



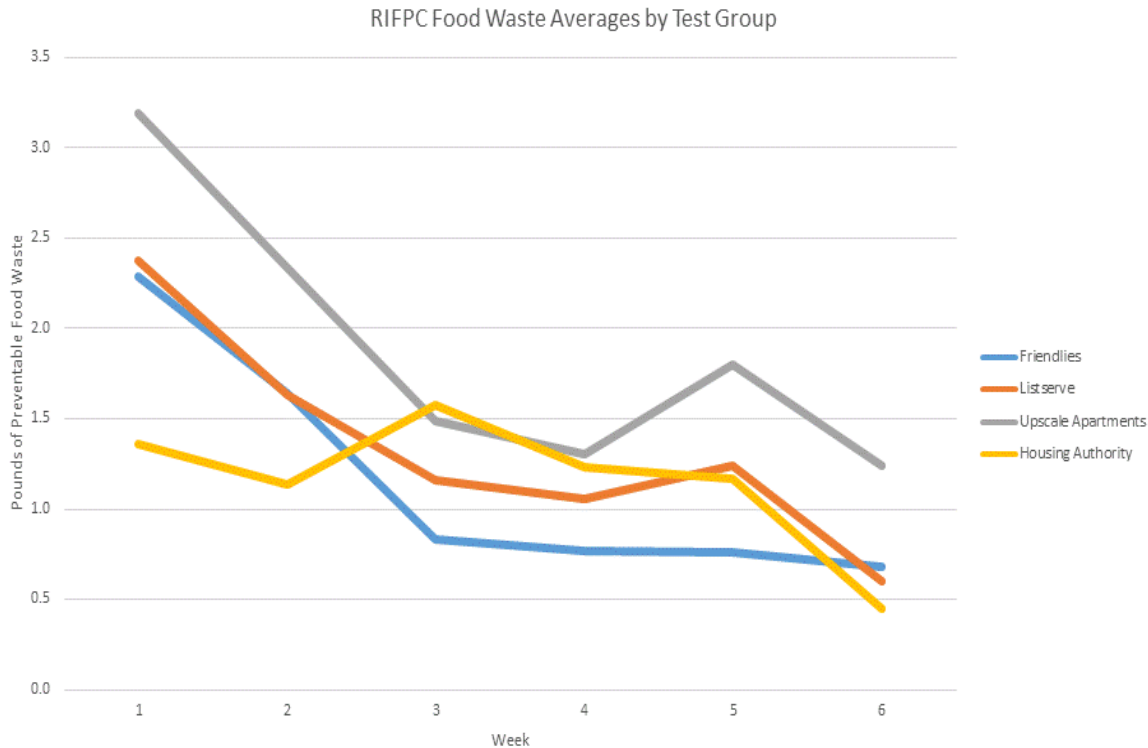
FTGTW Pilot



- 40 households
- 4 groups, mixed demographics
- Full 6 week program (2 week baseline)
- Curriculum and skill development



Results/Lessons Learned



- 60% reduction by weight
- 26% reduction by volume
- Positive feedback, high engagement from participants
- Question of sustainability of program long-term?

Healthy Communities Grant FTGTW Ambassadors



Train the Ambassadors

- 6 week program
- Chef demonstration
- Evaluate effectiveness of tools
- Tweaking/customizing program



RI Community Food Bank



- Senior Staff
- Healthy Cooking on a Budget Course
- Culinary job-training program



African Alliance of RI



- Executive Director of AARI
- General Outreach/Education Strategy
- Local Churches, Community Garden, Farmer's Market Stand



Housing Authorities



- Providence, Pawtucket, Newport
- Resident Services Staff
- Engagement Strategies
 - Regular residents' groups
 - Door-knocking
 - Cooking Education Sessions



Insights So Far



- Matching Tools to Population
 - Shopping frequency
 - Transportation modes
 - Home storage capability
 - Cooking Skills
- Motivating Participation
 - Incentives
 - Cooking demonstration
 - Reducing food waste = saving \$\$

