

USU Extension Grant – Final Report

Project Leader: Heidi LeBlanc

Project Title: Expansion of Intergenerational Poverty Cooking Classes through Food \$ense
Name modified to: *Food \$ense Family Cooking Classes*

Beginning Date and End Date: June 1, 2015 – May 31, 2016

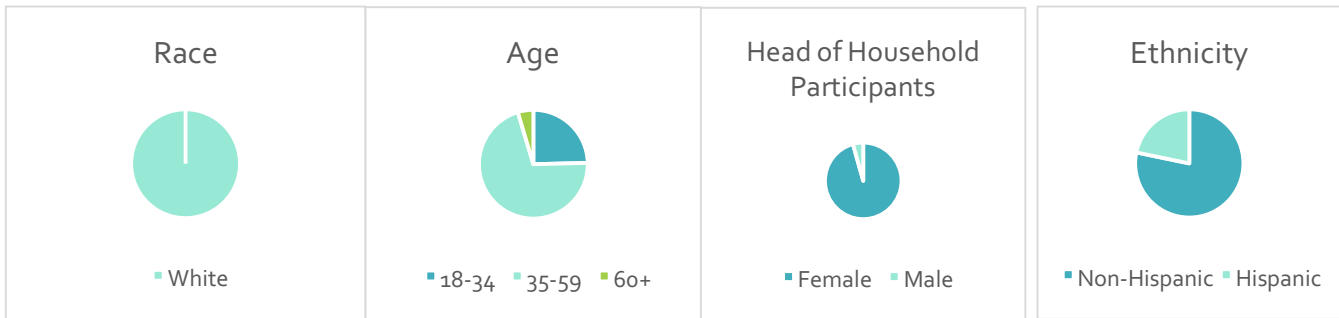
Total Requested: \$10,000

Project Objectives Overview:

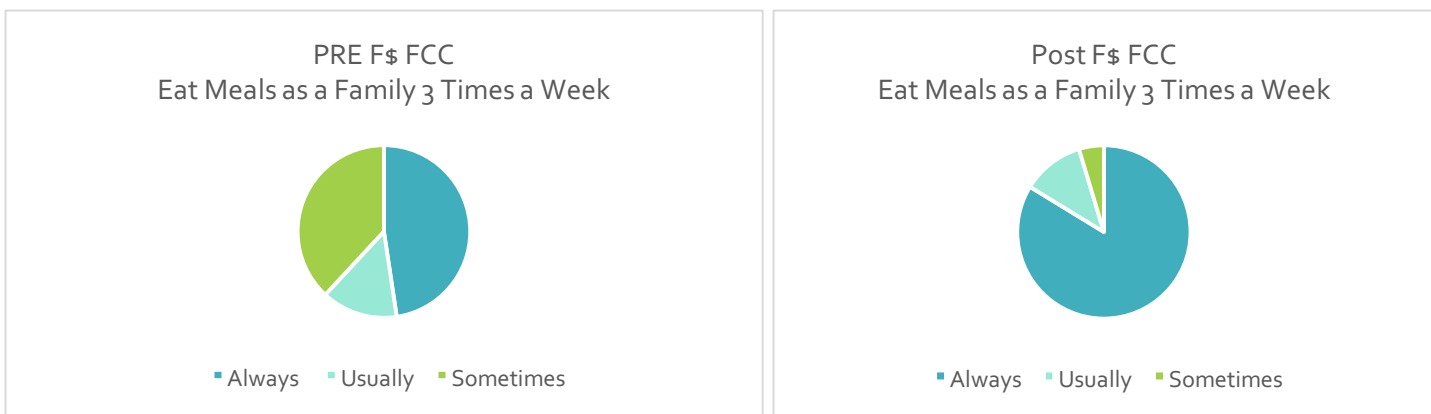
To address the critical needs that have been identified, we propose a multi-component intervention approach to improve family mealtime, cooking skills, dietary intake and reliance on federal assistance among IGP individuals.

Project Objectives emphasizing Project Results:

1. To provide a series of nutrition education lessons to at least 75 families in the Wasatch Front as evidence by the class rolls.
 - 46 Family Participants Completed Food \$ense Participant Surveys.
 - 21 Family Participants Completed Family Cooking Class Questionnaire.



