

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 89 CHRISTUS Santa Rosa

Title of OPMG Project:

Healthy Cooking with WIC Foods

Contact Person:

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Project Overview

List target audience and number of participants seen:

All WIC clients' were invited to attend who were interested in learning to cook and eat healthier using their WIC foods

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

Cooking demonstration in a group class environment.

Overall goal for this project:

To demonstrate to WIC clients healthier ways to prepare their WIC foods.

Objectives for this project:

To help WIC clients understand that eating healthy can still taste great and their family will enjoy the recipes without all the fat and sugar.

Project description:

3 sets of recipes were given at each session along with incentives. Each set of recipes had a different focus. Set #1 focused on whole grains and vegetables. Set #2 focused on children's involvement and their taste buds. Set #3 focused on meatless options using tofu and beans.

List results and objectives met:

Results showed clients thought the recipes were easy to prepare and tasty. Most clients would make the recipes for their family at least 1 time. The clients felt that after the demonstration they could prepare

the recipes quickly and at a reasonable cost using the ingredients they have at home. The clients felt they had a healthy option to feed their family.

List curricula, kits or other educational materials used:

Recipes were chosen from the Sesame Street Cookbook and the California WIC recipe book, "Cooking with Whole Grains" we distributed a few years ago in Texas.

List other resources used, if applicable:

NA

List collaborating agencies or individuals, if applicable:

NA

List the type of incentives that were given:

- For session #1 we gave a notebook to keep the 3 printed recipes in and with a flexible cutting board.
- Session #2 we gave a set of measuring cups and spoons and 3 additional recipes.
- For session #3 we gave 3 additional recipes and an apron printed with the WIC and CHRISTUS logos and a paper chef hat for the children.

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

We ordered the cutting boards and measuring cups from the dollar store in bulk to keep costs down.

Tips for Other Agencies

What worked well for this project?

The recipes were easy to make in a short amount of time and people enjoyed the interactive class environment.

What were the challenges?

Having client committed to 3 classes 3 months in a row.

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

For FY 13 we are doing a 1 time Health Fair which will include the cooking demonstration so clients will not have to return multiple times to receive the information.