

Healthy Menus for Families

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The purpose of this project is for a human nutrition undergraduate student team to support the New Impact program of Greenville. These undergraduates participate in student led research, Creative Inquiry (CI) in the design and demonstration of easy, healthy, and affordable menus for weight challenged children and their families.

Design: The New Impact program with Prisma Health Upstate is partnered with the Children's Hospital in offering this weight management program for children up to age 21. The program's health team and Clemson CI research students met for a 10 month study period with families to encourage children to practice healthy lifestyles.

Methods and instruments: The undergraduate students develop and test recipes on campus representing portion and nutritional balance for children. A resource is provided to the family including: nutrition facts, portions, grocery list, as well as healthy tips, and cooking tips. Once a month the research team conducts an informative cooking demonstration in the Greenville area using the new menu recipe set for the children and families in the New Impact program.

Results: Within the (n=32) families 60% indicated a plan to replicate menu items at home; 80% of the children sampled each item presented with 65% agreeing to try again. Skills identified by families as 'likely' or 'most likely' to be practiced: dry heating tortillas; saute, and stir-fry.

Conclusion: The team from Prisma Upstate New Impact program and the CI students from the university continue to review and enhance the cooking demonstration monthly project for the children and families in Greenville area to encourage healthy habits, balanced nutrition and plant based meals.