



Nurture Family Program Impact Report

Roberti Community House : October/November 2014

Funded by Nurture

Program Description

Roberti Community House conducted a four-class Family Program at the Queen of Peace church in Waukegan, Illinois. There were 15 adults who participated in nutrition, cooking, and exercise classes while 19 children attended child care in the gymnasium. Adult 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 program to another family.
- **95%** Agree or Strongly Agree that they feel better prepared to exercise by themselves or with their families because of the program.
- **96%** Agree or Strongly Agree that they will be able to provide their family healthier foods because of the program.
- **93%** Agree or Strongly Agree that the slow cooker will help them prepare more healthy meals.
- The average recipe rating was 4.4 out of 5.0



Comments - Adults

- “We loved it all, very informative.”
- “I loved the way the teacher explained things.”
- “We are more aware and educated about portions and plant and animal proteins.”
- “My favorite part was learning about other grains that I can cook with.”
- “My favorite part was the food that we sampled during class.”
- “I like the way my house smells when I use my slow cooker.”
- “My son is a picky eater but he likes the food I make in the slow cooker.”

Strategies I Learned – Adults

- “I learned to fill half my plate with fruit and vegetables.”
- “I learned to use meat that is 90 percent lean and eat more fish.”
- “To use small portions and use different proteins, like beans.”
- “I am using less sugar and looking at labels more.”