



Slow Cooker Family Program Impact Report

Hillside Food Pantry, Evanston, IL: October 2014

Funded by Nurture

Program Description

Fifteen adults participated in Hillside Food Pantry's four-class Nurture Family Program. 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 feed their family healthier meals as a result of the classes.
- **100%** of participants would recommend the Nurture program to another family.
- **94%** feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- **82%** report eating More or Much More fruits and vegetables by the last class than before the program.
- **82%** report eating More or Much More whole grains by the last class than before the program.
- **82%** report eating More or Much More beans and lentils by the last class than before the program.
- **60%** report they and/or their family has More or Much more health and/or energy than before the program.

Comments

- "I'm cooking healthier and using less money."
- "Thank you so much for the bags of groceries each week. It was so great to try these recipes!"
- "I think more [about] how I can get vegetables in at every meal, even breakfast more."
- "The instructor when over the material as much as we needed her to."
- [My favorite part was] "analyzing the nutrition facts."
- [My favorite part was] "tasting the different recipes."
- [My favorite part was] "The openness of the class."

Strategies I learned:

- "Put more or add fruits and vegetables daily."
- "Add more lentils and beans to soups and salads."
- Take out the meat and substitute beans."
- "Mix [whole grains] with other yummy ingredients."
- "Use a small plate."

