



### PROJECT SUMMARY

This project will provide families in need with a 4-quart slow cooker, chef's knife, ladle, cutting mat, and basic instruction in their use along with recipes that will reduce barriers to producing healthy meals at home and, over time, reduce the prevalence of obesity in Rochester.

### INTRODUCTION

1 in 4 children in Rochester are obese. Some of the main causes of this are limited availability of healthy food and the lack of skills and equipment needed to cook at home.

Local organizations are working on increasing the availability of healthy food, but more needs to be done to increase the accessibility of cooking equipment among our poorest families, who may lack stoves, cookware, or the knowledge needed to use them to prepare healthy meals at home.

While a variety of interventions have looked at ways to increase cooking at home and have found an association with improved health outcomes, the effectiveness of providing cooking equipment to increase home cooking has not been well studied.

### OBJECTIVES

- Partner with YWCA to identify families who struggle with weight and have difficulty preparing meals at home
- Assess whether providing a slow cooker and other kitchen equipment to these families will increase the number of times they cook at home per week.
- Increase cooking at home by 2 times per week in 50% of the participants after one year

### MATERIALS AND METHODS

- Grant funding obtained through the Hoekelman Center to purchase equipment
  - Ladle
  - Chef's knife
  - Cutting mats
  - Food storage equipment
- Schedule event at YWCA
  - Distribute equipment
  - Basic use instructions
  - Healthy Recipe
  - Ingredients
  - Pamphlet/ recipes sent out monthly
- Survey Project Participants
  - Initial (March 2020)
  - Quarterly



Items purchased with grant funds

### RESULTS

Survey data will be collected from participants on receipt of equipment and quarterly thereafter. The initial survey data is expected to be collected in March 2020.

#### PRIMARY OUTCOME:

- # meals prepared at home

#### SECONDARY OUTCOMES:

- Slow cooker use
- # home-prepared meals eaten at home (includes leftovers)
- BMI

### CONCLUSIONS

This project is still in its early stages. I hope that this will be a simple and cost effective means to reduce the prevalence of obesity and improve the health of our community.

### FUTURE DIRECTIONS

If successful, I would hope to expand the project by including new donated equipment and integrating into other organizations that are addressing the problem of obesity in other ways, such as by providing cooking instruction or easy access to healthy, fresh foods.

### REFERENCES

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### ACKNOWLEDGEMENTS

Thank you to the YWCA for their assistance with this project and my wife Peggy and my kids for helping test different recipes.

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