**Nurture Family Program Impact Report**

**Insert organization’s logo**

[**Insert Organization’s Name**]: [**Insert month and year of program**]

Funded by [**insert name of major funders**]

**Program Description**

[**Insert organization’s name**] conducted a four-class Family Program for [**insert adults, children or families**] [**optional insert location of class**]. [**Insert number of adults and number of children who attended**] participated in nutrition, cooking and exercise classes. **(Include only the descriptions below that are relevant for your program.)** Adult topics included slow cooker instruction, recipe modification suggestions, and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Children’s topics included hands-on cooking, active games and nutrition lessons on MyPlate, healthy foods, 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**

Insert photo from class

* **\_\_%** of participants would recommend the program to another family.
* **\_\_%** Agree or Strongly Agree that they feel better prepared to exercise by themselves or with their families because of the program.
* **\_\_%** Agree or Strongly Agree that they will be able to provide their family healthier foods because of the program.
* **\_\_%** Agree or Strongly Agree that the slow cooker will help them prepare more healthy meals.

Insert photo from class

* **\_\_%** report eating More or Much More fruits and vegetables by the last class than before the program.
* **\_\_%** report eating More or Much More whole grains by the last class than before the program.
* **\_\_%** report eating More or Much More beans and lentils by the last class than before the program.
* **\_\_%** report More or Much More change to their and/or their families’ health or energy levels because of these classes.
* **Comments - Adults**
* “.”
* “.”
* “.”
* [I am saving money by] “.”
* [My favorite part was] “.”
* [My favorite part was] “.”
* [My favorite part was] “.”
* [My favorite part was] “.”
* **Strategies I Learned** **- Adults**
* “.”
* “.”
* “.”
* “.”

**Overall Results – Children**

* **\_\_%** report making positive changes to the way they eat as a result of the Family Program.
* **\_\_%** report being more physically active as a result of the Family Program.
* **\_\_%** report liking the recipes prepared during the program.
* **\_\_%** report wanting to prepare the recipes at home.

**Comments – Children**

* [My favorite part was] “.”
* [My favorite part was] “.”
* [My favorite part was] “.”
* [The most surprising thing I learned was] “.”
* [The most surprising thing I learned was] “.”
* [The most surprising thing I learned was] “.”

**Changes Made to Physical Activity and Diet – Children**

* “.”
* “.”
* “.”

Insert photo from class

Insert photo from class

Insert photo from class