

## Program Description

Slow Cooker Family Program for 14 families. There were cooking classes for parents and children, and nutrition lessons on the importance of breakfast, home cooked meals, balanced meals, fiber, fruits and vegetables, whole grains, and better beverages. In addition to food programming, the classes included yoga or exercise.

## Overall Adult Results

- 100% rated the session as Excellent.
- 100% would recommend this program to another family.
- 92% rated the slow cooker as Very Useful or A Favorite Piece of Equipment.
- 100% felt it will be Very Easy or Easy to use the information shared.
- 100% understand the difference between whole and process grains vs. 33% before the classes.
- 64% reported an increase in the consumption of fruits & vegetables.
- 54% reported an increase in their children's consumption of healthy foods.



## Adult Comments

### *Translated from Spanish.*

- “I learned many ways to save money and eat healthier too, many ways to vary the vegetables to cook, also how to stay active and exercise even in a small space.”
- “I learned about preparing healthier and faster [food] for the whole family and also how important breakfast is.”
- “The slow cooker uses less oil and cooks with less fat, and [we can] add more vegetables to our food.”
- “I like it because the slow cooker cooked in the mornings and when I return home dinner is ready and warm.”
- “I would like all our community to attend this type of information session.”
- “When you have an idea of what you are doing and the benefit, everything is easier.”
- “It is easy because they are meals with vegetables that we all know.”
- [My favorite thing was] “How to compare the sugars in juice.”
- [My favorite thing was] “We share our recipes and our views with all.”
- “Continue with this program. It is very good to learn things to improve our health. Thank you.”



### Overall Kid Results

- 88% reported enjoying tasting new foods and eating “go” foods.
- 88% indicated that what you eat can change how you feel.
- 75% reported telling their family and friends what they learned at Nurture.

### Kid Comments

- [I learned that] “100% juice has lots of sugar.”
- [I learned that] “You can change your health by eating healthy.”

