



Higher Ground Wellness Camp Program Results - October 2013

Program Description

In October 2013, Nurture partnered with **Higher Ground Sun Valley** (formerly Sun Valley Adaptive Sports) to teach two hour-long classes to a group of seven female military vets with traumatic brain injuries and/or Post Traumatic Stress Disorder and their significant others. Led by certified nutrition educator Kami Miller, each session included a nutrition lesson as well as healthy recipe samples. Higher Ground is a non-profit that provides therapeutic recreational opportunities to children, teens and adults with disabilities.



Lesson Topics

Slow Cooking



My Plate



Healthy Snacks



Participant Feedback

Nurture's Food & Fun program was a success in the eyes of Higher Ground participants and counselors. **Four out of 7 participants who completed the exit survey rated the classes as "Excellent."** Two out of 7 rated it as "Very Good" or "Good." All participants demonstrated a solid understanding of the MyPlate guidelines following the classes.

Participant comments:

"Very well presented [and] educational."

"Instructor was clear, friendly and approachable."



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My favorite thing about the program was:

"The great packet of info and the interactive conversation."

"Tasting the items and the handouts of recipes."

"Eating!"

"The instructor was patient and understanding."

My least favorite thing about the program was:

"Nothing!!"

"Not being able to make our own food."

Counselor comments:

"Great information provided to our participants about healthy cooking and balanced diet."

"It was a wonderful set of classes and our group really benefitted from the content presented."

