



Bienestar

Building housing, hope and futures

Adult Nutrition Class September 16, 2010- October 21, 2010 Outcome Report

Bienestar partnered with the Oregon Food Bank to bring Adult Nutrition classes for the first time. The class began Thursday, September 16, 2010 and was held every Thursday for six weeks from 9:30-11:30 a.m. ending October 21, 2010. The class was held in the Sunset Gardens Community Room and was run by 4 volunteers from the Oregon Food Bank including the lead chef, Lorraine Justiniano, Alaina Woolley, Karmen La, and Patty Barnett, and facilitated by Program Coordinator, Elena Barreto.

Each class began with 45 minutes of class time in which the residents would learn about the food pyramid, our daily intake of calories and what a well-balanced meal includes. They also learned to read the nutrition facts, and strategies of how to shop more economically and healthily.



Then the students would help prepare the meal for the day. Tasks were delegated to each person, such as cutting vegetables, sautéing, cooking, etc. After the meal was prepared everyone received a plate and enjoyed their meal together. Students discussed how they could change or had changed previous recipes to better fit their family's tastes, as well as how the meal modeled a well-balanced meal incorporating each of the food groups in appropriate quantities. At the end of the class the students would take home a bag of groceries with the recipe so they could prepare the meal at home for their family.

At the end of the six weeks those who had attended four classes or more received a graduation certificate and the Oregon Food Bank recipe book that was used during the class; eight residents graduated.

Attendance

Fourteen residents from Sunset Gardens, Sierra West, and Montebello registered and an average of ten residents attended each week, including two men, and a promotora.

Outcome

At the beginning the students knew basic concepts about carbohydrates, and proteins, and knew they had to eat vegetables, and fats were not good for you but did not know exactly what made up a well balanced meal. The residents learned about which foods make up the food pyramid, what our daily intake of each category should be, which foods provide which nutrients, proteins, fiber, and fats, and which of these are good and not good for us. The students also learned how to read the nutrition facts, what their daily calorie intake should be, and strategies of how to shop more economically and healthily. They also learned new recipes from different countries, such as hummus, and Chinese stir-fry, as well as new kinds of foods such as couscous. The residents learned to mix and match different flavors to reduce sodium intake, that canned food is not a bad thing, and learned to prepare food more healthily for themselves and their families.



Final Nutrition Class, 10/21/2010

Respectfully Submitted,

Elena Barreto
Program Coordinator