

### Program Description

Nurture conducted a four-class Family Program for adults in partnership with Family Service, Highland Park, IL. Sixteen adults participated in nutrition, cooking and exercise classes. 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. 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

- **100%** of participants would recommend the Nurture program and would like to take additional classes.
- **90%** have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- **79%** Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- **75%** Agree or Strongly Agree that they are better prepared to make home-cooked meals for their family as a result of taking the Nurture classes.
- **88%** report eating More or Much More beans and lentils by the last class than before the program.
- **70%** report eating More or Much More fruits and vegetables by the last class than before the program.
- **63%** report eating More or Much More whole grains by the last class than before the program.
- **56%** report More or Much More change to their and/or their families' health or energy levels because of these classes.
- Average recipe rating was **8.8 out of 10**

### Comments (translated from Spanish)

- [I] “changed oils to eat healthier.”
- [I am saving money by] “comparing prices.”
- [The classes have had] “a major impact on my cooking.”
- [My favorite part was] “the food.”
- [My favorite part was] “sharing with everyone.”
- [My favorite part was] “the program because they educate us to eat more healthy and exercise.”
- [My favorite part was] “the exercises you can do at home.”



### Strategies I learned (translated from Spanish)

- “Use a smaller plate.”
- “Add more vegetables to our meals and increase our fruit portions.”
- [To add fruits and vegetables to our diet] “Eat them before a meal.”
- “I never tried [whole] grains before. We should eat more because they are healthy.”

