



# Bienestar

Building housing, hope and futures

## Montebello Adult Nutrition Class

May 10, 2011- June 14, 2011

### Outcome Report

Bienestar partnered with the Oregon Food Bank to bring Adult Nutrition classes to Montebello. The class began Tuesday May 10, 2011 and was held every Tuesday for six weeks from 10:00a.m. to 12:00 p.m. ending June 14, 2011. Class was held in the Montebello Community Room, 220 SE 12<sup>th</sup> Ave. Hillsboro, OR. This was a bilingual class coordinated by Oregon Food Bank Program Coordinator Nancy Wong and run by volunteers from the Oregon Food Bank. The lead chef was Susan Minson, the translator was Lorraine Justiniano, the shopper was Patty Barnett, and assistants were Tera Wolin and Katie Hardy.



Each class began with 45 minutes of class time in which the residents would learn about the food pyramid, healthy and unhealthy kinds of food within each food group, correct portion sizes per meal, daily calorie intake and what a well-balanced meal includes. They learned a great deal of how to incorporate more vegetables into their diet and how to cook for their family so it is nutritional and tasty. This included adding spices instead of salt and limiting the use of oil in their cooking by baking, boiling, or steaming. The importance of exercise was also discussed and modeled in class. The students practiced different types of exercise for about ten minutes one day and had a ball doing it.



*Jumping Rope*

The students would then help prepare the meal for the day. Tasks were delegated to each person, such as cutting vegetables, mixing, 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 by modifying ingredients, 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 all the participants received a graduation certificate and the Oregon Food Bank recipe book that was used during the class; eleven residents graduated.

## Attendance

Eleven residents from Montebello and Sierra West registered for the class and an average of ten residents attended each week, including one promotora.

## Outcome



All of the women who took the class are the main cooks in their family. They knew that vegetables were good to eat and fats were not as good, but did not know much about grains, milks, and proteins. They did not take into account serving sizes when serving their families' meals or what made up a well balanced meal.

The residents learned about which foods make up grains, vegetables, fruits, milk, and meat and bean branches on the food pyramid. Whole grains were greatly discussed; different types of barley, rice, wheat berries, and bread and their benefits over non whole wheat grains. They discovered what our daily intake of each category should be, which foods provide which nutrients, proteins, fiber, and fats, and which are healthiest for us. The students also learned strategies of how to shop more healthily. They learned new recipes from different countries, such as Moroccan carrot salad, Ratatouille, Haitian Chicken, a healthy version of quesadillas, and a variety of recipes incorporating more beans for protein than meat. The residents learned to mix and match different spices to reduce sodium intake, that canned food is not a bad thing, and learned to prepare food more healthily for themselves and their families. The last day of class the residents were asked one thing they learned during the class. Some of the things they mentioned were the importance of reducing sodium and increasing vegetables in their diets, fats that are liquid at room temperature are not as high in saturated fat, eating whole grains is better, and exercising a little every day is also important.

In their final survey they all had positive things to say about the class, among them were "I have learned a lot in this class. I learned to cook with less oil and to not use it when pan frying. I wouldn't change anything. Everything was great." "I learned to eat better and pay more attention to what I buy and eat; I also learned to combine my ingredients better and especially to eat healthier." "I appreciate the time you spent with me and I would like if we had more classes like these." Many thanks to the Oregon Food Bank and to all the volunteers who made this class possible.



Final Nutrition Class, 6/14/2011

Respectfully Submitted,

Elena Barreto  
Program Coordinator