

GARDEN EXPO

**Cook fresh from
your garden
year round**

Cooking demo with
Debra Shapiro
@debslunch



Last fall ...

- Taught two sessions of cooking classes for FAVORx study

Prescribing Bikes and Veggies to College Students: Is it feasible?

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Randomized Controlled Trial: FAVORx at UW-Madison: Fruit And Vegetable Or Recreation Prescriptions

www.tipiproduce.com



Fruit & Vegetable CSA
(community supported agriculture)

www.lovetoride.net



Bikeshare Membership



<http://www.childrenshealthfund.org>

"Usual Care" Control Group

Intervention ~10 weeks

Fruit/Veggie CSA Group	Bikeshare Group	Usual Care Control Group
<ul style="list-style-type: none">• Pick up box weekly at UHS• Slow Food UW hosts food prep/cooking class (2)	<ul style="list-style-type: none">• Bcycle Membership• Helmet/reflective gear provided• Bikeshare use recorded via Trek's Bcycle website• Bicycle safety class	<ul style="list-style-type: none">• Continued excellent care from UHS providers• \$150 payment

CSA Group Specific Considerations

Cons:

- Too many veggies! Too many carrots!
- Not many fans of beets
- Cooking class not well-attended
(3 out of 10 for both)

Pros:

- Two Onion Farm box dropped off at central location
- “I ate healthier in general”
- “I walked 60,000 more steps per month than usual”
- “I ate at home more, I ate out less”

Thank you!

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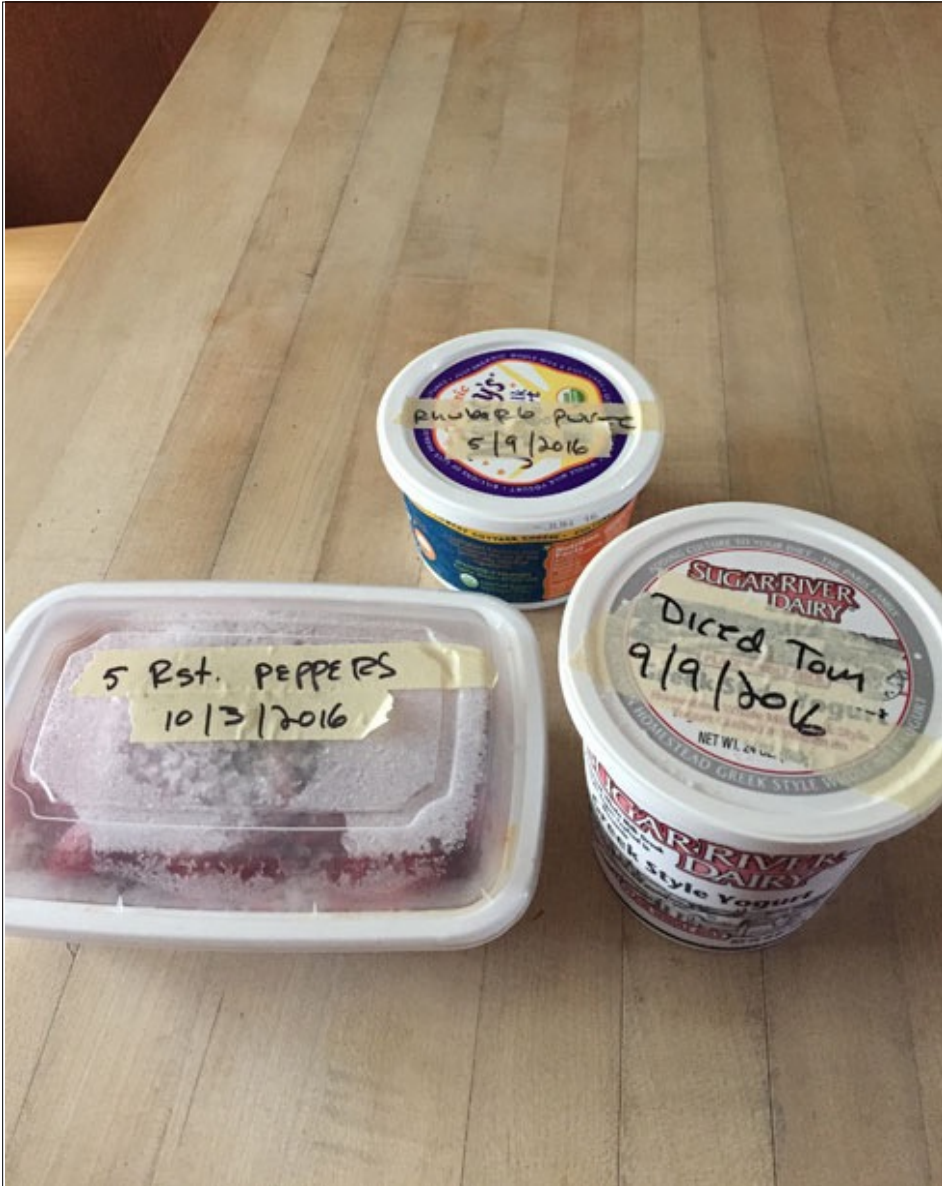








- In the fall, we had fresh produce
- In February, we need to use stuff from the freezer



Today's recipes:

- Silky rhubarb puree
- Fast, fat-free tomato & red pepper sauce



Links

- Recipes & today's slides: <http://www.debslunch.com/blog/2017-garden-expo-recipes/>
- DebsLunch Blog: <http://www.debslunch.com/blog/>

THANKS!