



Slow Cooker Nurture Family Program Impact Report

Roberti Community House

April-May 2014

Funded by Jean and Fred Allegretti Foundation

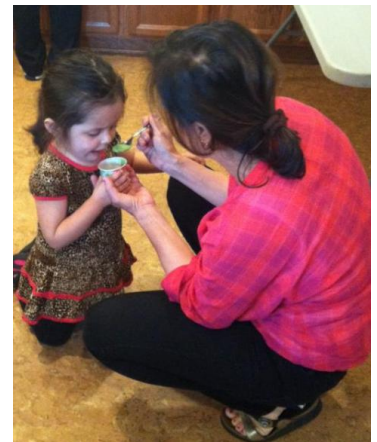
Program Description

Roberti Community House conducted a four-class Adult Program at their facility in Waukegan, IL. Ten adults 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 participant 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 Family Program to another family and would like to take additional classes.
- **81%** Agree or Strongly Agree that they are better prepared to make home-cooked meals for their family as a result of taking the Family Program classes.
- **77%** Agree or Strongly Agree that they will be able to provide their family healthier foods as a result of taking the Nurture classes.
- **76%** have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Family Program classes.
- **100%** report eating More or Much More fruits and vegetables by the last class than before the program.
- **100%** report eating More or Much More whole grains by the last class than before the program.
- **80%** report eating More or Much More beans and lentils by the last class than before the program.



Comments (translated from Spanish)

- "For me, this program was very interesting. I love it."
- "I didn't know how important it is to eat the whole grain."
- "I stopped buying some foods that are not healthy."
- "I think twice about what to give my kids."
- "We are eating healthier."
- "Every class we have something new."
- "I [am] teaching my kids how to eat healthier with eggs and grains."
- [My favorite part of the class was] "The advice to prepare different meals healthier."



Strategies I learned (translated from Spanish)

- [Servings are] "The same size as my palm."
- "How to hide fruits and vegetables."
- "How to use ingredients with a little amount of fat."
- "How to prepare them (whole grains) in a different way."