

Program Description

Nurture conducted a four-class Core Family Program for adults in partnership with Oak Terrace Elementary in Highwood, IL. Nineteen adults participated in nutrition, cooking and exercise classes while their children played and exercised in the gym. 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% believe the slow cooker will help them make healthier meals.
- 98% think it will be Very Easy or Easy to use the cooking information provided by Nurture.



Comments

Some translated from Spanish

- “I am very happy to be in this program to learn to take care of the health of my children, husband, and myself.”
- “I liked the advice about exercising at any time, and [I liked] the food we prepared.”
- [My favorite thing about the series was:] “Learning about portion sizes and health benefits of the different kinds of beans and lentils.”
- [My favorite thing about the series was:] “Learning how to make recipes that include alternatives to protein other than meat.”
- [My favorite thing about the series was:] “Learning that I can cook easily and nutritiously.”

Strategies I learned for increasing consumption of healthy food:

“To put cut up fruits in the refrigerator.” “To eat [vegetables] as an appetizer.” “Hide ingredients like tofu.”
“Give children smoothies of vegetables mixed with fruit.” “You can add whole grains to any food.”
“That there are many products to eat that are whole grains.” “That you can make whole grains taste good.”
“To adapt recipes to flavors we are accustomed to.” “How to eat smaller portions.”

