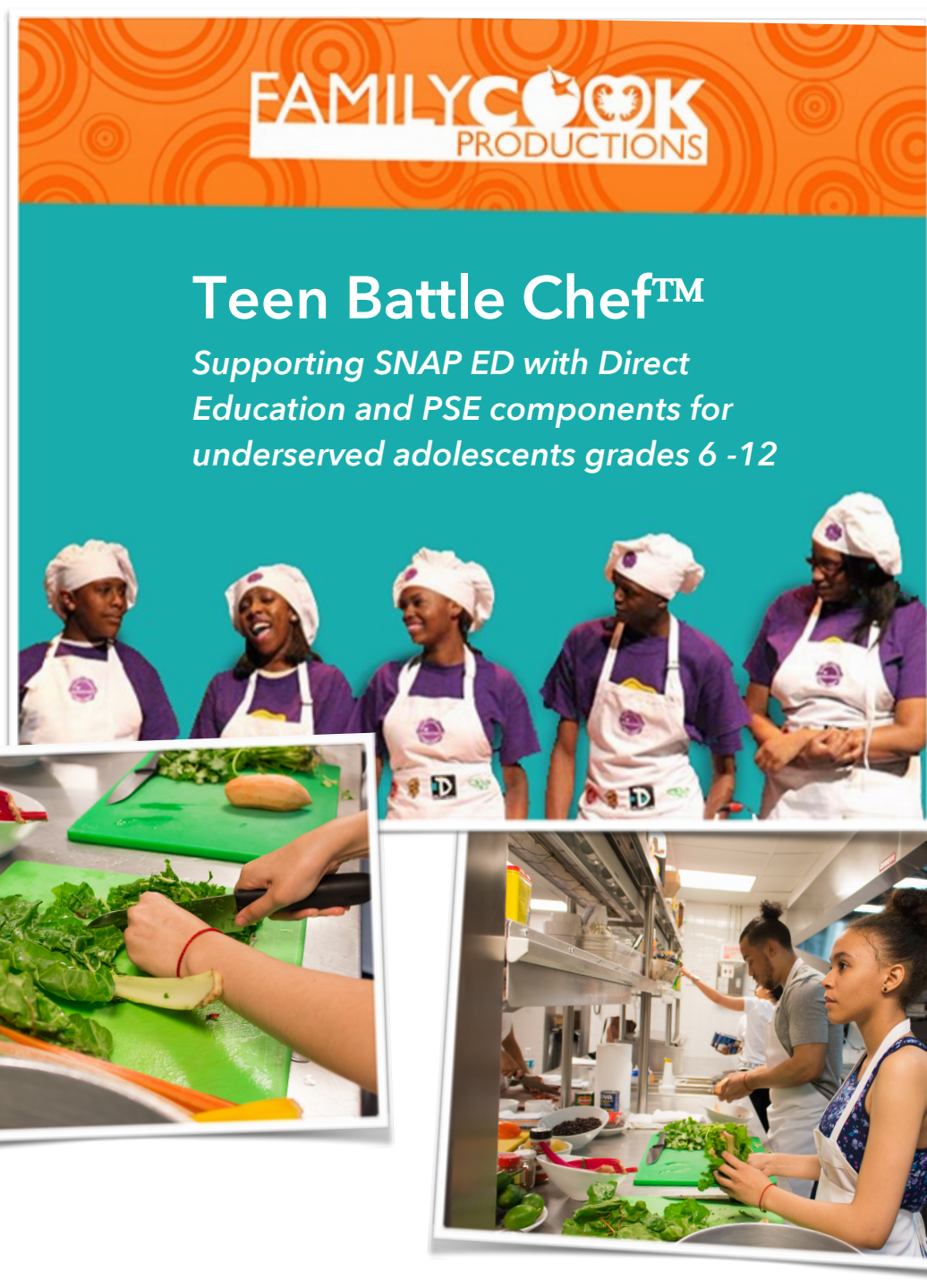


2017 Edition: includes PSE activities/measures



Teen Battle Chef

Stirring Up Change One Recipe at a Time

TBC FACT

SHEET

Program Description

A semester-long culinary skill and nutrition education program with policy, systems & environment (PSE) related leadership components to address school food participation, school wellness activities etc.). Curriculum is based on Social Cognitive Theory and Social Ecological Models. In addition to statistically significant improvements in students' overall dietary quality, over 50% of youth participants positively influence the diet of their family and friends. **Five embedded behavior and PSE outcome measures.**

Developer Organization & Contact info

FamilyCook Productions, info@familycookproductions.com Phone: 212-867-3929; Lynn Fredericks & Mercedes Sanchez, MA, RD - primary authors 2007, additional researchers on subsequent editions

Format:

Direct Education & PSE Components; Curricula, Lesson Plans, Videos, Handouts, Recipes, Reflections and Take Home components

Funding Source:

Gateway Foundation; Ford Foundation; HealthCorps

Publication/Revision Year

2017

Evaluation/Evidence Base

Pilot study published in Journal of Nutrition Education & Behavior; Logic model/ theoretical framework used to develop program; 2014 Evaluation in 15 schools demonstrated statistically significant improvement in **School Attendance and SAT scores in reading and math, in addition to improved overall dietary quality** of participating students.

Additional Evaluation Activities

TBC was evaluated in over 20 schools in NYC and California from 2012-15. Successful components are being disseminated through funding from the National Institutes of Health (NIDDK). 2017 sustained effect study among alumni as far as 7 years post program revealed 74% achieved and sustained a healthy weight, and 77% adhere to 4 of 6 program food behavior targets.

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TBC FACT SHEET

Evaluation Tools

Embedded program measures with the session activities include behavior challenges and SMART Goal setting consistent with the Dietary Guidelines; Reflection Exercises to reveal additional behavior changes and influence on family and friends. My Plate.gov's Menu Planner are also utilized. All the tasks in this activity can be done using MyPlate's SuperTracker.

SNAP ED Implemented:

California, Pennsylvania, Washington State (among others)

Target Audience/Delivery Channels

Middle/High Schools: In School Time/After-School/Summer/Community Youth Organizations, Faith Centers, Indian Tribal Orgs., Parks and Recreation Centers/ School Districts

Scalability/Sustainability

Scalable to any number of sites across a school district, county or state; cost savings accrue for training as multiple sites participate.

Program Cost

The curriculum is obtained through purchase of a site license for \$400 that **includes unlimited phone and email support as well as over \$700 of cooking equipment** from program cookware sponsor.

Training Cost

The program is designed to embed the capacity for hands-on culinary/nutrition training of youth in schools and community organizations with low resources. Teachers, other educators and volunteers may be trained – a minimum of two instructors require training from each site, \$450 a person. The 3-part training certification involves basic culinary, food safety, nutrition, curriculum delivery and program management. All of the training is distance learning, including one virtual session that is live with FCP chef and youth development trainers. If trained staff leave within the license year, FCP will retrain new staff at no charge.

Media

Watch program participants - students speak out:

[Teen Battle Chef Alums: from Student to Teacher](https://www.youtube.com/watch?v=RvPXqlcvXGo)

<https://www.youtube.com/watch?v=RvPXqlcvXGo>

[Teen Battle Chef LIVE](https://www.youtube.com/watch?v=LE6XBLB9hKQ)

<https://www.youtube.com/watch?v=LE6XBLB9hKQ>

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