

Region 1 Updates

Let's Cook, Eat, and Talk: A Community-Based Family Nutrition & Cooking Program

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Unlike other community-based nutrition programs, the Let's Cook, Eat, and Talk (LCET) is an immersive 8-week program for underserved families in the East Lubbock community to explore nutrition, cooking, and communication topics together. Each week begins with an interactive nutrition lesson. The lessons emphasize using MyPlate guidelines and portion sizing to create healthier, more complete meals. By attending the LCET program, families learn about portion size distortion, the real costs of fast food, and how to read nutrition labels to make better choices. Most importantly, they learn how to use economic shopping and meal planning strategies to put their nutrition knowledge into practice and eat healthier at home, even on a limited budget. Families also spend two weeks learning about the connection between dietary choices and chronic diseases such as diabetes, obesity, and heart disease. Nutrition concepts are reinforced through the cooking portion of the class when families make lunch together. Each week everyone works together to prepare low-cost healthy meals that follow the MyPlate recommendations. Families practice low-fat preparation methods for meats and vegetables such as steaming, stir frying, grilling, and baking. Recipe modification techniques are explored with an emphasis on decreasing sodium, saturated fat, simple carbohydrates, and added sugars while increasing whole grains, fiber, fruits and vegetables, lean protein, and heart-healthy fats. All families in the program learn and practice dynamic communication skills within their lunch table. This program has been funded by the U.S. Department of Education since 2013, and the LCET team members are Dr. Oak-Hee Park, Rachel Brown, Saranee Medina, and Charity Chin. Now the team is focusing on expanding and sustaining the LCET program through potential community partners such as South Plains Food Bank, Lubbock, Texas.



Family members from the LCET session (November, 2015)



Portion sizing activity (left photo, August, 2016) and vegetable cutting (right photo, May, 2015)



Ginger salmon, wheat roll, & spinach salad with roasted pecans (left photo) and Chicken wrap with fruit kebabs (right photo)