

Slow Cooker Family Program Impact Report

Hillside Food Pantry, Evanston, IL: February 2014

Funded by First Bank & Trust and
a Fuller Grant from St. David's Episcopal Church

Program Description

Nurture conducted a four-class Slow Cooker Program for adults in partnership with Hillside Food Pantry, the fifth largest food pantry in Illinois. Fifteen adults participated in four weeks of nutrition, cooking and exercise classes. Topics included exercise, breakfast, lean proteins, fruits and vegetables, whole grains, portion control, how to modify recipes, using a slow cooker and tips for healthy eating and shopping while on a budget. Each class included 3-4 healthy, low cost recipe tastings most of which could be made in a slow cooker. Each participant received a free slow cooker, meat thermometer, program workbook with recipes, and weekly groceries.



Overall Results

- **100%** Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- **100%** of participants would recommend the Nurture program and would like to take additional classes.
- **96%** 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.
- **92%** Agree or Strongly Agree that the slow cooker will help them prepare healthier meals.
- **89%** have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- **77%** report eating More or Much More whole grains by the last class than before the program.
- **69%** report eating More or Much More beans and lentils by the last class than before the program.
- **64%** report eating More or Much More fruits and vegetables by the last class than before the program.

Comments

- "I (now) have a hot meal when I get home, before I would be more tempted to eat while I was out."
- "I'll try some grains I was hesitant to try before, since I hadn't tasted them."
- "(This class) helped me cook healthier and feel better about cooking."
- "I have become more health conscious and more knowledgeable about how to make healthy choices."
- "(I am) more conscious about eating healthier (and) more aware of the benefits of beans and grains. (I) would probably never have bought a slow cooker on my own, but now I will use it at 3-4 times a month."

Strategies I learned:

- "Use whole grain bread for sandwiches, or use couscous and quinoa in my meals."
- "Read labels more closely, choose meats that have less fat-especially processed foods."
- "I cut up veggies ahead of time so that when I am hungry they will be available immediately, and I make veggies the center of soup, rather than meat."
- "Incorporate veggies or fruits in brown rice or pasta and salads."
- "Read the label before choosing products."

