

Program Description

Sixteen A Just Harvest adults and children attended a Nurture Slow Cooker class. The adults learned about lean proteins and portion control. The children learned about beverages, hydration and reading nutrition labels. They prepared Avocado Bean Dip, Homemade Lemonade and Watermelon Smoothies and enjoyed a meal including all the dishes plus Chili, Herbed Lentil Soup and Chocolate Banana Cream Pops. Families took home groceries so they could experiment with the new recipes at home. New families also received a free slow cooker.



Overall Results

90% of participants would like to take a Nurture class in the future.

90% of participants rated the session as “Excellent” or “Very Good”.

90% of participants felt the information shared would be “Very Easy” or “Easy” to use.

80% of participants “Strongly Agree” or “Agree” that the slow cooker will help them prepare more healthy meals.



Comments from Participants:

[My favorite part of the session was] “Eating and learning to eat healthy. I enjoyed it very much.”

“Every recipe was very good. [I am] happy to have learned healthier ways of eating. I loved the chocolate popsicle and knowing I can use tofu and like the taste of it.”

[My favorite part was] “When Heather was showing us the best size plate we should use to prepare our family food.”

[One strategy I learned was] “That it is much easier to use a slow cooker when you have small kids.”

[My favorite part was] “Information concerning serving size portions and salt in canned goods. Eating recipes I hadn’t tried before – very good!”

[My favorite part was] “When the children told us about the sugar in beverages.”

