

Healthy Cooking on a Budget

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2014-15 NC Albert Schweitzer Fellows

THE ALBERT
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FELLOWSHIP

SUMMARY

- The Fellows served vulnerable families in the Winston-Salem area by teaching healthy cooking techniques and basic nutrition in hands-on cooking classes at Brenner Fit Kitchen. Workshops sessions were held for 2 ½ hours over 6 weeks.
- They led four workshop series which served thirty-one low income families.
- Almost two-thirds of participants reported home-cooking at least 2 more meals per week or included fruits and vegetables in at least 3 more meals per week over pre-class baseline.
- Participants who attended at least four out of six of the sessions received a color recipe cookbook with nutritional information and basic cookware necessary for the recipes.



Participants making vegetable stir fry, a popular favorite.



Participants enjoying some black bean burgers after making them.

FUTURE DIRECTIONS

- This cooking class will be sustained by a student group at Wake Forest School of Medicine.
- Medical and PA students will be able to volunteer to work for the class on a week-by-week basis, where they will help teach about nutrition and engage with participants.

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