

Short-Term Family Program Follow-up Report

Roberti Community House May 2014

Funded by Jean and Fred Allegretti Foundation

Program Description

Nurture trained Roberti Community House in Waukegan, IL during 2013-2014 and jointly provided two four-class Family Programs. Eighteen adults in November-December 2013 and ten adults in February 2014 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.

In May 2014, fifteen of the twenty-eight program alumni completed a follow-up evaluation form regarding their diet and physical activity since their participation in the Family Program.

Behavior Changes Reported by Alumni

- **100%** reported changing the ingredients they cook with.
- **93%** reported their families consumed More or Much More fruits and vegetables.
- **80%** reported their families consumed More or Much More whole grains.
- **55%** reported their families consumed More or Much More beans and lentils.
- **91%** reported using the slow cooker; **80%** of the users reported it sped meal preparation.
- **75%** reported finding it easier to cook healthy meals inexpensively.
- **82%** reported exercising More or Much More by themselves or with their children.
- **70%** reported they or their families have More or Much More energy or health.

Comments (some translated from Spanish)

- "I try to think in "MyPlate"[when planning meals]: ½ vegetables, ¼ protein, ¼ grains."
- "We are making better choices."
- "I'm motivated to eat better."
- "I've invited my friends to work out."
- "By eating healthier my energy has increased."
- "I feel better."
- "It's quick to cook in the pots (slow cookers)."
- "It's easier to put every ingredient together in the pot and walk again."
- "We stopped eating fried food. We only eat a little."
- "We eat more fruits."
- "I add more fruits and veggies."

