

Background

Introduction

Since 2007, the Dietitians at the Guelph Family Health Team (GFHT) have been running a healthy cooking program where participants learn how to cook healthy meals while learning about the health benefits of recipe ingredients.

The majority of the cooking classes have been at full capacity and participants state "they always learn something new" and "love the ease of the tasty recipes".



Challenges

Running a cooking class program requires extensive preparation. A large time commitment from the Dietitian before, during and after the class has been required in the past for organization.

Cooking class preparation includes deriving a theme with healthy recipes followed by testing of recipes, grocery shopping and food preparation which are typically completed by the Dietitian.

After evaluating this group wellness program it became evident that improvements in organization of the program were essential to improve time- efficiency and reduce the workload burden on the Dietitian running the program.

Solution

Ten different cooking class themes with facilitator materials were prepared with the assistance of a nutrition student.

System Leadership

Process

IMPROVEMENT PROCESS

A two-step process was derived to help decrease clinician time burden in facilitating cooking classes

- First Step** - Dietitians reviewed the cooking class program and identified areas for improvement that would assist in utilizing clinician time more effectively and efficiently
- Second Step** - Two GFHT Dietitians attended a facilitator workshop on effective cooking classes (Demos for Dietitians)
- Solution** - Develop a series of themes in advance (along with facilitator materials)

A University of Guelph student enrolled in the Nutrition 4850 Field Experience in Nutrition Education course assisted RD in developing ten Cooking class themes.

The Dietitian and student met every two weeks for ten weeks to discuss topics, finalize recipes, create nutrition handouts, etc. Dietitians instructing a future cooking class now have a "library" of cooking class topics and recipes to choose from.

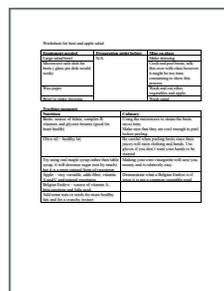
10 Cooking Class Toolkits were developed each with 8-10 recipes, class discussion notes and participant handouts. The toolkits cover topics like allergies, gluten free, healthy fast food favourites, heart healthy, osteoporosis and fall harvest.



TOOLKIT EXAMPLE : FALL HARVEST



Beet & Apple Salad: a recipe from the Fall Harvest toolkit



Class worksheet for Beet & Apple salad



Nutrition facts for Fall Harvest toolkit

Organizational Capacity

Outcomes

Ten different cooking class themes with facilitator materials are now available for the GFHT Dietitians to choose from.

Through developing a series of themes in advance, it was identified that streamlining the teaching delivery of the program would also be beneficial to keep the classes consistent. (i.e. in each class the Dietitian would "demo" a recipe and the remainder of the class would be "hands on").

By developing a series of healthy eating themes in advance and utilizing volunteer WDG Public Health Community Food Advisors to assist the dietitian with food preparation during classes, time-efficiency of the program was improved allowing for more purposeful use of clinician time.



Future Directions

This well-received patient workshop has been reorganized and streamlined so that is easier for the GFHT RD team to deliver. Due to its great success with patients and long-waiting lists, it will be a monthly offering in 2014.

Ongoing continuous improvement to the program will be made based on:

- An extensive evaluation process that has been developed by the GFHT Health Promoter
- Feedback from the participants and GFHT Dietitians



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System Navigation

Sustainability