

Slow Cooker Family Program Impact Report

Lake County Health Department & Community Health Center -
North Shore Health Center: October 2013

Funded by Friends for Health, St. David's Episcopal Church
and YEA! Highland Park

Program Description

Nurture conducted a four-class Adult Program in partnership with Lake County Health Department & Community Health Center-North Shore Health Center, Highland Park, IL. Eighteen adults participated in nutrition, cooking and exercise classes. Topics included slow cooker instruction, recipe modification suggestions, and nutrition lessons on the importance of breakfast, lean proteins, fruits and vegetables, whole grains and portion control. Each family received a free slow cooker, meat thermometer, program workbook and weekly groceries. Most of the recipes focused on using the slow cooker.

Overall Results – Adults

- 100% of participants would recommend the Nurture program and would like to take additional classes.
- 81% have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- 82% Agree or Strongly Agree that they are better prepared to make home-cooked meals for their family as a result of taking the Nurture classes.
- 76% Agree or Strongly Agree that they will be able to provide their family healthier meals as a result of taking the Nurture classes.
- Average recipe rating was 9.1 out of 10



Comments (some translated from Spanish)

- "I have a child that is overweight, and this program is helping me a lot to know what I should be feeding him."
- [My favorite part was:] "How they explained the four groups and how to input them into the meal plan. It makes it easier and better for me because I am always on the run."
- "Didn't realize how beans are such an important [source] of protein and less expensive."
- [My favorite part was:] "To learn how to increase the amount of vegetables in my food."
- [My favorite part was:] "How to eat a plate with more colors."
- [My favorite part was:] "Everything, to try different foods."
- "We are buying more fruits and vegetables which is cheaper than meat."
- [We are saving money because] "Eating at home is cheap and nutritious."
- "Before we consumed a lot of white grains, and I learned to eat more whole grains and prepare without fat."



Strategies I learned (some translated from Spanish)

- "Compare portions to things like a ball, a deck of cards, etc."
- "Put MyPlate (visual) by the dining room."
- "Read the instructions and labels of the food to know what a portion is."
- "Put food on a smaller plate."
- "Mix (whole grains) them with vegetables, meats, and cook them in the slow cooker."

