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## Students Teach Affordable Nutrition with Slow Cookers

### Students Teach Affordable Nutrition with Slow Cookers



*CKUMES provides slow-cooker workshops for families at the Dwelling Place.*

On a recent Sunday, football players from Northwestern University arrived at a church bearing 23 slow cookers.

"One minute they are hauling the slow cookers and the next minute they are sitting and talking with the kids," says Kathryn Guylay, executive director of the Nurture program and community partner to the [Campus Kitchen at Northwestern University](#).

Guylay's program promotes efficient and economical nutrition education using volunteers from all backgrounds – from football players to registered dietitians and nurses. The recent collaboration between Nurture and the Campus Kitchen to organize a slow-cooker series brought all types of do-gooders together to teach about more than just what goes inside the pot.

## News from CKP Local Sites

### Summer Time!

Hello all! Starting on 17 May, CKMU will no longer be following it's usual food prep schedule at Straz. We are still finalizing the schedule and should have it up...

### Hey Tuna Salad!

The tune of the title of today's post is to "Hey Macarena!" in case you'd like to sing it aloud. Go ahead, I did. And perhaps I still am... you'll...

### Coming in Fresh

It's almost broccoli season here at CKWL. You can see how close we're getting below. Did you know that boiling vegetables actually transfers many of the important nutrients into the...

### Showin' Off & Taking Names!

We've been doing a lot of showing off recently; first CKUMB held an amazing opening event where we were complimented by some of UMB's finest. Of course, we humbly accepted...

### Thanks to Our Awesome Volunteers!

We've had a great year, and we wouldn't have been able to do any of it had it not been for the amazing volunteers who have helped us along the...

### Grow, baby, GROW!

Our post title today comes directly from a comment left by Mr. Robert Egger, founder of DC Central Kitchen and The Campus Kitchens Project. Robert is a big deal in...

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*CKNU partners with Nurture to provide slow-cooker workshops for families.*

"It just seemed like the absolute perfect marriage," said Guylay of the partnership, which began when she applied to a community foundation for a slow cooker grant. The foundation mentioned the Campus Kitchen could help with supplies and volunteers.

"We had the expertise and information, Joanna [the coordinator at the Campus Kitchen at Northwestern University] had the funding and manpower," said Guylay.

Each part of the series focused on a different category of food that is both cheap and easy to make in a slow cooker: whole grains, fiber, and fruits and vegetables. Nurture volunteers taught classes with recipes for quinoa, lentils, or oatmeal sundaes priced between 30 cents and \$1.50 a serving and analyzed from a nutritional standpoint. Campus Kitchen students stepped in to serve taste tests, man the sundae bar and work with kids on edible art while adult classes covered the rewarding ease of slow cookery.

A time zone away, students at the [University of Maryland Eastern Shore, at Shady Grove](#) from biological sciences, public health, social work, and hospitality management programs swapped roles on a Saturday and served as teachers to a community partner, thanks to a slow cooker grant the partner received.

Sponsored by the Campus Kitchen at the University of Maryland Eastern Shore, Shady Grove, volunteers gathered resources at the university and brought residents of the [Dwelling Place](#), a local low-income housing community, through three interactive seminars ranging from knife skills, to nutrition and sanitation.

As social workers watched the children, the Campus Kitchen kicked off the session with knife demonstrations, grocery advice, and simple slow cooker recipes. The group then rotated through a discussion about super foods and child nutrition with public health students, and economical cleaning, plus food sanitation with biological sciences students. The result: an information-filled health lesson, complete with take home groceries, cleaning supplies and food samples.

The Campus Kitchen at Northwestern University helped supply Nurture participants with something similar, sending families home with beans, barley, fresh carrots and apples. The results of a survey following the program showed 100 percent of participants could recognize whole grains from fake, and most started cooking more breakfasts and dinners at home.

Others saw it as a way to add variety to formerly stressful menu planning. One comment from the survey read: "I find it a lot easier to plan meals. My fridge is stocked with leftovers for a quick meal for later on too. My son who is usually very picky even said to me, "Whatever you make in the slow cooker tastes good."