

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

Brownwood WIC Program – 74-01

### Title of OPMG Project:

Meal Planning and Feeding Your Family on a Budget

### Contact Person:

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## Project Overview

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

WIC Families, Parents of WIC Kids, 57 families attended the class in 11 sessions

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

Cooking class, group discussion.

### Overall goal for this project:

Increase intake of vegetables while staying within client's budget.

### Objectives for this project:

Increase vegetable intake by one vegetable a week. Improve meal planning skills of clients. Improve budgeting skills of clients

### Project description:

Teach clients to use menu planning form and sales flyers to make healthy and cost effective, time efficient menu choices. Clients will be show how to complete form by picking one inexpensive protein option, then choosing three ways to prepare that the meat or protein. Two vegetables and one starch will be chosen for each protein. The grocery list will be made from each menu. We use the sales flyers from various grocery stores to choose less expensive options. We will also prepare food from menu we wrote in advance as an example. Time saving is also discussed; encouraging preparing all meats at one time and then freezing. I.e. hamburger meat is on sale so we plan our menu using the hamburger. We purchase the hamburger, make patties out of some for cooking later and then brown the rest and freeze

in sizes ready for recipes. The vegetable, starches or other sides are prepared on the day of the meal. We also promote buying for several weeks to a month to encourage fewer trips to the grocery store, thus reducing impulse buying.

**List results and objectives met:**

100% of families surveyed said they eat more vegetables as a result of the class. 90% said they were more prepared to stay within their budget after the class. All but one family said they would enjoy and attend similar classes in the future (the one person said online classes fit her schedule better).

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

FE-000-74

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

ChooseMyPlate.gov coloring sheets.

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

n/a

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

Cook books and my plate

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

NA

### Tips for Other Agencies

**What worked well for this project?**

Allowing clients to taste food and share ideas works well, others listen to peers very readily.

**What were the challenges?**

Getting some groups or classes to share thoughts and ideas is sometimes a challenge.

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

Worked very well would use again.