**Program Title:** Cooking for the Family

**Partners:** FarmChef Services LLC, St. Francis Seraph Ministries, Healthy Harvest Mobile Market, Findlay Kitchen

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

**Global Aim:** Increase the knowledge about healthy food choices and culinary skills providing parents of children to live and cook healthily for themselves and their family in an effort to 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:** 5-week culinary program where students learn 7 basic cooking skills and techniques utilizing fresh and healthy ingredients with the hopes it will build their knowledge and confidence to cook more at home. We will base the food items on what ingredients are in season (if possible) and are available in their area. Program culminates in creating a meal/using these new skills with their children.

**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)

**Optional Add-ons:**
- Fresh, seasonal produce (if applicable) 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
- 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.