



Healthy Meals in a Hurry June 26 & July 2, 2009 - Postville



The first class focused on preparing food safely.



Participants were eager to learn about nutritious snacks and additional main dishes they could prepare for their families.

The Problem:

Families needed guidance on how to prepare fast, healthy meals on a budget. Research shows that children need healthy food in order to learn and grow. Children are more likely to eat healthy foods when they are properly prepared and provided in supportive environments.

The Response:

The Food and Fitness Initiative teamed up with Iowa State University Extension to host two meal education classes. The classes focused on preparing quick, healthy meals, food safety and the importance of family mealtime.

“It was rewarding and fun to work with this group. I’m really looking forward to the opportunity to work with them all again.”

- Cindy Baumgartner
ISU Extension Health & Nutrition Field Specialist

Cindy Baumgartner, of ISU Extension, conducted the classes. She was assisted by Amanda Klinkengerg, Postville community liaison and translator.

There were seven participants at the first class. They learned some of the basics of safely preparing food, how to double recipes and how to use correct measuring equipment for liquids and dry ingredients.

Participants were surprised to find that some of the methods they had used to thaw meat could allow for harmful pathogen growth.



The second class focused on the importance of a family mealtime.



Participants used the oven, stovetop, microwave and a variety of utensils as they prepared the recipes.

Participants learned kitchen skills that will make preparing food easier. They also learned some nutritious recipes and guidelines for preparing healthy food. The importance of family meals was stressed and reflected in the way the group worked as a team to prepare recipes.

“Before they left for the day, they all individually came up to me and thanked me, ‘*Thank you, thank you, gracias.*’ They had been so eager to learn and so appreciative.”

The Impact:

- Cindy Baumgartner



The July 2 class poses with the 9 different recipes they prepared from the Spanish version ISU Extension Nutrition calendar and Expanded Food and Nutrition Education Program recipes, which were bilingual.

They also discovered the danger in the amount of sodium in prepared food.

Each participant was given an ISU Extension Nutrition calendar in Spanish with the task of preparing one recipe from the calendar and serving it to their family.

At the second class, six participants talked about the importance of establishing a family mealtime and the encouragement in eating as a family.

In the kitchen, participants learned hands-on by preparing various recipes. The recipes produced a variety of foods; main dishes, easy snacks for kids, a drink and dishes that included many vegetables.

All the recipes were healthy, easy and affordable. They allowed participants to pick up an assortment of food preparation skills, including using the oven and stovetop, microwave and various utensils.



Children are more likely to eat healthy foods when they are properly prepared and provided in supportive environments.

... and justice for all.

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