



Kiwanis
NEBRASKA-IOWA DISTRICT

The Slow Cooker Project

How to help limited-income families make their own healthy meals

A Kiwanis group can make an important contribution to the health of young children by providing new slow cookers to help young families make their own healthy meals at home. Slow cooking is energy efficient and helps parents save time and money on home-cooked meals.

What to do: Iowa State University Extension and Outreach offices in 44 counties provide proven, practical, hands-on nutrition education to families with low income. These Extension nutrition programs are called “Buy. Eat. Live Healthy.” A Kiwanis group can locate a local Buy. Eat. Live Healthy (BELH) coordinator by visiting <http://www.extension.iastate.edu/humansciences/locations>.

Ask the coordinator if she would like to present slow cookers to the graduates of her next nutrition and cooking course.

The coordinator can tell you how many slow cookers and which sizes of slow cookers are needed. The most efficient way to provide the slow cookers is to order them online and have them delivered to the coordinator’s office. Sometimes they are on sale for \$10 apiece.

Kiwanis can request that the nutrition program coordinator provide an annual report about how many parents received slow cookers from Kiwanis and a general report on the achievements of all BELH graduates in the county. The program coordinator might even provide, with the parents’ permission, photos showing the parents receiving or using their slow cooker.

