

Program Description

Nurture conducted a four-class Adult Program in partnership with Roberti Community House in Waukegan, IL. Eighteen adult women 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

- 100% of participants would recommend the Nurture program to another family and would like to take additional classes.
- 91% have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- 93% 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.
- 94% Agree or Strongly Agree that they will be able to provide their family healthier foods as a result of taking the Nurture classes.
- 73% of participants said they and/or their families are eating More or Much More fruits, vegetables and whole grains compared to before taking this classes.
- 50% or participants have seen A Lot of changes to their and/or their families' health and energy levels because of these classes.
- Average recipe rating was 9.4 out of 10.



Comments (some translated from Spanish)

- "Very nice program, thanks for offering it to our community."
- "I learned so much for health of my family."
- "I learned to simply add many more vegetables. I also learned to add more whole grain bread with my meal to feel fuller; this was beneficial."
- [My favorite part was:] "Everything. Everybody was very nice and we learned a lot about food."
- "It has broadened my awareness and commitment to leading a healthier lifestyle."
- [It changed how much I spend on food:] "Because you eat more nutritiously for little money."



Strategies I learned (some translated from Spanish)

- "Fill up half the plate with fruits and vegetables."
- "Use more whole grains and whole wheat, [to feel] fuller longer."
- "...To use a smaller plate."
- "Add more fiber to food to feel fuller and eat healthier."
- "There are a variety of sources of protein besides the obvious meat choices."
- [To eat more whole grains:] "To use them little by little so my family can get used to them."