

### Program Description

Fifteen A Just Harvest adults and children attended a Whole Grains Slow Cooker class. The adults learned about the benefits of whole grains and how to identify them. The children learned about “Go” and “Slow” food, MyPlate, and reading nutrition labels. They prepared Quinoa with Swiss Chard, Broccoli, and Leeks, Peanut Butter Oatmeal, and Nut-Free Trail Mix and enjoyed a meal including all the dishes plus Chicken and Rice. The session ended with a brainstorming session on adapting the recipes to better suit their tastes, tips on portion control and how to avoid the need for fast food by doubling recipes and freezing half for a future quick meal. Families took home a meat thermometer and groceries so they could experiment with the new recipes at home. New families also received a slow cooker.



### Overall Results

100% of participants rated the session as “Excellent” or “Very Good”.

100% of participants felt more confident to prepare home cooked meals after the session.

88% of participants would recommend these sessions to another family.

75% of participants rated “All” or “Most” of the information as new to them.



### Comments from Participants:

[My favorite part of the class was “How to cook healthy meals [so I don’t have] to buy fast food all the time.”

“Everybody got a chance to help making a meal.”

“I think it was really cool, and I would like to come back.”

“I loved the cooking demonstration.”

