

Program Description

From September 2013 through April 2014, Nurture conducted three in-person Parent Education workshops. The locations for these workshops included one Elementary School (Woodside Elementary), one private school (Pioneer Montessori) and one Community/Public Education session (held at Zenergy Health Club).

These sessions were designed to provide opportunities for small group discussions around topics of interest to parents and align with topics taught to children in school lessons. Education sessions focused on providing healthy snacks, breakfasts and lunches and the nutritional guidelines from MyPlate.



Quantitative Feedback

- 100% of participants rated the Parent Education session as “Excellent”
- 75% of participants felt that the amount and type of information provided was “exactly” in sync what they came to the session to learn. The remaining 25% felt that the information provided was “mostly” in sync with what they came to learn.



Qualitative Feedback

- “(My favorite thing about the session was) the ease of the discussion and the interaction with the group”
- “Great resources! I love the books and pamphlets provided”
- “Really interactive—small group—everyone was encouraged to participate and ask questions”
- “(My favorite thing about the session was) resources given for kid-friendly nutritional websites”
- “It was informative and (the Nurture Instructor’s) style gives instruction great flow.”
- “Great new ideas for healthy lunches and snacks!”
- (The Nurture Instructor’s) passion for this topic is very inspiring”

