



HEALTHY FOOD KNOWLEDGE

Nutrition education and food preparation guidance for community groups interested in learning easy, practical ways to eat healthy



Promote USDA dietary guidelines



Encourage the purchase of local, seasonal food products



Teach about the nutritional value of foods



Demonstrate the ease of healthy food preparation



COASTAL HEALTH DISTRICT | FAITH AND WELLNESS NETWORK



CENTRAL BAPTIST CHURCH
ST. FRANCES CABRINI CATHOLIC CHURCH
TEMPLE OF GLORY COMMUNITY CHURCH
TOTAL

# SESSIONS	# PARTICIPANTS
3	43
4	57
3	43
10	143



Featured Healthy Recipes

- Healthy Vegetable Soup
- Healthy Yogurt Parfait with Homemade Granola
- Healthy Southern Stir Fry with Brown Rice
- Healthy Black Bean Burger with Peach Salsa

49%

of survey respondents reported the preparation of a healthy dish that included at least one key ingredient of featured recipes (e.g., butternut squash, okra, kale, local honey, or fresh corn).

109

responses to the question, **What 2 specific things did you learn in today's Healthy Food Knowledge class?**, were categorized as nutritional information (e.g., "kale is a great source of calcium") or healthy food choices (e.g., "choose colorful foods").

Temple of Glory participants rated their agreement to the following statements for *Healthy Southern Stir Fry*:

Statement	MEAN (SD)
I like the sample I tasted at the demonstration.	4.80 (0.41)
The ingredients used in this demonstration are ingredients I am able to buy.	4.93 (0.26)
I learned new ways to help my family eat healthier.	4.93 (0.26)

