

Program Description

Northfield Township Food Pantry clients attended a Slow Cooker Family Program Class sponsored by the Glenview Farmers Market and hosted at Wagner Farms.

The session started with a family meal of fiesta veggie casserole with brown rice. The parents learned how to incorporate more fruits, vegetables, and whole grains into their diets, and they learned how to utilize the slow cooker to prepare healthy family meals.

The class menu focused on seasonal produce from the farmer's market, such as Apple Crisp and Veggie Burrito Bowl. Parents learned how to stretch their food budget by utilizing the farmer's market and slow cooker recipes. At the same time, the children learned about the importance of eating fruits and vegetables, and made a yogurt dip with fruit kabobs.



Overall Results

100% of participants rated the session as Excellent or Very Good.

100% of participants rated the information as Easy or Very Easy to apply.

100% of participants reported they were Very Likely or Likely to use the slow cooker in the next month.

89% of participants reported they were Very Likely or Likely to prepare one of the Nurture recipes.

100% of participants Strongly Agreed or Agreed that the slow cooker will help them prepare more healthy meals.

100% of participants would like to take a Nurture class in the future.

Comments from Participants: My Favorite Part of the Class Was:

“Discussing how healthier meals are not costly & have many health benefits.”

“The educational component of nutrition and recipes for fruits and vegetable in season. Adding the slow cooker was terrific; handing one out was fabulous too!”

“The interaction of the instructor with the participants.”

“How easy everything was.”

“Good food, happy kids.” “Hearing other participants’ recipes.” “The food!” “How to cook.”