

Program Description

At JCYS Champ Camp pre-camp orientation, Nurture introduced what it does, how its programming will be included in Champ Camp, gave a sample lesson (Pack a Better Lunch), and discussed how parents can reinforce concepts at home.

Overall Results

92% of participants rated the session as Excellent or Very Good

100% of participants rated the information as Easy or Very Easy to apply

96% of participants felt the Nurture session will be Very Useful or Useful for their children

83% of participants would like to take a Nurture class in the future



Some Comments from Participants

Translated from Spanish unless otherwise indicated:

“I learned how to prepare a better lunch for my kids.”

“It’s good that ... the children have an opportunity to try something different”

How useful do you feel the Nurture session will be for your children?

“Will help them to decide what is the best food for themselves and their health.”

“Because if they hear from other people they’ll accept it better and will be willing to try new foods.”

My favorite part of the session was:

“They will make the children enthusiastic about eating healthier.”

“Participation (English)”

“To know more about how to feed my children.”

“Good information about healthy eating”

“Write down what we think a perfect lunch will be. It [is helpful] to see visuals. (English)”

“Remind us of the pyramid and remember the groups that we have to consume.”

To improve the program I would recommend:

“I want to learn more”

“A little longer”

“More classes more often”

“Try a sample (English)”

