

2012 WIC Obesity Prevention Mini Grant Project Summary LA 60

Local Agency Number and Name:

Matagorda County WIC Clinic, LA 60

Title of OPMG Project:

"Fun in the Kitchen"

Contact Person:

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Project Overview

List target audience and number of participants seen:

Target Audience is WIC families. Number of participants seen: 24 families

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

Cooking class.

Overall goal for this project:

To decrease the incidence and prevalence of obesity among WIC participants through encouraging healthier eating habits by providing cooking demonstration classes showing simple recipes that utilize WIC foods that are convenient and fun to make at home.

Objectives for this project:

After participating in the class, participants will increase the number of reported home-cooked meals served per week by at least one meal/week.

After participating in the class, participants will be able to describe a new way to utilize WIC foods in home-cooked recipes.

Project description:

WIC 60 will provide monthly cooking demonstration classes by the contract RD which demonstrate simple recipes utilizing WIC foods. Classes encourage parents to have fun in the kitchen through discussing ways to involve children in meal planning and meal preparation based on children's age and development. Recipes are changed quarterly. Parents are given recipe cards of current and former

recipes. Parents will complete a post-class survey at the end of each class to obtain data related to the objectives. A second survey will be conducted at the next client visit to obtain additional data related to the objectives. Data is compiled monthly on number of class participants and survey results received.

List results and objectives met:

Monthly classes were scheduled, and were offered in both English and Spanish. 24 families participated in the classes throughout the year. 24 post-class surveys were completed at the end of each class. Data from the post-survey indicated 80% of the moms stated they prepare meals at home at least 5-6 nights/week. 50% said they eat meals outside the home at least once/week, while 25% said they eat out twice/week. 90% said they tried to prepare at least one vegetable at each meal. 90% stated they were very likely to try the demonstrated recipe at home. Currently we have 21 surveys completed at follow-up visits to the WIC Clinic. 80% stated they prepare meals 5-6 nights/week. 70% stated they had prepared the recipe that was demonstrated in class.

List curricula, kits or other educational materials used:

The RD follows a curriculum for teaching the class. Recipes are given in English or Spanish.

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:

Sesame Street cookbooks.

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

John Wiley and Sons, 317-572-3482 for cookbooks.

Tips for Other Agencies

What worked well for this project?

Preparing steps of the recipe in advance of the class enabled the RD to facilitate flow of the class. Additional staff is needed for food preparation.

What were the challenges?

Attendance is a challenge for all of our classes, but it is probably more frustrating for this class due to the food preparation required. We have utilized reminder cards and reminder phone calls regarding the class appointment, however we still often only have a small portion of scheduled participants show up. We have created a clinic bulletin board and an incentive display at the front desk, but continue to struggle with attendance.

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

We have discussed partnering with a local OB/Pedi community clinic to find ways to partner in providing the classes and hopefully increase utilization and attendance.