

Program Description

At JCYS Champ Camp Reunion, Nurture led the parents through a discussion of Go and Slow foods, converting Slow Foods to Go Food, how to evaluate breakfast cereals, and how parents can reinforce good nutrition at home. Campers discussed the importance of breakfast. Parents made Yogurt Parfaits and campers made Breakfast Pizzas. The adults and children got moving with yoga poses.

Overall Results

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

100% of participants said they felt better prepared to help their children make healthy food choices

80% of participants rated the information as Easy or Very Easy to apply

80% of participants would like to take a Nurture class in the future

Some Comments from Participants

Many translated from Spanish:

“It is good to be able to decide what is healthy.”

“It is very good to learn about food that is healthier.”

[I liked to] “learn to read food labels.”

[Do you feel better prepared to help your children make healthy food choices?] “Yes because they make it with pleasure and enjoy it.”

[My favorite part of the session was] “the talk about natural sugar and baking instead of frying.”

[My favorite part of the session was] “the explanation of the different [sources of] fiber.”

“I like the advice you have given to have better food.”

