



Nourishing the Community

Nourishing the Community is a pilot study that implements nutrition education and cooking classes in low-income ethnically diverse populations in the surrounding Houston area.

[#howgoodfoodworks](#)

Program Goals:

Determine if implementation of the cooking program increases cooking skills, cooking-related psychosocial factors, and improves dietary intake.

Build capacity by training community health workers, CHWs, to serve as program instructors and role models for good nutritional practices.

Increase sustainability of the program by incorporating students from the McGovern Medical School who were previously trained in culinary medicine to assist with the programs using voluntary service hours.

