

Program Description

Nurture conducted a four-class Core Family Program for families in partnership with Lake County Health Department & Community Health Center-North Shore Health Center, Highland Park, IL. Twenty adults and twenty-three children participated in nutrition, cooking and exercise classes. Topics for the adults included slow cooker instruction, modification suggestions for recipes, and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Topics for children included MyPlate, Food for Fuel: Go or Slow, Better Beverages, and Breakfast. Each family received a free slow cooker and groceries. Most of the recipes focused on using the slow cooker.



Overall Results - Adults

- 100% would recommend this program to another family
- 98% would like to take a Nurture class in the future
- 94% think it will be “Very Easy” or “Easy” to use the cooking information provided by Nurture
- 96% of participants rated the classes as Very Good or Excellent
- 73% of participants “Strongly Agree” or “Agree” that the slow cooker will help them prepare more healthy meals.
- 8.2 out of 10 was the average rating for the recipes sampled



Comments – Adults (some translated from Spanish)

- “I am very thankful for this type of educational class and for [Nurture] providing us with different examples of food that we can use and add to our regular meals.”
- [My favorite thing about the series was:] “Seeing so many whole grains and tasting them. This sparked my imagination and motivated me to experiment with bulgur, barley, lentils, etc.”
- [My favorite thing about the series was:] “How easy it is to cook a healthy meal.”
- “I learned more about portion sizes.”
- [My favorite thing about the series was:] “Information on whole grains and the benefits.”

Strategies adults recalled for increasing consumption of healthy food:

- “Divide your plate in portion sizes.”
- “Read the labels.”
- “Use different types of grains with chicken and vegetables.”
- “Substitute beans for meat.”
- “Pay attention to labels, and buy whole grains.”
- “How to prepare your breakfast with more fiber.”
- “We could start [breakfast] the night before to make it easier in the morning.”



Overall Results and Comments – Children

93% would like to take more Nurture classes

- [During the Nurture session I learned] “That fruits and veggies are like superheroes and nutrients give you energy.”
- “I learned to eat balanced breakfasts.”
- “I learned about go foods and slow foods.”
- [I learned] “That protein makes you strong and healthy.”

