

Program Description

Thirty-six A Just Harvest adults and children attended a Breakfast and Home Cooked Meals Slow Cooker class. The adults learned about the importance of breakfast and strategies for preparing healthy home cooked meals. The children learned about the importance of breakfast, MyPlate, and reading nutrition labels. They prepared Yogurt Parfaits, Fruit Salsa, and Tomato Cherry Tomato and Green Bean Salad and enjoyed a meal including all the dishes plus Goodnight Good Morning Oatmeal and Spicy Black Eye Pea Soup. Families took home groceries so they could experiment with the new recipes at home. New families also received a free slow cooker.

**Overall Results**

100% of participants would recommend these sessions to another family.

100% of participants would like to take a Nurture class in the future.

100% of participants felt the information shared would be “Very Easy” or “Easy” to use.

100% of participants said it was “Very Likely” or “Likely” they would use the slow cooker in the next month.

85% of participants rated the session as “Excellent” or “Very Good”.

85% of participants “Strongly Agree” or “Agree” that the slow cooker will help them prepare more healthy meals.

93% of participants gave every recipe at rating of 10, the top rating.

Comments from Participants:

[My favorite part of the session was] “The talk about how to eat right for good health – not too much salt or sugar.”

“The Green Bean and Tomato Salad was very good to eat.”

“It was good to have a cooking class to learn how to cook healthy.”

[To increase breakfast consumption I learned] “Oatmeal with low fat yogurt, nuts and raisins sweeten up the meal.”

“Eat whole grains in the morning.”

“Prepare breakfast the night before.”