

# **Mission Latino Family Partnership (MLFP)**

## **A Project of the Feeling Good Project, Nutrition Services, SF DPH**

### **History of the Mission Latino Family Partnership**

- Began in the Fall of 2001 when members were recruited for a community partnership to conduct formative research in the Latino Community of SF's Mission District.
- Our goal was to develop a Community Based Social Marketing Plan to address how to promote healthy eating and physical activity to impact the incidence of chronic disease, with a focus on Diabetes.
- Our members included staff from: (in alphabetical order)
  - *California Nutrition Network in San Francisco (Feeling Good Project)*
  - *Childcare Nursing Program*
  - *Child Health and Disability Prevention Program*
  - *Children's Council of San Francisco*
  - *Cooperative Extension EFNEP/FSNEP Program*
  - *Child Obesity Prevention Project (Eat Well Live Better Program)*
  - *Mission Girls, Mission Neighborhood Centers*
  - *Mission Neighborhood Health Center (MNHC)*
  - *Project LEAN in San Francisco*
  - *San Francisco WIC Program*
- Over the next 1 and ½ years MLFP did participant interviews with recently immigrated Latino mothers and youth (55), Provider Interviews (44) and five focus groups with both Latino parents and youth.
- Subsequent to this we did another 54 interviews with Latino families to identify the interventions desired by them to improve the nutritional well being of their families and/or clients.
- The primary intervention chosen was cooking classes.
- We decided to develop a train-the-trainer Healthy Cooking Curriculum, focusing on the use of Fruits and Vegetables to build capacity in Mission district organizations and agencies to teach these skills to their clients.
- We are adapting and expanding a curriculum developed by San Diego Project LEAN and San Diego Nutrition Network called "Healthy Cooking" or "Cocinando Saludable" to implement the trainer-the-trainer cooking classes.
- Since February 2004 we held two English language 4 class session series training our members and youth workers from Mission Girls and Boys and Girls Club of SF and two Spanish language 4 class session series training staff and peer health educators from Boys and Girls Club, Children's Council of San Francisco, Mission Girls, Mission, Neighborhood Health Center, Eat Well-Live Better project, Good Samaritan, Las Primerizas, (a health education and support group for young mothers served by the MNHC), HIPPY and Cuerpo Sano, Activate of CARECEN.
- We provide technical and material support to the Cook Well, Live Better trainees as they implement these classes in their agencies and communities. This includes nutrition education handouts, and nutrition education reinforcement items such as measuring spoons, measuring cups, cookbooks and recipe brochures.

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- The practical experience of the trainees (now trainers) in using the curriculum is being applied to the format and content of the final curriculum.
- We will finalize the Curriculum called “Cook Well, Live Better” or “Cocine Bien, Viva Mejor” in the Summer of 2005.

**This project is funded by the USDA Food Stamp Program, through the California Nutrition Network for Healthy and Active Families and California Project LEAN an equal opportunity provider and employer, through the California Nutrition Network for Healthy, Active Families. For information on the San Francisco Food Stamp Program call (415) 558-4186. For information on the California Food Stamp Program, call (800-952-5253).**

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