

Program Description

Nurture conducted a four-class Core Family Program for adults in partnership with Family Service of Highland Park. Twenty-three adults participated in nutrition, cooking and exercise classes. The program was held at the Nuestro Center in Highwood. Topics included slow cooker instruction, recipe modification and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Each participant received a free slow cooker and groceries; most of the recipes focused on using the slow cooker.

Overall Results

- 100% think it will be Very Easy or Easy to use the cooking information provided by Nurture.
- 100% would recommend this program to another family.
- 100% plan to use their slow cooker within the month following the classes.
- 98% are Likely or Very Likely to prepare the Nurture recipes from class in their homes.
- 98% rated the series as Excellent or Very Good.

Comments

Some translated from Spanish.

- “I really enjoyed all the information about food and nutrition.”
- “My family is now eating more whole grains and vegetables.”
- [My favorite thing about the series was:] “New ideas, new learning and comparing ideas.”
- [My favorite thing about the series was:] “Learning about other grains.”
- [My favorite thing about the series was:] “Trying new flavors and learning various ways to combine ingredients.”

