



## Family Program Impact Report

Roberti Community House : January/February 2015

Funded by Alegretti Foundation

### Program Description

Roberti Community House conducted a four-class Family Program at the Roberti Community House in Waukegan, Illinois. There were 10 adults and up to 10 children who participated in nutrition, cooking, and exercise classes. 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. The children participated in the exercises and were encouraged to try the prepared meals. Each family received a free slow cooker, meat thermometer, program workbook and weekly groceries. Most of the recipes focused on using the slow cooker.

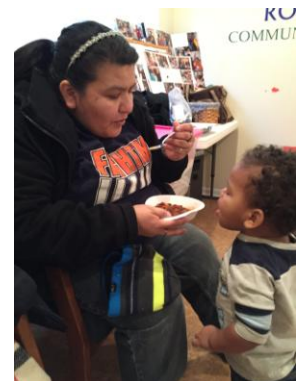
### Overall Results – Adults

- **100%** of participants would recommend the program to another family.
- **100%** Agree or Strongly Agree that they feel better prepared to exercise by themselves or with their families because of the program.
- **100%** Agree or Strongly Agree that they will be able to provide their family healthier foods because of the program.
- **100%** Agree or Strongly Agree that the slow cooker will help them prepare more healthy meals.
- **56%** report More or Much More change to their and/or their families' health or energy levels because of these classes.
- **56%** report they and/or their families are exercising More or Much More because of these classes.
- The average recipe rating was 4.5 out of 5.0



### Comments - Adults

- "Everything was pretty exceptional."
- "My favorite part was learning to cook healthy food and use portions control."
- "It has improved the health of my family."
- "My favorite part was learning different things about healthy foods."
- "Everything was explained very well with clarity."
- "I am saving money by buying healthier and less expensive food."



### Strategies I Learned – Adults

- "To check the labels"
- "To measure the portions and use small plates"
- "To compare the portions with the image of a deck of cards, baseball, or golf ball."