



Nurture Family Program Impact Report

Roberti Community House : September/October 2014

Funded by Nurture

Program Description

Roberti Community House conducted a four-class Family Program at the Roberti Community House in Waukegan, Illinois. There were 15 adults and 17 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.
- **93%** 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.
- **93%** report More or Much More change to their and/or their families' health or energy levels because of these classes.
- **93%** report they and/or their families are exercising More or Much More because of these classes.
- The average recipe rating was 4.8 out of 5.0



Comments - Adults

- "We loved it all."
- "We are more aware and educated about portions and serving more vegetables and fruit."
- "There are a lot of grains that I didn't know about that are very healthy."
- "My favorite part was that I learned to eat healthy."
- "My little girl reminds everybody at home [to exercise] and shows her sisters the exercises we do during class."
- [I am saving money] "I don't buy junk food."

Strategies I Learned – Adults

- [To eat more fruits and vegetables] "Hide the vegetables in the recipes."
- "To measure the portions"
- "To look at the picture of the plate [MyPlate] and try to fill it the same way."