

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 22, Waco-McLennan County Public Health

Title of OPMG Project:

Having Fun in the Kitchen

Contact Person:

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Project Overview

List target audience and number of participants seen:

WIC Families, Kids on WIC (age 2 ½ years+), Parents of WIC Kids, WIC eligible public, Caregivers for young children

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

Cooking Demonstrations, Group Classes, Community Gardens

Overall goal for this project:

The goal of this project is to decrease the incidence and prevalence of obesity among WIC participants by demonstrating food preparation in the WIC kitchen by:

- 1) Using fruits & vegetables from the WIC garden
- 2) Featuring “whole” foods from all food groups.

Objectives for this project:

To motivate WIC parents to cook more meals at home and try new foods while letting their children help with preparation. To interest WIC children in consuming healthy food by letting them help prepare meals, so they will be more open to trying new foods. To encourage WIC families to discuss food sources and experience gardening first-hand.

Project description:

Having Fun in the Kitchen is a 6-lesson series developed covering food groups: Dairy, Grains, Fruits, Vegetables, Protein, and Celebrate. Every two months, the topic changes and featured one food group including a lesson with general information geared toward hands-on learning in the kitchen, included a recipe to be prepared together by the children and adults. During each class we discussed the nutritional value of foods we used that day, educated parents on how to read nutrition labels, and taught children and parents basic kitchen skills such as measuring, pouring, mixing, and chopping.

List results and objectives met:

136 families participated in "Having Fun in the Kitchen" from October 2011 through September 2012. This was a 54% increase in participation rate from the previous year. We have had 32% attend more than one class and 89% say they plan to attend another class. 95% of clients interviewed at the end of class state that they will try the new recipes at home.

List curricula, kits or other educational materials used:

A lesson plan was developed by our LA for each food group; however one NE code was assigned and used for the series of lessons, CH-022-08.

Learning Zone Express for bulletin board materials-food groups

<http://www.touchingheartstouchingminds.com-handouts>

List other resources used, if applicable:**List collaborating agencies or individuals, if applicable:**

None

List the type of incentives that were given:

All families receive one incentive item plus an apron at each class. All incentives have the "Having Fun in the Kitchen" logo on them. By lesson the incentives are:

- Grains-measuring cup set
- Dairy-measuring spoon set
- Fruit-mini-cut board with plastic fruit slicer
- Vegetables-grocery tote
- Protein-shopper notebook
- Celebrate-pizza cutter

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

Safeguard Universal, 1-800-221-7419

Tips for Other Agencies

What worked well for this project?

We advertise our classes on city web site.

We offer our WIC clients a visual menu of class options during their counseling session.

We verbally evaluate our classes with parents at the end of lesson asking if they will try the recipe at home, what they liked about it, and what they would change.

Our cooking classes have become very popular for those moms who do not work. We have had many families coming through our class for a second and third time. When surveyed 95% of the moms state that they will make the dish at home. They like that it is healthy, easy to prepare, and that the children are able to help. The children love taking home a kitchen tool to use at home. Some moms are surprised that their children will try what we make when it is usually a food they will not eat at home. The classes are very interactive and fun for all; mom, children, and teaching staff.

We do our classes in a kitchen and also in a classroom with no running water or equipment. It is great either way but the kitchen definitely adds to the atmosphere and is easier to teach

What were the challenges?

The main challenge is making time to shop for groceries and prep for class. It can become a problem when we are short staffed.

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

None