

CREDITS

The Cook Well-Live Better bilingual train-the-trainer curriculum was developed, using the Cooking Healthy! ¡Cocinando Saludable! Cooking curriculum developed by the San Diego Nutrition Network and San Diego Project LEAN as a model.

Our Community Based Social Marketing Project Process showed that our target audience of Latino Families in the Mission District of San Francisco wanted cooking classes. We shared this information with Paula Benedict, RD, MPH of California Project LEAN, who was program liaison for our grant from California Project LEAN and the CNN. Ms. Benedict arranged for us to receive hard copies of the Cooking Healthy! ¡Cocinando Saludable! Cooking curriculum from Linda Ferber, MS, RD of the San Diego Nutrition Network

We shared these copies with the Mission Latino Family Partnership members and the group decided that we should develop something similar to this. Upon further review of the Cooking Healthy! ¡Cocinando Saludable! Cooking curriculum we began to identify areas that needed adaptation and modifications.

Since we were working off a hard copy, all the handouts had to be re-created and formatted by Angelica Ibarra. In addition, much of the handout contents were modified as a result of the field testing process. This included the class preparation checklists, class outlines and class handouts, seasonal availability of produce, and on the counter fruit and vegetable storage instructions, which replaced the frozen storage information, since it is not a common practice in our target audience. We added a number of handouts such as Cooking Terms, Measurements, Preparation Terms, Fun Frozen Fruit Snacks and others.

Every recipe included in the Cook Well-Live Better curriculum was field tested in classes and all recipes that were originally found in the Cooking Healthy! ¡Cocinando Saludable! Cooking curriculum was modified, due to class participant input. About fifty-five percent of the recipes in the final Cook Well-Live Better curriculum were provided by Mission Latino Family Partnership (MLFP) members and were field tested prior to inclusion in the final curriculum.

We modified the actual curriculum in a number of ways, expanding the class sessions to five, from the original two, which focused on fruits and vegetables respectively. In the Cook Well-Live Better curriculum we developed; the first class is on fruits, the second class is on salads, the third class is on cooked vegetables, the fourth class is on soups and the fifth class is on farmers market or community produce store tours. Instead of doing food demonstrations, we designed the Cook Well-Live Better curriculum classes to be participatory, with clients engaged in food preparation to support skill building and transfer of knowledge.

Angelica Ibarra designed the original cover art for the Cook Well-Live Better curriculum and logo, to reflect the tagline developed as a result of the Community Based Social Marketing Process, “Fruits and Vegetables: Good for your Family’s Health”. This was submitted to three different field testing cycles, sharing them with our target audience and the staff of the (MLFP) member agencies.

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