



Nurture Family Program Coach Guide

The Nurture Family Program reinforces general nutrition guidelines as set forth by the USDA dietary guidelines. It advocates seven wellness goals:

1. Eat more home-cooked meals
2. Choose whole grains
3. Choose lean proteins
4. Increase consumption and eat a variety of colorful fruits and vegetables
5. Stay hydrated
6. Eat adequate portions to feel satisfied but not too full
7. Be physically active every day

Nurture Family Program Overview

The Nurture Family Program is a series of four nutrition, fitness, and cooking classes designed to help low-income families easily prepare delicious, healthy, low-cost meals. It emphasizes actionable information.

The Family Program includes Adults and Children curricula which are integrated but can be taught separately. Each Adults' class includes exercise and nutrition lessons plus two or more recipes for tasting. Adults' topics include Fruits & Vegetables, Whole Grains, Lean Protein, Sodium, Portion Control, Breakfast and Home Cooking Strategies

As designed, each family receives a slow cooker, meat thermometer and workbook with healthy recipes, exercise routines and cooking, nutrition and fitness information. After each class, families receive a small bag of groceries containing nutritious ingredients such as beans, lentils, brown rice, oatmeal, and fresh fruits and vegetables, so they can immediately try new recipes at home.

The majority of participants

- Consume more beans, lentils, whole grains, fruits and vegetables
- Prepare foods using healthier preparation methods • Increase or maintain prior high levels of physical activity
- Spend less money on food or stretch food dollars
- Improve their energy or health

- Increase confidence in their ability to create healthy meals their family will enjoy These behaviors are important because they
- Reduce the risk of coronary heart disease and hypertension
- Lower the risk of developing type 2 diabetes
- Help to battle obesity
- Lead to increased life span and establish lifelong healthy habits

Addressing Why Families Don't Prepare Healthier Meals

The Nurture Family Program is designed to address three primary reasons people give for not preparing healthier meals.

1. "I don't know how to cook healthy meals." During the Nurture Family Program participants are exposed to simple recipes and ways of preparing wholesome whole foods like whole grains, beans, lentils, fruits and vegetables. No chef hats required! We also teach participants how to adapt recipes using Nurture's Recipe Framework© .
2. "Healthy cooking takes too long." In addition to learning simple recipes, participants learn to use slow cookers so they can assemble a healthy meal in the morning when their energy is high. The Nurture Family Program shows families that they can enjoy a healthy, delicious meal at the end of a busy day instead of grabbing nutritionally poor convenience foods for dinner.
3. "Healthy foods are too expensive." Nurture promotes the use of economical whole foods such as brown rice, barley, beans, lentils, fruits and vegetables.

Timeline for each class:

1. Make sure all personnel arrive 30 minutes in advance to set up. Assign specific set-up duties.
2. Make sure everyone has the prepped food, cooking equipment, paperwork, teaching aids, and aprons he or she needs to conduct the class. Organize the recipe stations/activity areas to help the lesson flow easily.
3. Make sure all personnel understand what they are responsible for during the class. If you have enough help, you may want to assign one or two people to clean and thoroughly dry the cooking equipment while the class is engaged in other activities. This will make clean-up at the end class easier.
4. When participants start arriving, make sure the Facilitator welcomes them or has each participant sign the appropriate waivers and completely fill in his/her information on the sign-in sheet (phone, email address, children, etc).
5. Teach lesson, recipes, activities, etc. Have the Facilitator floating between the spaces taking photos when not busy serving food.

6. During the last 10 to 15 minutes have participants fill out evaluation forms.
7. Ensure that evaluations, and the sign-in sheet are collected and returned to Program Manager.
8. At the end of class make sure cooking equipment is thoroughly washed and very dry and everything is put into the appropriate storage box so it will be available for the next class.
9. Make a list of items that are needed for the next class. Put dirty aprons and dish towels in a bin or bag marked "To Be Cleaned" and assign someone to clean them prior to the next class.

Teaching philosophy to create the greatest impact with students:

- Keep messages positive
- Promote a collaborative environment
- Maintain an upbeat and fun atmosphere
- Encourage participants to share ideas
- Welcome and value all participants
- Use your own choices and life circumstances as examples, such as, "To increase my physical activity, I walk with my children to and from school."

