

Program Description

Nurture conducted a four-class Core Family Program in November and December 2012 in partnership with Lake County Health Department & Community Health Center-North Shore Health Center, Highland Park, IL. Twenty-one adults participated in nutrition, cooking and exercise classes. Topics 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. Each participant received a free slow cooker and groceries; most of the recipes focused on using the slow cooker.

Overall Results

- 100% would like to take a Nurture class in the future
- 100% would recommend this program to another family
- 100% think it will be Very Easy or Easy to use the cooking information provided by Nurture
- 95% of participants rated the classes as Very Good or Excellent
- 8.8 out of 10 was the average rating for the recipes



Comments about favorite aspect of the 4-week series (some translated from Spanish):

- “Tasting different food and sharing the information.”
- “The info given so you can change or add different ingredients.”
- “Learning how to make good use of a slow cooker in different ways.”
- “How to use and add new vegetables.”
- “Learning more about portion sizes.”
- “Learning how to cook in a short period of time.”
- “Learning how to cook with more nutrition.”
- “Learning how easy cooking can be and that in one pot I can get a good amount of protein.”
- “The exercises.”



Strategies I learned for increasing consumption of healthy food (some translated from Spanish):

- “Adding more veggies to recipes.”
- “Making fruits and vegetables more visible and available at any time.”
- “Take veggies as a snack.”
- “Take the skin off of chicken and use more beans.”
- “Have breakfast with my kids.”
- “Prepare [breakfast] the night before.”

