Recipes for Health "Recipe Box" ↘

Nourish Yuma and La Paz

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The Need

Chronic disease and barriers to healthy eating affect families in Yuma and La Paz Counties. Families need practical resources that make healthier meals easier to prepare at home.

The Solution

Recipes for Health is a community-based Recipe Box initiative that provides accessible recipes, practical nutrition education, and healthy-eating ideas where families gather.

Three-Month Pilot

- Reached 800 children and adults in Yuma and La Paz Counties
- Provided recipe demonstrations at the Yuma Community Food Bank and schools
- Participants sampled prepared recipes and took home recipes
- A nutrition student interpreted demonstrations for Spanish-speaking participants
- Food Bank participants received ingredients to prepare recipes at home

Community Support

- Onvida Health funded the first community Recipe Box, now in development
- Yuma Rehabilitation Hospital funded food for demonstrations and take-home ingredients

Leadership Growth

Through WELD, I strengthened my ability to build partnerships, secure resources, coordinate a multi-site bilingual pilot, respond to community needs, and turn an idea into action.

Key Takeaway

When nutrition education is practical, bilingual, and supported by trusted community partners, families are more empowered to prepare and enjoy healthier meals at home.

