

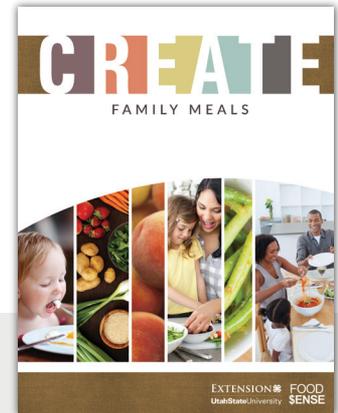


CREATE FAMILY MEALS

UTAH STATE UNIVERSITY FOOD \$ENSE (SNAP-ED)

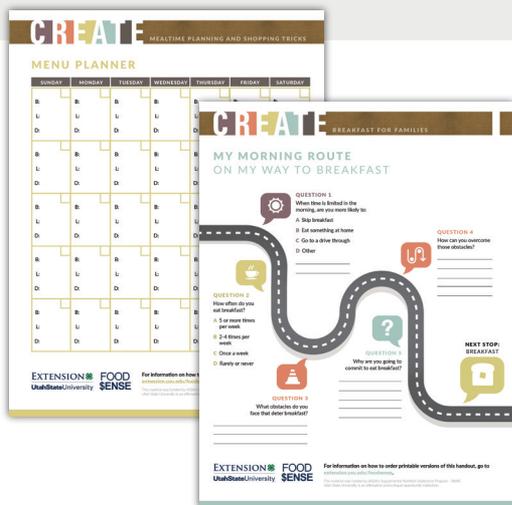
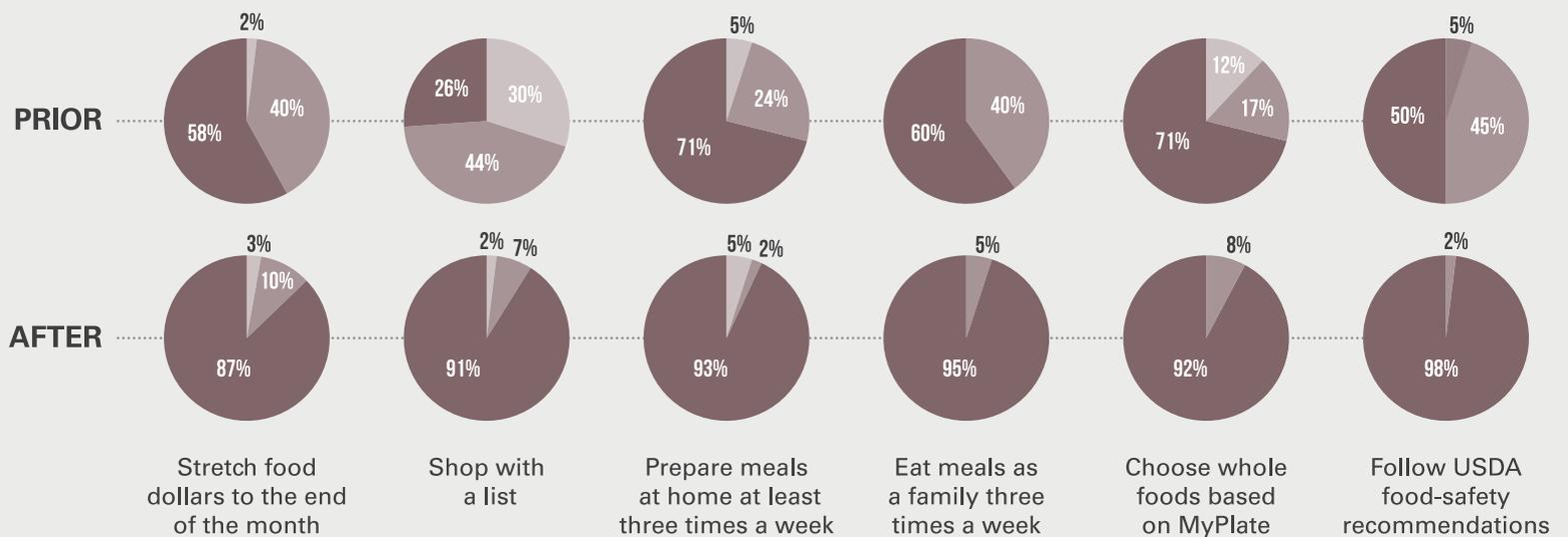
In 2016 Food \$ense piloted a Family Meals program.

The Family Meals program was so successful a curriculum called Create Family Meals was developed. The target audience is families who fall in the intergenerational poverty population. Invitations were extended to these families to attend classes. This curriculum is intended to give family members a hands-on experience in planning nutritious and delicious meals, as well as improve their cooking skills.



THE IMPACT

● Never/Seldom ● Sometimes ● Usually/Always



SUCCESS STORY

“ I have a family with three children, two 10-year olds and one 8-year old. They have been coming to the Healthy Families cooking class for several weeks. The kids come racing in and tell me how they have been waiting all week to come. The mom tells me that they talk about the class all week, wondering if today is the day. This has been an 8-week series and they have only missed twice due to illness and a previous doctor appointment. The children are always helping to cut or stir or squeeze. We have to divide things up carefully so they feel it is fair. ”

Food \$ense Class Participant

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EXTENSION FOOD \$ENSE
UtahStateUniversity