

Program Description

Nurture conducted a four-class Family Program in partnership with Family Service of Highland Park, IL. Seventeen teens and adults participated in nutrition, cooking and exercise classes. The program was held at Highland Park High School. Participating families were from Family Service's middle school and high school programs: Youth Educational Support and Success (YESS) and Latino Youth Initiative. Topics included nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control, recipe modification and easy ways to incorporate fitness.

Overall Results

- 97% Strongly Agreed or Agreed that they are more prepared to make home-cooked meals for themselves or their families as a result of the series.
- 95% Strongly Agreed or Agreed that they are able to feed their families healthier meals because of what they learned in the series.
- 94% feel better prepared to exercise by themselves or with their family members now that they have taken Nurture classes.
- 100% would like to take additional Nurture classes.
- 100% would recommend this program to another family.
- Average rating of 8.5 out of 10 for the Nurture recipes



Comments *(Some translated from Spanish.)*

How the classes have impacted you and your family?

- "I have learned to substitute healthier ingredients and use new recipes."
- "A lot! I am no longer buying high fat food and fast food."

Have you changed what you serve for meals as a result of these classes?

- "Yes, I serve breakfast now, I prepare healthier lunch and dinner."
- "Instead of having coffee and sweet bread, I have whole wheat bread."

Other tips I learned:

- "To put more vegetables in soup."
- "Substitute lentils for meat, eat more fish."
- "Make food that has more protein and vegetables."
- "Parents should be proactive and prepare cut up fruits and vegetables."
- "To review ingredient lists."

