# PARA LOS NIÑOS





OUR CHLA KIDS TEAM SERVES FAMILIES IN CHINATOWN, WESTLAKE, TEMPLE-BEAUDRY, DOWNTOWN LA, MACARTHUR PARK, AND KOREATOWN.

## Healthy Families, Healthy Communities

Understanding the vital role that parents play in communities, Para Los Niños works in collaboration with parent leaders across Los Angeles. Our Choose Health LA Kids (CHLA Kids) team provides nutrition education, cooking demonstrations, and grocery

store tours. We share community resources and work with other nonprofits as well as local restaurants. Our team supports leaders involved in our Parent Collaborative, a passionate group of parents focused on policy change. In partnership with the LA

County Department of Public Health and funded by First 5 LA, CHLA Kids is working with a broad range of partners to implement community-based public education, skills-building and environmental changes that promote physical activity and healthy eating.



**LEARN** 



**EAT** 



PLAY

## Highlights

#### Since 2014:

- We have conducted interactive workshops featuring nutrition education, trips to grocery stores, cooking demonstrations, and peer sharing of community resources.
- We have conducted workshops in English, Spanish, Korean, and Mandarin.
- We have reached out to local restaurants to improve access to healthy options when families dine out.
- We have seen IMPACT. This is just a brief snapshot of our work.

8 Workshop Cycles (3-4 meetings each)

162 participants, ages 14 to 64, the vast majority of whom were caretakers of children ages 0 to 5.

Results from comparing survey data before and after the workshops show:

#### **INCREASES** in **KNOWLEDGE**:

Data show an increase in the % of participants who could answer questions about My Plate correctly.

#### **INCREASES** in **SELF-EFFICACY**:

Data show an increase in the % of participants who felt it was easy to shop healthy on a budget

Data show an increase in the % of participants who felt it was easy to cook healthy at home.

Participants also shared stories about cooking and eating meals together as a family, understanding age appropriate portions, reading food labels - and so much more.

### WHAT WE DO



NUTRITION EDUCATION



**GROCERY STORE TOURS** 



COOKING DEMOS



PARENT COLLABORATIVE

## WHAT CHANGES HAVE YOU MADE?

