

Program Description

Thirty-two A Just Harvest adults and children attended a Fruit and Vegetable Slow Cooker class. The families learned how different color fruits and vegetables help the body in different ways. Then they prepared Yogurt Ranch Dip and Veggies, Veggie Burrito Bowl, Green Smoothies, and Slow Cooker Apples and Oats and enjoyed a meal including all the dishes. They ended with a game where groups were assigned a color and had to list as many fruits and vegetables of that color as they could. Families took home a slow cooker and some ingredients so they could experiment with recipes at home.

Overall Results

100% of participants rated the information as Easy or Very Easy to apply.

100% of participants reported they were Very Likely or Likely to prepare one of the Nurture recipes.

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

94% of participants rated the session as Excellent or Very Good.

94% of participants Strongly Agreed or Agreed that the slow cooker will help them prepare more healthy meals.

81% of participants reported they were Very Likely or Likely to use the slow cooker in the next month.

Comments from Participants: My Favorite Part of the Class Was:

“It was family oriented including the children and adults.”

“Tasting the food we learned to make.”

“When they were teaching us the recipes and tasting what we made.”

“When we [listed] our colors of the fruit.”

