

## Family Program Is This Program Right for You?

The Nurture Family Program helps families adopt healthier diets and lifestyles, but it is important for the programming to be the right fit for your organization. The following information is designed to help you determine this.

1. **Alignment with Organizational Goals:** The Nurture Family Program focuses on motivating and providing information to help families consume more whole foods and become more physically active. It encourages families to take small steps so the changes are accepted and maintained. The more support for healthier lifestyles you can provide the more impactful the programming will be.
  - Do the families who will attend the Family Program participate in other programs with your organization? If so, is food served during the programming? Can steps be taken to offer nutritious options?
  - Are there other ways your organization can provide support to the families or help the families support each other?
2. **Organizational Capacity:** Do you have people to teach the adult portion, teach the children's portion, prepare the food and manage program logistics (i.e. recruiting, shopping, program evaluation, and other paper work)? What is the plan for recruiting personnel? What communication method will be used to ensure personnel are reminded of the classes and know their role?
3. **Funding:** Families are given cooking equipment, groceries and workbooks totaling approximately \$80 per family. Not including personnel, other program costs average about \$330 for an Adults only Family Program or \$470 for an Adults and Children's Family Program. How will you fund the program? Would modifying the program to exclude some giveaways allow you to stay within budget? What impact would this have on your ability to recruit participants?
4. **Space:** Do you have the minimum space and furniture requirements?
  - Access to a sink for washing cooking equipment. Ideally this is close to where the classes are conducted.
  - A room large enough to hold 15 to 20 adults seated at tables with clear sightlines to the Coach and a six foot table plus easel at the front of the class.
  - A staging area for food preparation which has access to power outlets. This can be in the same room as the adults or in an adjoining room. Two tables and counter space or three six-foot tables would be ideal.
  - Dollies or carts to transport the teaching supplies, giveaways, and food to the teaching space. Given the large amount of supplies used each week, first floor class space is ideal.
  - Storage for cooking and teaching supplies.
  - Programs including children require at minimum an additional room large enough to hold 10 to 15 children seated (not at tables) and three six-foot tables for preparing food. If the children need to be split into multiple groups, you'll need more rooms. You may need a separate space for babysitting children younger than seven.
  - Ideally all spaces will be in close proximity to each other.

5. **Number of Participants:** Maximum number of participants depends on space, personnel and funding. Nurture has successfully taught up to 20 adult participants at a time. Less than ten adults is less cost and labor efficient. When children are included, the maximum number will probably be lower due to the additional complexity. See bullet 8 below. Strive to recruit 30 – 50% more participants than desired in case some are no-shows.
  - What number of families would work for your organization?
  - Do you want to include a Children’s classes?
  - Is your target number of participants high enough to secure funding?
6. **Recruiting Families:** The Family Program emphasizes actionable nutrition and food preparation information, not complex cooking skills. It has been tested primarily with low income families. It is most impactful among participants that have a desire to become healthier. Families should attend all four classes.
  - Who will you target for recruiting? Within this pool of potential participants how many also have a need and/or desire to adopt healthier habits? Will they attend all four classes?
  - What are their barriers to adopting healthier habits? Does the Family Program address these barriers?
  - How easy will it be for you to recruit families? Do you have established relationships? If not, what methods can you use to recruit them?
  - Will the participants need babysitting or other child care? Is this dependent on the timing of the classes?
7. **Class Dates/Times:** The Family Program includes four 1 ½ hour classes. Ideally Family Program classes are scheduled for four weeks in a row. This leads to the highest attendance rates.
  - What time of year and time of day should classes be held to maximize recruiting and attendance? Are your personnel available then? Would you have to provide babysitting or a Children’s Program for adults to attend?
  - How will the classes be spaced?
  - When will the slow cookers be distributed to maximize attendance?
8. **Age of Children:** The Children’s portion of the Family Program increases the complexity of providing a Nurture Family Program. The Children’s classes include hands-on cooking, which means more dishes to clean. Additionally you need separate coaches for adults and children. You may also need more than one Children’s coach depending upon the age range, the number and the energy level of the children. If there are a lot of children, safety can become a concern if they aren’t fully engaged.
  - What would be the potential age range of the children attending? What ages are most likely to attend? If young children younger than seven will be attending, who will provide the babysitting?
  - How many children are likely to participate? Do they focus well; are they very active; do they get along with each other? How many groups should they be divided into? Do you have sufficient personnel to support this?