

Slow Cooker Family Program Impact Report

Caring Outreach by Parents in Evanston
Kingsley Elementary School: September - November 2013
Funded by the Rotary Club of Evanston Lighthouse and the Fuller Grant

Program Description

Nurture conducted a four-class Core Family Program for families in partnership with Caring Outreach by Parents in Evanston (COPE) at Kingsley Elementary School in Evanston, IL. Twelve adults and twenty six children participated in nutrition, cooking and exercise classes. Topics for the adults included slow cooker instruction, modification suggestions for recipes, and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Topics for children included MyPlate, Food for Fuel: Go or Slow, Better Beverages and Breakfast. Each family received a free slow cooker, meat thermometer, program workbook and weekly groceries; most of the recipes focused on using the slow cooker.

Overall Results – Adults

- 100% of participants would recommend the Nurture program and would like to take additional classes.
- 100% Agree or Strongly Agree that the slow cooker will help them prepare healthier meals.
- 92% have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- 95% Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- 86% Agree or Strongly Agree that they are better prepared to make home-cooked meals for their family as a result of taking the Nurture classes.

Comments – Adults

- “My family is eating and experimenting with new foods and flavors they probably wouldn’t have tried otherwise.”
- “This class has shown me that there are better/healthier choices in meal planning.”
- [My favorite part of the session was:] “Tasting the food. The food was delicious and it was interesting to see what you can do with food without having to use fats and salt.”
- “Dinners have changed, we all eat together and include more veggies.”
- “We are buying less chips/meat and more veggies/beans.”
- [I learned that] “Cooking doesn’t have to take all day and [that I] feel better feeding my family healthy meals (I want more classes).”
- [My favorite part of the session was] “Trying something new and [learning] how to look at ingredients. I really learned something new from that.”



Strategies I learned:

- “Fill half your plate with veggies.”
- “Spend more family time together preparing meals.”
- “Eat more fish and skinless chicken.”
- “Make changes slowly and offer foods several times to kids.”
- “I learned how to cook whole grains.”
- “Label reading/checking ingredients.”
- “How to prepare a salad.”
- “Go to the gardens at our school, and choose bright colored foods.”
- “I get more protein from beans instead of having to eat meat.”

