

Program Description

Four-class Family Program for Adults in partnership with Family Service of Highland Park, IL. Sixteen 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

- 98% Agreed or Strongly Agreed that they are able to feed their families healthier meals because of what they learned in the series.
- 100% feel better prepared to exercise by themselves or with their family members now that they have taken Nurture classes.
- 95% believe that the slow cooker will help them prepare more healthful meals.
- 100% would like to take additional Nurture classes.
- 100% would recommend this program to another family.

Comments (some translated from Spanish)

- [I learned how to] “tell the difference between good grains and processed ones.”
- [I learned to] “read the [nutrition] label and to check what's in each product.”
- “This class made us be more conscious of our meals for our health.”
- “Because [I am] saving a little more money, [I] pay more attention to what I buy.”

My favorite thing about the series was:

- “They taught us various types of exercise that we can teach our kids.”
- “I liked everything, I learned more in every class, and I am already using some of the advice given in all these classes.”
- “Tasting the foods that are made in a slow cooker and [learning about] the appropriate serving sizes”