Tips for Teaching Nurture classes promote a welcoming environment. One of our greatest strengths is the ability to make classes personal, fun, and engaging. The Coach sets the tone for the class. Here are a few tips to keep the class upbeat, fun, and within the Nurture scope.

- When discussing food, always share personal stories. To build on the fruit and veggie lesson (or MyPlate lesson) for example, give real life examples of how to increase fruit and vegetable consumption. "In our home, I find that my children struggle with vegetable consumption. However, they love soup, so I try to add extra veggies to our homemade soups. Does anyone else have tips on how to increase the consumption of vegetables?"
- Avoid telling people what they should do, instead talk about what they could do in a relatable way. If a participant asks how to get their family to consume fewer sugary beverages, instead of responding with the following suggestions: "You shouldn't have sugary beverages around the house. You should only buy water". Try a more relatable approach: "My kids love juice. One way that I reduce the amount of sugar they drink is that I water the juice down before I put it in the refrigerator." "My kids love flavored water, but we've agreed as a family to limit flavored water to the weekends."
- Refer participants to www.choosemyplate.gov when they ask specific questions about calorie intake. If a participant asks how many calories he/she should be eating, let him/her know that energy needs vary by age, gender, activity level, and health status. Never give participants an exact number; refer them to the USDA website where they can complete an energy intake questionnaire: www.choosemyplate.gov

- How do you answer specific questions about weight loss? Specific weight loss recommendations are beyond the scope of a nutrition educator. Always recommend that participants consult with their health care provider about their weight loss goals. The overall Nurture mission is to promote good health (the emphasis is not on weight loss).

Food Sanitation and Safety Procedures to ensure the health and safety of our participants, volunteers must use these procedures.

Hand Washing

- Always wash hands with soap and warm water for 20 seconds before beginning food preparation, after handling food, and after using the bathroom, changing diapers, or touching pets.
- After hands are washed do not touch face, hair or other body parts. If this happens, go through the hand washing process again to prevent food contamination. March 2015 Coach & Cook Training www.nurtureyourfamily.org Page 11 Proper Hand Washing Technique
- Wet hands and arms with warm (100 degrees F.) running water.
- Apply soap, scrub hands and arms vigorously for 10 to 15 seconds.
- Rinse hands thoroughly
- Dry hands and arms with a single paper towel or warm air hand dryer

Surfaces and Utensils

- Wash cutting boards, dishes, and countertops with hot, soapy water before you begin cooking, after preparing each food item and before you go on to the next item.
- Knives are not allowed in Nurture classes except for butter knives or plastic knives. Pizza cutters can function as an alternative when a butter knife will not suffice. Kitchen Cleanup Use hot, soapy water and a clean dishcloth (or paper towels) to clean kitchen surfaces and wipe up spills. Important Food Safety and Sanitary Tips
- Do not handle foods if you are sick
- Wear clean and appropriate clothing when handling food.
- Always use gloves to handle food if you have a cut or infection, or are handling ready to eat foods. Wash hands before putting on gloves and after taking them off.
- Abstain from eating, drinking, smoking and chewing gum while handling food.
- Do not sneeze or cough into food.
- Use ice tongs to get ice
- Keep hair tied back and in hair net at all times while in the kitchen
- Place garbage disposal containers away from food preparation and serving areas.

When Preparing Raw Meats, Poultry, Fish and Eggs

- Each item, meat, poultry, eggs, fish should have their own cutting boards, utensils and containers.
- Prepare raw meat, seafood and poultry in specially designated areas • Properly clean equipment and utensils after each task
- Wash hands properly after handling raw meat, fish, poultry and eggs
- Work with small quantities and keep remaining products refrigerated March 2015 Coach & Cook Training www.nurtureyourfamily.org Page 12
- Hot food must be at 135 degrees Fahrenheit or higher and cold food must be at 41 degrees Fahrenheit or lower
- Clean and sanitize all work surfaces
- Eliminate bare hand contact with food