

Program Title: Cooking for the Family



Partners: FarmChef Services LLC, St. Francis Seraph Ministries, Healthy Harvest Mobile Market, Produce Perks

Program Lead: Jamie Stoneham, jamie@thefarmchef.com - (513) 658-0188

Global Aim: Increase the knowledge about healthy food choices and culinary skills helping adults to live and cook healthily for themselves and their family in an effort to generationally prevent or decrease diabetes, obesity, and or chronic health problems related to diet.

SMART Goal:

Increase the food knowledge and confidence of students by helping them to learn 8 different cooking techniques and learn how to prepare at least 8 different fresh vegetables/grains/meats that they can purchase or grow on a small budget in their community.

Schedule: 5 sessions of 2 1/2 hour classes + meal (2 x week, but individual participants go only 1 x week)

Class Size: 2 sections of 8-10 participants (16-20 total) + their children can attend the 5th class

Description: Description: 5-week hands-on culinary program where participants (16 years and up) learn 8 basic cooking skills and techniques utilizing fresh and healthy ingredients building their knowledge and confidence to cook more at home, increase their knowledge about healthy eating habits, and where/how to shop for these ingredients. Each meal learned in class can feed a family of four for under \$10. The program culminates in a graduation where participants can bring their children (6 year and up) or a guest and create a meal together using their new learned skills. **View YouTube video:** <https://youtu.be/wp65vyUPfuM>

Class includes:

- Personal weekly calls to participants to remind them of class.
- Binder full of recipes and culinary/health handouts (recipes include meal cost, time to prepare, how to purchase/store vegetables, substitutions, and how to extend each meal)
- All cooking equipment needs for the class
- All food items (grown at local Farms if available) needed for the class
- Professional culinary instructor with at least 2 assistants/volunteer helpers
- Full meal for individual (sometimes has leftovers)
- Fresh produce to hand out to participants after each class
- Cooking Kit (cast iron skillet, chef's knife, cutting board and knife sharpener) for each student to take home at the end of the program if they make 4 out of 5 classes

Location Requirements

- Refrigerator and freezer space throughout the whole 5 week program
- Location that can have open space for 5.5 hours (1.5 hours setup, 2.5 hour class, 1.5 hours cleanup) available 2 times a week during the full 5 week program
- Running water
- Dishwasher (not mandatory, but helpful)
- chairs and tables (preferably 5, 6 foot tables) so two people can share one table and cooking station
- Bathrooms and hand-washing station
- Storage for cooking equipment
- Oven (not mandatory, but helpful)
- Separate room for babysitting (if applicable)

Assessment:

- Short-term:
 - Survey their demographics, culinary knowledge, confidence in cooking and ability to identify fresh vegetables/grains/meats prior to the program and after the program. After the program see if there is an increase in these points.
 - Evaluate the surveys given to the partners and participants on the program itself giving feedback on the classes and providing suggestions and recommendations for improving the next phase of the program
- Long-term: Survey if these skills aided them in increasing their ability/desire to cook at home with their children, and see if this helped their overall health.

Building Healthy Communities - Graduate Party and Facebook Group:

- Graduate Party
 - We hold a graduate potluck each year to bring back all graduates from all of our programs to celebrate their successful completion of the course, help them stay engaged with a healthy eating community, conduct a continuing education piece, and obtain surveys to see the long term benefits of the program. We encourage all graduates to attend who are available.
- Facebook Group
 - We encourage all attendees to sign up for our Closed Facebook Group (<https://facebook.com/groups/Cook4Family/>). We encourage participants to post photos, recipes, questions, successes, failures, volunteer opportunities, events, etc. to continue to build community through healthy lifestyles and eating habits.