

Program Description

Harvest Recipe Slow Cooker Family Program for 12 families with plots at the Moraine Township Pantry Garden. There were cooking classes for parents and children. Classes included nutrition lessons on the importance of breakfast, home cooked meals, MyPlate, fiber, fruits and vegetables, whole grains, and ‘Go’ and ‘Slow’ foods. Classes also included gardening tips and exercise. During the last class a specialist taught the families how to preserve their produce through canning.



Overall Adult Results

- 100% rated the session as Excellent.
- 100% would recommend this program to another family.
- 100% felt it will be Very Easy or Easy to use the information.
- 100% understand the difference between whole and process grains vs. 70% before the classes.
- 88% rated the slow cooker as Very Useful or A Favorite Piece of Equipment.
- 80% reported an increase in confidence in preparing their meals.
- 60% reported an increase in the consumption of beans.



Adult Comments

Some Translated from Spanish.

- “I loved the recipes and the canning session.”
- “I was ecstatic to receive a slow cooker and the wonderful grocery samples.”
- “I really enjoyed all the knowledge about food and nutrition.”
- “I really liked it for me and for my children. We learned how to cook fresh and nutritiously. We learned how to prepare smoothies and are experimenting with new recipes.”
- [I would recommend this program to another family:] “so they know and see how easily you can prepare something nutritious for the whole family.”
- [My favorite thing about the series was:] “The sheer enjoyment of the teacher, class, and helpers.”
- [My favorite thing about the series was:] “The opportunity to be here, learn from the different comments, and learn about grains.”



Kid Comments

- [I learned that] “Eating healthy foods changes how you feel.”
- [I learned] “Don’t eat too many slow foods.”