2. To increase family mealtime to at least 3 family meals per week among 75% of IGP participants as evidence of pre/post survey.



- To improve at least 5 cooking skills among 75% of IGP adult participants as evidence by teacher observations and participant interviews.

What skills taught in the last lesson did you practice

- all of it
- all of it
- I learned how to make healthy foods
- I love knowing more about healthy foods
- I loved getting the recipes and the SOS recipe. I am working on doing a menu and budget
- kids assisting with the meal
- made covers for knives
- making waffle mix
- measurements
- more conscious of the whole wheat thing and more fruit with dinner
- now to prepare dinner with my toddlers help
- plan my meals more healthy
- SOS and the jar activity
- talking about each other's day
- use of crockpot
- using sharp knives and how to cut onions
- yeast

**Applied Cooking Skills
Food \$ense - Recipe Usage**

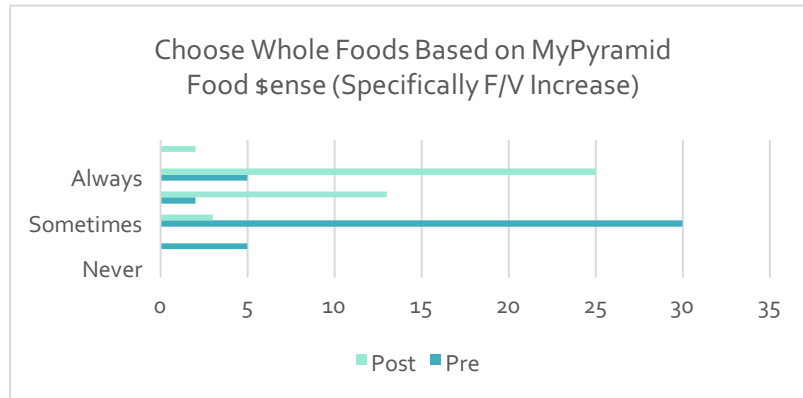


- No, was unable and didn't make the recipes this week
- Yes, made the recipe at home this week

Favorite part of class:

Everything!!!
Cooking with my kids.
Learning to make healthy foods.
This has been very inspiring and encouraging.

- To increase fruit and vegetable consumption by 1 serving per day among 75% of IGP participants as evidence by a pre/post 6-item fruit and vegetable screener.



- To decrease the number of IGP participants experiencing food insecurity by 50% as evidence by a pre/post 5-item food security screener.
- To decrease reliance on nutrition assistance within 6 months among 25% of IGP participants as evidence by DWS report.
 - (5 and 6 are together as a result of classes, participants were able to increase Food Security through Family Cooking Classes)



Project Dissemination/Next Steps:

Participants in Food \$ense Family Cooking Classes were extremely satisfied with FCC classes.. Nutrition Education Assistants were also satisfied, they loved this way of teaching. Many commented on how rewarding it was for them, they said it wasn't easy but it was worth it. They loved teaching these classes. This pilot project is under construction for developing a unified Food \$ense Family Cooking Classes Curriculum. Utilizing the knowledge, skills and resources attained to finalize the curriculum. Food \$ense will be striving to make Family Cooking Classes 25% of the state programming. Although the classes are small as to enable families to participate and have a hands on experience, impacts were high! Participants had huge success, the favorite impacts were listening to mothers and fathers state at the beginning didn't know they could cook, and at the end they could CREATE healthy meals. Family Cooking Classes were taught in Washington, Weber, and Salt Lake. In FY 2017 classes will be expanded to all Food \$ense programs. Additional funding is in the grant writing phase for adding more incentives and expanding program reach. Utah Department of Workforce Services Intergenerational Poverty Cohorts will be trained on how USU Food \$ense can provide Family Cooking Classes. Faculty in the three counties will be training all Utah Food \$ense staff on implementing programming into their counties in October. Intergenerational Poverty work through Family Cooking Classes are making a difference. Presentations on the impact to IGP through FCC will be shared with Lt. Governor Cox.

