

Well Seasoned

What is Well Seasoned?

Well Seasoned is an eight-week course for low-income, older adults focused on basic nutrition, physical activity, cooking, and budgeting, followed by ongoing cooking clubs held at senior centers and facilitated by senior center staff and, when possible, assisted by local volunteers.

Program goal:

To positively impact nutrition and health status of senior citizens living in New York City thereby increasing their food security.

2010 Highlights

- 18 courses started at 10 sites
- Nearly 250 participants
- Seven cooking clubs
- 1440 meals sent home
- Intern facilitators trained to lead classes
- Seniors involved as chefs and instructors



Objectives:

- Over three years, improve the food security, nutrition, and health status among at least 600 senior citizens in 10 senior centers located in the Bronx, Brooklyn, and Staten Island, starting with a series of eight-week courses including congregate meals.
- Prepare additional meals during class meetings that seniors can bring home or deliver to less mobile peers; work with senior center staff to increase socialization, sharing of nutritious food, and additional exposure among seniors to the nutrition concepts of the course.
- Encourage participants to form healthy eating cooking clubs at their senior center following the course, with City Harvest providing equipment and food for a minimum of eight weeks.
- Sustain the program after funding ends by training staff to offer the course to new and returning senior participants.

Program components:

- In-depth, eight-week curriculum incorporates nutrition education, cooking, physical activity, and budgeting including age-pertinent topics such as heart healthy eating, dental care, reduced sodium intake, and portion sizing
- Partnerships with other organizations to provide enhanced benefits education
- Supporting local supermarkets through food purchases
- On-going cooking clubs sustain learning and social opportunities
- Training seniors, staff at the centers, and nutrition students from local colleges and universities to facilitate courses

For more information about City Harvest's Well Seasoned program, please contact Maggie Meehan, Senior Manager Nutrition Education, at 646.412.0707.