

Rocking our Crockers at Grand View Terrace

Last fall, FoodWise nutrition educator Jace Purdy led an 8-week series of StrongBodies exercise classes at Grand View Terrace, federally subsidized housing for low-income seniors. During the class, he asked participants about their interest in hands-on nutrition education. Jace said, “When I mentioned the idea of using Crock Pots, they were very excited about that idea.”

Slow cookers are economical and efficient. They use little electricity. Easy to use, just add ingredients, set the temperature, and you can be off doing other things! Slow cooking makes it possible to buy expensive ingredients and still enjoy a flavorful meal. Extras can be frozen for future meals.

In October and November, Jace is teaching Rock Your Crock with Grand View Terrace residents. Rock Your Crock is a 4-part series of nutrition education lessons using the Healthy Weighs for Less Curriculum, with lessons like these

- Healthy Meals from the Pantry (MyPlate and meal planning)
- Bring New Life to Leftovers (avoiding food waste)
- Eat Well, Spend Less (budgeting and food safety)

Each lesson includes discussion, games, a tasting, and a recipe to try at home.

Hand washing is a basic component of food safety. After the lesson, 100% of participants said “I will do this more often.” For budgeting, meal planning is essential. Following the lesson, 75% of respondents said “I’ll do this more often” and the remaining participants said “I usually do this already.”

As part of the first lesson, participants choose the Slow Cooker recipes they’d like to sample as part of the class. Grand View participants selected Chicken Broccoli & Rice Bake, All-in-One Slow Cooker Breakfast, and Crock Pot Quickbreads.



Grand View Terrace residents play a game, creating a healthy MyPlate Meal from common household foods like canned beans and peaches.