

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

NET Health-WIC Program LA 39

### Title of OPMG Project:

FIT FOODS=FIT Families

### Contact Person:

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## Project Overview

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

Any one eligible for the program. We gave clients the opportunity to schedule during their NE appointments.

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

Cooking Demonstrations

### Overall goal for this project:

Increase the consumption of nutrient dense meals and snacks among participating families.

### Objectives for this project:

1. Participants will be able to create nutritious snacks for their family. 2. Participants will be able to create a quick and healthy breakfast for their family. 3. Participants will eat at least one fruit and one vegetable daily.

### Project description:

Food demonstrations were offered at least one day per month starting in October 2011 and ending in July 2012. Six clinics participated in the food demonstrations with an over all attendance of 535 participants. For each session, participation ranged from 1-25. The food demonstrations used both fruits and vegetables to make smoothies, spreads, and soups and salads as a way of creating quick and healthy breakfast and quick, nutritious snacks and healthy meals for families.

**List results and objectives met:**

Participants thoroughly enjoyed the cooking demonstrations. All participants learned how to create nutritious snacks and a quick and healthy breakfast for their family. Most participants stated that they planned to offer 1 fruit and 1 vegetable daily. Data was not consistent with each clinic so it was hard to know the exact results among the various clinics.

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

For food demonstrations recipe cards were given out for Smoothies, and spreads.

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

N/A

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

N/A

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

Sandwich and Salad Containers, aprons, measuring spoons

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

**positivepromotions.com**

### **Tips for Other Agencies**

**What worked well for this project?**

The clients and the staff loved the cooking classes. The participants really appreciated ideas on how to cook with WIC items and how to incorporate more vegetables in their kid's diets. Involving both the Nutrition Assistant and CA added valuable experience as well as added interest in their job. The participants really enjoyed getting to sample the foods at the end of class.

**What were the challenges?**

The work areas for the food demos were very challenging. Some clinics had to transport all of the food and equipment from the break room to the Nutrition Education room. Prepping and washing dishes in bar sized sinks were also some of the challenges of smaller clinics.

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

If any changes could be made for next time, having more space to prep food before class, wash dishes, and larger space in general for cooking for showing the cooking of the food. Also, having 1 designated person to go shopping and keep receipts for the cooking demonstrations.