

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

#34 Abilene-Taylor County WIC

### Title of OPMG Project:

WIC Family Style Cafe

### Contact Person:

Bridget Rak, RD, LD

### Contact E-mail:

bridget.rak.wic@gmail.com

## Project Overview

### List target audience and number of participants seen:

All WIC participants & parent/guardians, about 240 people attended the WIC Family Style Café throughout the year

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

Cooking Classes

### Overall goal for this project:

To teach families to plan & prepare healthy, low-cost meals and eat together as a family most days of the week.

### Objectives for this project:

1. Participants will eat out less than they currently do.
2. Participants will have the tools & knowledge of how to plan healthy, low-cost meals.
3. Participants will feel more confident in preparing meals at home.

### Project description:

We used the Happy Kitchen curriculum so each class had a theme (grains, fruits, veggies...) We usually choose 3 to 4 simple recipes from the focus food group. We set up a station for each recipe and allow participants to choose which recipe they would like to prepare (we usually have one that is kid-friendly for those who bring their children so they can participate also). The nutritionist acts as a facilitator and we conduct the class similar to high school Home Economics. She/He provides help as needed and offers

tips and suggestions while they are preparing. When the recipes are done, there are tables that are set as they would be at home and participants sit around a table and talk and eat. The nutritionist has conversation starters prepared to encourage discussion about what they like, what they would do differently if prepared at home, how could they encourage their family to sit down for meals together, etc.

#### **List results and objectives met:**

The majority of participants indicated improvement on the number of times they ate out, and how many meals the family ate together. Confidence levels in preparing meals improved after attending at least one cooking class.

#### **List curricula, kits or other educational materials used:**

Happy Kitchen Curriculum created by the Sustainable Food Center in Austin

#### **List other resources used, if applicable:**

online resources for recipes such as [cookinglight.com](http://cookinglight.com) or [allrecipes.com](http://allrecipes.com), [myplate.gov](http://myplate.gov) for updated dietary recommendations to replace outdated material in the curriculum.

#### **List collaborating agencies or individuals, if applicable:**

originally anticipated partnering with Texas Agrilife Extension but never received final approval from WIC SA and their governing entity.

#### **List the type of incentives that were given:**

small cooking utensils, measuring cups, aprons, kitchen timers, meat thermometers, tongs

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

ordered all items from local promotions company Proforma (Marshall Bradley who is WONDERFUL!) [marshall.bradley@proforma.com](mailto:marshall.bradley@proforma.com) 325-672-5559

## **Tips for Other Agencies**

#### **What worked well for this project?**

We've been doing the hands-on cooking classes the last few years and the participants really enjoy that so much more than just watching a demonstration. They report increased confidence in their ability to prepare the recipe on their own if they've done it before with supervision.

#### **What were the challenges?**

Challenges are always getting people to come back. We don't rely on the same people coming back but it makes it harder to collect outcome data if you don't get post-questionnaires.

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

We want to distribute post-questionnaires electronically to see if this will increase response and give more outcome feedback on objectives being met.