

Building Community Capacity to Increase Children's Cooking Skills in Northern Communities

ADVENTURES iN COOKiNG!

with kids aged 8-12

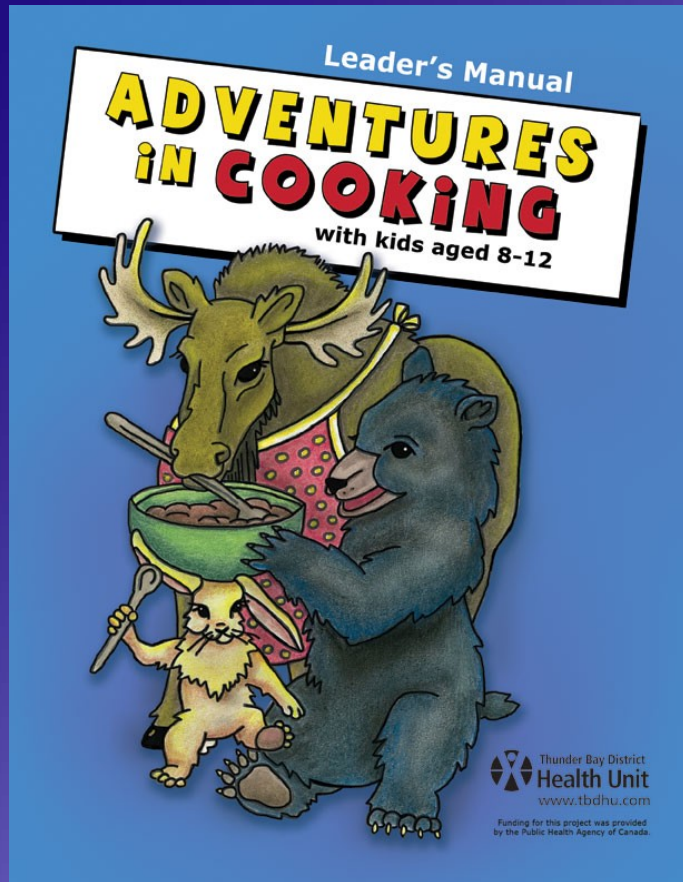
- **Janice Piper, Public Health Nutritionist,
Thunder Bay District Health Unit**

Building Community Capacity



- **Large, geographically isolated, high food costs, low veg and fruit intake**
- **High unemployment, poverty, low education, high rates of diabetes & other CD's**

Cooking Program Objectives



Provide children with an opportunity to learn:

- skills to make nutritious food
- how to use basic kitchen tools
- simple cooking terms
- food safety
- kitchen safety
- fun!

Target children at risk for type 2 diabetes.

ADVENTURES IN COOKING MENU

Lesson #1	Lesson #2	Lesson #3	Lesson #4	Lesson #5
Supersnacking	Veggies & Fruit	Brainy Breakfasts	Cooking Lean	Final Feast
<ul style="list-style-type: none"> • Snack: Apples • Bear Hug Wraps with Homemade Hummus • Bellybutton Soup • Buried Treasure Parfaits 	<ul style="list-style-type: none"> • Snack: Broccoli & Dip • Camp-out Chili • Sara's Shoreline Tea Biscuits • Northern Lights Nachos & Fruit Salsa 	<ul style="list-style-type: none"> • Snack: Oranges • Presto Pizza with Whole Wheat Crust • The Big Dipper (Veggies & Dip) • Sunset Smoothies 	<ul style="list-style-type: none"> • Snack: Pears • Super Spaghetti & Meat Sauce • Rabbit's Salad • Bear Paw Cookies (Chocolate Chip Oatmeal Raisin) 	<ul style="list-style-type: none"> • Snack: Moose Juice with Cheese & Crackers • Dancing Chicken Drumsticks • Homey Home Fries • Mixed Vegetables • Mud Puddle Fondue

Pre and Post Survey of Parents of Pilot Participants (n = 18)

- **100% children wanted to do more cooking or meal prep**
- **92% children has tried something new (food or preparation)**
- **50% children cooked more often**



What they had to say

"It's all laid out for you, great manual, easy to implement, fun, kids enjoyed it."

"At this age, children have a sense of industry and this helps them feel a sense of competence and capability which means it builds self-esteem."

"Parents were surprised when children ate foods they normally would not try at home."

Leader's Quotes:

"It's so great what you're doing for the kids. There should be more programs like this!"

"My son makes fruit parfaits at home all the time!"

Parent's Quotes:

"AIC is seriousness, craziness, tastiness and oh yeah cooking together!"

"I thought it was neat learning about different foods and how to make them".

Children's Quotes:

For more information:



janice.piper@tbdhu.com

807) 625-5968

www.tbdhu.com



Building Community Capacity to Increase Children's Cooking Skills in Northern Communities with the **ADVENTURES IN COOKING (AIC)** Program

Sylvane Filice, Marcia Mableson, Anne Ostrom, Sara Park, Janice Piper
Thunder Bay District Health Unit

Background

The Ontario Public Health Standards for Chronic Disease Prevention require the Thunder Bay District Health Unit (TBDHU) to increase capacity of community partners to provide programs that improve healthy eating and promote healthy weights with opportunities for building food skills. TBDHU, with the support of community partners, secured funds from the Public Health Agency of Canada (PHAC) to develop an after school cooking program for children 8-12 years.

