

012012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

01-Austin Travis County HHSD WIC

Title of OPMG Project:

Wok with WIC

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Project Overview

List target audience and number of participants seen:

- WIC participants along with their young children.
- 331 participants attended cooking demonstration classes.

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

Cooking demonstrations featuring easy fruits & vegetable recipes.

Overall goal for this project:

The goal of the project is to demonstrate to WIC participants' easy vegetable/fruit recipes that they can prepare for their families to help increase consumption of vegetables and fruits, thereby reducing obesity through healthy eating.

Objectives for this project:

Participants will learn the appropriate daily servings for vegetables and fruits for adults and children, and report trying the new recipe.

Project description:

Wok with WIC is a cooking demonstration lesson that is currently instructed in 5 WIC sites. Classes are held 1-2 times a month, and clients are scheduled into these Child/General classes. WIC benefits are issued after attending this class. Two staff; nutritionist (s) and clerk instruct the lesson GN-001-08 in Spanish and /or English, as they prepare a recipe from the books "Let's Cook with Fruits and Vegetables" or "Let's Cook (3rd edition)". The lesson includes a cooking demonstration featuring fruits and vegetables

as well as other WIC allowed foods. At the end of each class a small sample tasting is given to each client and child in the class. Each WIC site is equipped with a mobile cooking table, and kitchen items that are easily stored in large bins or secured cabinets when not in use.

List results and objectives met:

Number of classes and results:

- 23 classes were taught in 5 WIC sites.
- 331 clients attended as per Foxfire report.
- Per post class evaluations 99% of participants were able to determine the appropriate daily recommendations for fruits & vegetables for adults and children.
- 87% report they would prepare the recipe at home.
- Clients also reported nutrients from the featured recipe correctly, and were motivated to taste the end product.
- The children continue to be fascinated, and engaged during cooking classes and most always willing to taste a new food.

List curricula, kits or other educational materials used:

- Wok with WIC; cooking demonstration lesson GN-001-08.
- Let's Cook with Fruit & Vegetables,
- Let's Cook 3rd edition; recipe books

List other resources used, if applicable:

http://www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html Specific fruit/vegetable information- <http://www.fruitsandveggiesmatter.gov/month/index.html>

List collaborating agencies or individuals, if applicable:

List the type of incentives that were given:

To increase the chance that a client will replicate cooking the recipe at home one incentive item is given to each client. Incentives include: aprons, measuring spoons or cups, pot holders, food choppers, vegetable peelers, canvass shopping bag, recipe book, vegetable brushes, flexible cutting boards.

Helpful ordering information for materials or incentives (if available):

Positive Promotions is a company that can imprint the WIC logo to any type of item.

Tips for Other Agencies

What worked well for this project?

- Schedule classes at the end of month to capture missed appointments.
- Use the child/general category as the class category.
- Have 2 staff teach class, due to set up clean-up prep and cooking during class.

- Schedule both Spanish and English clients in the same class, if possible, and if staff is bilingual.
- Allow for 1 hour class time, plus set up and clean up time. Total time 1.25 minutes.

What were the challenges?

- Allow 15 minutes to set up and 15 minutes to clean up, can be challenging during busy times.
- Limited storage space to store the cooking and incentive items.
- Purchasing ingredients by staff with a credit card has to be organized and planned for in advance.

What changes would be made for next time, if any?

- Staff training at Central Market cooking school on Nov. 16th.
- Possibly purchase storage cabinet if space allows.
- Revise the lesson: GN-001-08 to address division of responsibility and purchasing foods on a budget.
- Encourage cooking sites that do once a month classes to do two, since this type of class is well received by clients.
- Organize and coordinate more sites to provide Wok with WIC cooking classes.