

Program Description

Nurture provided cooking and nutrition lessons once a week during the Family Focus Summer Camp for middle school girls. Recipes included snacks such as green smoothies, trail mix and blueberry millet muffins, and entrees such as turkey ranch pitas, sweet and sticky chicken and black bean quesadillas.

Overall Results

- Prior to the program only 10% of participants reported feeling happy with the way they looked. At the conclusion of the program, 84% reported feeling good about their appearance.
- Participants reported an increase in energy.
- Participants reported an increase in confidence.
- Participants reported an increase in vegetable consumption of one full serving per day.

Comments from Participants

“I learned that making healthy food can be easier than making unhealthy food.”

“I learned that eating healthy is not that hard!”

“I learned that you can add spinach to foods and it still tastes good!”

