

Program Description

Nurture conducted a four-class Adult Program in partnership with Roberti Community House 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 Nurture program to another family and would like to take additional classes.
- **100%** have more knowledge and feel better prepared to exercise by themselves or with their families after taking the Nurture classes.
- **94%** 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.
- **100%** Agree or Strongly Agree that they will be able to provide their family healthier foods as a result of taking the Nurture classes.
- **78%** report eating More or Much More beans and lentils by the last class than before the program.
- **67%** report eating More or Much More fruits and vegetables by the last class than before the program.
- **67%** report eating More or Much More whole grains by the last class than before the program.



Comments (translated from Spanish)

- "I liked how you explain all of the details."
- "We eat much healthier." [as a result of the class]
- "It's been a very good class; now I know I can improve my ingredients."
- [The class] "Motivates me to do exercise."
- The class has had a positive impact."
- "Excellent!"
- "I save more money."

Strategies I learned (translated from Spanish)

- "To visualize the portions."
- "Reading the parts of the MyPlate."
- "To use smaller plates." [to help control portions]
- "Eat more beans." [to add more protein to diet]
- "Have a smoothie." [to consume more fruits and vegetables]
- "Mix proteins with vegetables."

