

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. Thirteen 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 the slow cooker will help them prepare healthier meals.
- **100%** Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- **95%** feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- **95%** of participants would recommend the Nurture program to another family.
- **83%** report eating More or Much More whole grains by the last class than before the program.
- **83%** report eating More or Much More beans and lentils by the last class than before the program.
- **75%** report eating More or Much More fruits and vegetables by the last class than before the program.
- **73%** report spending less money on food than before the program.
- **54%** report they and/or their family has More or Much more health and/or energy than before the program.



Comments

- "It feels good to eat this way."
- "You can eat smart, and it tastes good."
- "Best class ever - thank you so much! Learning and sampling is the best because you've tasted the recipe and want to make it."
- [My favorite part was] "The discussion - enlightening and stimulating, very informative."
- "The classes have given me more options to incorporate healthier choices into my routine."
- "It will [save me money] as I end up using more whole foods (raw beans, whole grains, etc.) instead of expensive processed ingredients."
- [How have these classes impacted you?] "More energized, less eating out, reading labels, get whole grains."

Strategies I learned:

- "Eat smaller portions, wait and see [if you are still hungry]."
- "Substitute beans for meat."
- "Take skin off from chicken."
- "Blending [fruits and vegetables] into smoothies."
- "Prepare fruits and vegetables with dips and add more fruits and vegetables in cook meals."
- "I learned a variety of whole grains, which gave me options I didn't know I had."
- "Read nutrition labels and make sure the first [ingredient] listed is whole grain or whole wheat!"

