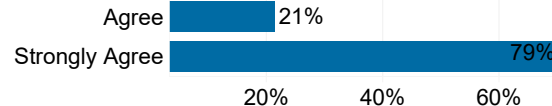


Overall Perception

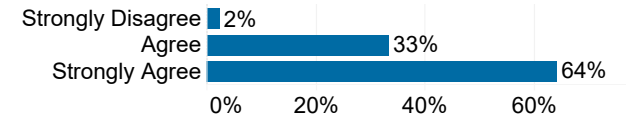
No Hate On My Plate is a valuable resource.



I would recommend attending a No Hate On My Plate event to a friend or family member.



I am interested in attending another No Hate On My Plate event.



Engagement

I met and engaged with someone who has a different point of view.

