



Building resilience in low-income elementary children one recipe at a time

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Presenter Disclosures

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Resilience

- Able to recover quickly
- Flexible
- Tough
- Hardy
- Strong



How do you Develop Resilience?

- Resilience is not hereditary
- Involves behaviors, thoughts and actions that can be learned and developed in anyone.



Developing Resilience

- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.



Resilience Building in Kitchen?

- Kick and Cook-a-Palozza
 - Physical activity + nutrition education
 - Grades 4-6 @ Boys and Girls Clubs
 - Six weeks – 2x week 90 minute classes
 - Resumed 8 weeks later and repeated
 - Goals
 - build self-efficacy
 - translate learning into the home



Methodology

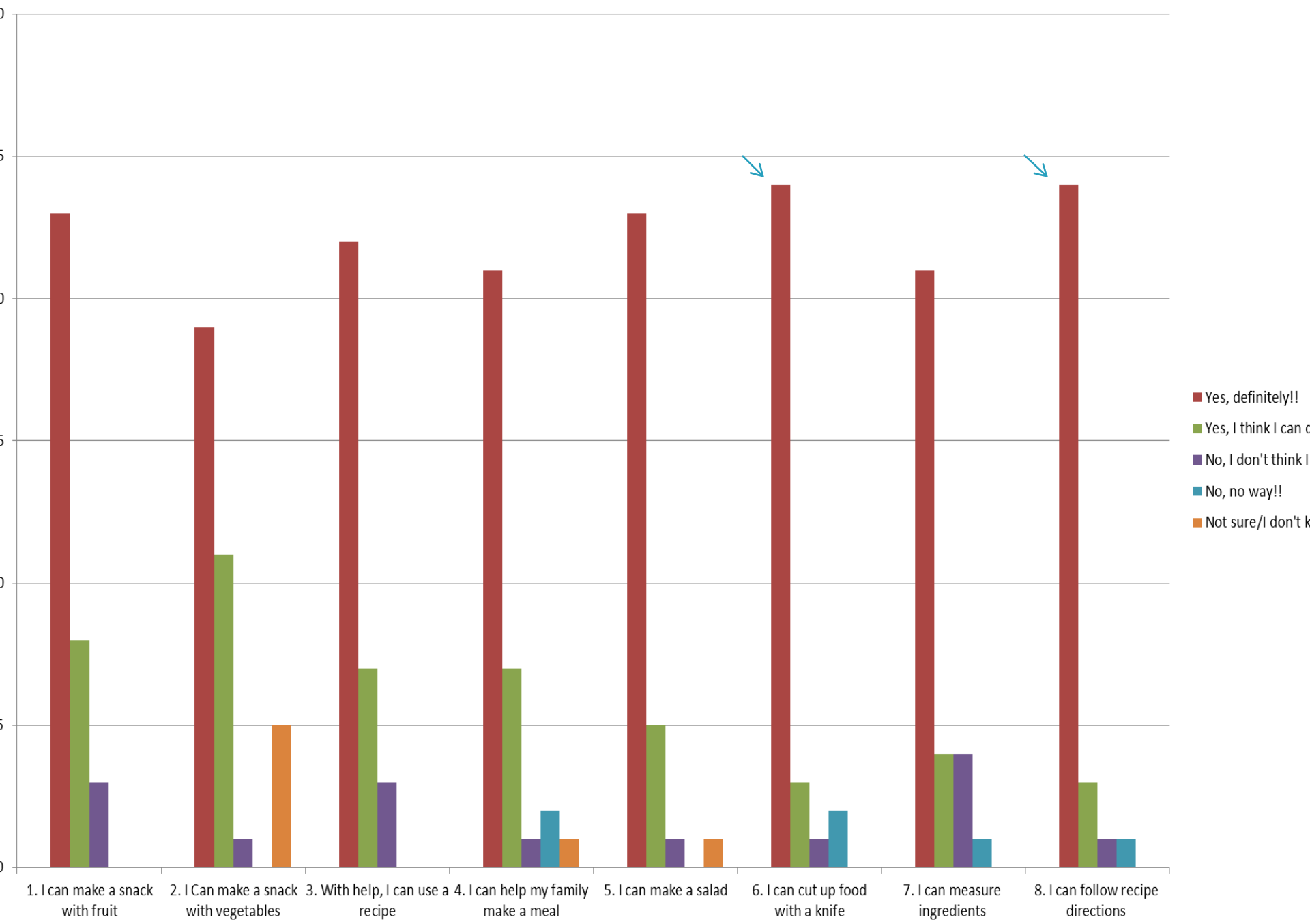
- Baseline and end self-efficacy survey
- Weekly observation forms
- Anecdotal comments /reflective journaling
- Groceries and recipe sent home at the end of every class



Population

- 60% at poverty
- 63% receiving free lunch
- 64% African American
- 21% Latino/Hispanic
- 10% Caucasian
- 9-15 students at each site: majority female





es	No	Criteria
		Did the participant wash hands before starting without a prompt?
		Did the participant retrieve all recipe ingredients without error?
		Was the participant able to organize the work station with all of the necessary equipment?
		Did the participant pay attention and follow directions?
		Did the participant use all utensils, including knives, safely and correctly?
		Did the participant display the cooking skills being worked on during this week's recipe (i.e. whipping, boiling, shredding, sautéing, etc)?
		Did the participant taste all of the foods and participate in the discussion?
		Did the participant clean the work station without prompting after the class ended?

During the Second Session

- We found:
 - Students did not know how to read a recipe
 - Did not know how to use measuring cups and spoons
 - Did not voluntarily wash their hands
 - Did not know how to slice, dice or chop
- Over-estimated their abilities in the benchmark self-efficacy survey
- Mindset was optimistic and hopeful – shows existing self-confidence



Recipes Scaffolding

- Easy: Assembly with Fruit Tacos
- Advanced: Main dish with peeling, chopping, sautéing
- Much encouragement given through out the class
- Groceries and recipe sent home and encourage to make it again
- Over 90% of the children did repeat the recipe at home with an adult



How Did Cooking Build Resilience?

- Gave lots of opportunities for participation (72 classes over 9 months)
- Provided a consistent team of caring young adults and facilitator
- Offered a structured environment where success was expected
- Center-wide applauding of their food product



Potato, Eggs, and Sausage Skillet

Ingredients:

2 c Shredded Hash Brown Potatoes (frozen) thawed

2 tablespoons unsalted butter

1/2 pound turkey kielbasa, cut into 1/2-inch pieces (about 2 cups)

1 large sweet onion, chopped

1/2 teaspoon caraway seeds or dill seed

8 large eggs

Kosher salt and freshly ground pepper

2 tablespoons chopped fresh parsley

2 scallions, sliced

Chocolate Chip Cookie Dough Dip

- **Ingredients:**

5 ounce package of firm tofu

3 ounces of light cream cheese

2 tablespoons of old fashioned oats

2 tablespoons of unsalted Sunbutter

3 tablespoons of brown sugar

1/2 teaspoon of pure vanilla extract

1 tablespoon of unsweetened vanilla soy milk

1/4 cup of chocolate chips

Postmortem

- 100% of the ending self-efficacy surveys showed students at the highest level in all questions
- Observation surveys showed significant improvement in all but one area – hand washing
- Still a strong preference for having staff double check them verbally instead of self-check with recipe



Goal Accomplishment

- The child believed they could and they did
- The children went home and demonstrated knowledge and skill to important adults in their lives
- The participants loved the class
- This facilitator did too

