



Success Story Title:	“Eating Great in 2008!”	
Location	Ingham County (Lansing, Michigan)	
Focus	The main focus of the program was to teach women creative ways prepare healthy meals by adding vegetables to their recipes used at home.	
Strategy	The local WISEWOMAN program partnered with MSU Extension and the Northwest Initiative (a non-profit organization working to develop healthy communities in Lansing) to offer a three-class cooking series held at Lett’s Community Center. The hands on classes gave women the opportunity to prepare foods and taste their own healthy creations.	
Outcomes	Seven WISEWOMAN participants completed all three classes. But for each class these “wise women” were encouraged to invite their family and friends to participate and learn healthy cooking ideas. We were able to share great cooking tips to keep their families healthy with 16 women.	
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For more information about the Michigan WISEWOMAN Program go to <http://www.michigancancer.org/bcccp/wiseWomanProgram/index.cfm>

Success Story

The Ingham County WISEWOMAN program kicked off the new year with healthy cooking classes. The cooking classes took place once a week, over a period of three weeks. Each class showcased an exciting way to prepare a healthy meal that the whole family could enjoy.

The WISEWOMAN program partnered with MSU Extension and the Northwest Initiative (a non-profit organization working to develop healthy communities in Lansing) to offer the cooking classes. The classes were held at the Lett's Community Center and each class lasted an hour.

The first class was titled: Food From the Garden: Salad 101. We learned how to make several different kinds of healthy salads and to create our own dressings. We all shared ideas about what to add to the salads. And with such a diverse group we took home some wonderful "international" ideas.

The second class was titled: Food From the Garden: Delicious Soups. This class was a hands on experience that taught the women how to make delicious, healthy soups that can be stored in the freezer or eaten right away. The time we spent chopping vegetables and preparing the soup was a perfect time to share recipes and talk about ways to improve our health. We made potato soup and also had a wonderful pumpkin soup to sample.

The last class was titled: Food From the Garden: Incorporating Vegetables into Soul Food. This class taught us how to make soul food meals that are healthy without giving up on taste. We shared what soul food meant to us, we played games to learn about food facts and we tasted some great soul food. The sweet potato salad was delicious and no one could resist the collard greens, corn bread, and black eyed peas.

What Made this a Success Story?

These classes not only offered healthy cooking ideas, but also gave the women an opportunity to bond and share their personal experiences. We were also able to talk about a wide variety of things including gardening, our health, where to find low-cost books, exercise and, of course, recipes. The women truly enjoyed the classes and had a great time while learning how to keep their hearts healthy.