

Program Description

Nurture conducted an after school program for 12 Family Focus participants ages 12-16 at the Family Focus site in Evanston, IL. The program consisted of 4 ninety minute hands-on cooking classes as well as nutrition education and a yoga lesson taught by a yoga instructor. The nutrition and cooking lessons were based on the following topics: Fruits and Vegetables, Portion Distortion, using the Nurture Recipe Framework and Healthy Fats and Wellness.



Overall Results

- 100% rated the program as excellent or very good.
- 100% would like to take another Nurture class.
- 100% would recommend this program to another student.
- 100% felt it will be Very Easy or Easy to use the information.
- Greater than 1/2 of participants had cooked a Nurture recipe at home by the last class.
- 90% of participants had never tried lentils before the class. By the end of the session, over 1/2 said their favorite recipe was the lentil tostada.



Participant Comments

- “I learned a lot about the right portion sizes”
- “My favorite part of the program was the food. I liked everything.”
- “I enjoyed learning how to cook.”
- “My favorite part of the program was exercising.”