Community Capacity Building

Agencies cooking with children expressed a need for healthy recipes as well as training in food safety, while other organizations wanted to establish sustainable programs. Focus groups were held with stakeholders (existing leaders working with mostly Aboriginal children and/or children living in low income neighborhoods, agencies interested in starting programs) to determine program content. Previous participants gave feedback on program components. Existing and potential leaders provided input during the development of the manual, promotional DVD, training and support plan. Leaders' training workshops, funding for food and a Leader's Manual were offered to agencies providing programs to children. Existing leaders helped to deliver training and community agencies provided leaders, space and equipment.

Objectives

The overall goal was to create an easy to implement program that could be sustained by community partners.

The five cooking sessions aimed to:

- Provide children with an opportunity to learn: skills to prepare nutritious food; how to use basic kitchen tools; simple cooking terms; food safety and kitchen safety.
- Encourage healthy eating with a focus on vegetables and fruits.
- Provide a complete meal using economical and locally available foods.
- Promote healthy weights.
- Provide a teaching resource to meet the needs of children at risk of Type 2 diabetes in the Thunder Bay District (i.e. living on a limited income, high risk ethnic population such as Aboriginal).
- Inspire children with new flavours and have fun!

ADVENTURES IN COOKING MENU

Lesson #1	Lesson #2	Lesson #3	Lesson #4	Lesson #5
Supernacking	Veggies & Fruit	Brainy Breakfasts	Cooking Lean	Final Feast
<ul style="list-style-type: none"> • Snack: Apples • Bear Hug Wraps with Homemade Hummus • Bollybustan Soup • Buried Treasure Parfaits 	<ul style="list-style-type: none"> • Snack: Broccoli & Dip • Camp-out Chili • Sara's Shoreline Tea Biscuits • Northern Lights Nachos & Fruit Salsa 	<ul style="list-style-type: none"> • Snack: Oranges • Presto Pizza with Whole Wheat Crust • The Dig Dipper (Veggies & Dip) • Sunset Smoothies 	<ul style="list-style-type: none"> • Snack: Pears • Super Spaghetti & Meat Sauce • Rabbit's Sled • Bear Paw Cookies (Chocolate Chip Oatmeal Raisin) 	<ul style="list-style-type: none"> • Snack: Moose Juice with Cheese & Crackers • Dancing Chicken Drumsticks • Horny Home Fries • Mixed Vegetables • Mud Puddle Fondue

Methods

The process for implementing the Adventures in Cooking (AIC) program was continuously evaluated. Two pilots involved 22 children in total. To assess the effectiveness of the program and the children's behaviour change, pre and post surveys were administered to parents. Pilot program evaluation, stakeholder input and a literature search informed the comprehensive five lesson, AIC Leader's Manual and promotional DVD. The program integrates healthy eating, food safety and cooking skills with a fun, hands-on approach that encourages kids to take the lead.

Once the manual was finalized, AIC was expanded across the district. Thirty-two leaders were trained resulting in 18 cooking programs involving 250+ children. Additional programs are planned. Fifteen post program evaluations were completed by the program leaders.

Results

Pre and Post Parent Survey of Pilots (N=18)

- All parents stated that their children wanted to do more cooking or meal preparation. Parents reported children were doing things such as: making their own snacks; cutting up food on their own; preparing lunch for school; talking about nutritious choices and healthy cooking; and wanting to try new recipes.
- 92% stated that their children had tried something new in the kitchen at home such as eating more vegetables, trying new foods, using a knife under supervision, measuring, etc.
- 50% of parents reported that their children cooked more often following the pilot. Parents indicated that AIC taught children how to cook and encouraged them to try new foods and recipes; promoted healthy eating habits; was a great, hands-on learning experience.



Post Program Leaders' Survey (N=15)

- 86% indicated that they were very satisfied with the program and would run it again.
- Leaders found the positive response from the kids rewarding, the manual easy to use and the funding for food helpful.
- 100% of respondents reported that they would recommend the program to another organization and noted many program benefits including: increased cooking, socialization, cooperation, literacy and math skills; as well as gains in knowledge around healthy eating, and food/kitchen safety.

What they had to say:

"It's all laid out for you, great manual, easy to implement, fun, kids enjoyed it."

"At this age, children have a sense of industry and this helps them feel a sense of competence and capability which means it builds self-esteem."

"Parents were surprised when children ate foods they normally would not try at home."

Leader's Quotes:

"It's so great what you're doing for the kids. There should be more programs like this!"

"My son makes fruit parfaits at home all the time!"

Parent's Quotes:

"AIC is seriousness, craziness, tastiness and oh yeah cooking together!"

"I thought it was neat learning about different foods and how to make them."

Children's Quotes:

Conclusion

Community partners' involvement in program planning and implementation was critical in creating a successful and sustainable children's cooking program. Children had fun and improved their cooking skills in this hands-on program. The positive learning experience combined with take home recipes may instill an ongoing interest in preparing nutritious foods. Evaluations showed that parents valued the program and reported that kids did more cooking at home while leaders found Adventures in Cooking easy to run!

Acknowledgements

The TBDHU and community partners gratefully acknowledge PHAC for funding of this project.

Tips for Leaders

- Review the Manual
- Advertise
- Ingredients & Equipment
- Setting Up
- Learning by Doing
- Talk up the healthy stuff, but not too much!
- Cooking is Thirsty Work
- Mealtime Manners
- Food Allergies



Cooking Session Outline

- Today's Meal
- Summary
- Objectives
- Equipment and Ingredients
- Preparation
- Activity
- Snack Time
- Cooking
- Dinner
- Clean Up
- Review

