



Promoting Healthy Community Food Choices through a Blog and Cookbook



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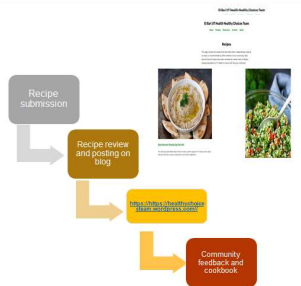
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BACKGROUND

- While many cookbooks and recipe-websites are available, promoting culinary skills with nutritional focus in the community can be achieved by sharing and reviewing recipes.
- UT Health San Antonio and El Bari Community Health Center (CHC) have built a longitudinal relationship with community members visiting El Bari CHC.
- Following small-group didactic sessions, community members underscored the importance of a community-based repository of healthy recipes and resources.
- This is a community-centered project built on the enthusiasm of community leaders for healthy living and the culinary heritage of the community.

METHODS

- Participants, community members age 18 & above residing in San Antonio, report recipe content during submission.
- Recipes are posted on blog and will be published in a cookbook.
- Recipes are reviewed by medical professionals and feedback is provided on caloric content, macro & micronutrients, heart healthiness, etc.
- Feedback from community members will be obtained through in-depth discussion about use of blog/cookbook, understanding of nutritional content, and changes in cooking habits.



RESULTS

- 26 recipes have been collected.
- 23 of 26 recipes have been reviewed.
 - Among reviewers, the most common comment made is that recipes are "heart healthy," with this applying to 12 of the 23 recipes reviewed.
- The blog has 12 subscribers and 37 visitors per week on average (over 5 weeks).
- Feedback has been overwhelmingly positive.
- Recipes have been collected so far in the timeframe of June 15 to September 1. Recipe collection and review is ongoing, and cookbook forthcoming.



Figure: Word Cloud of our recipe submissions. The words were specifically taken from the nutritional and emotional information reported by participants.

CONCLUSIONS

- Study is a work in progress.
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- Preliminary results suggest that a community collection of recipes encourages community members to consider nutritional content of their own recipes, improve understanding of nutrition, and practice healthy.



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