

Cooking up Delicious & Nutritious  
Dishes @ The Alamo Navajo  
Wellness Center

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# Where We Are

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- The community of Alamo is extremely remote. We are located 29 miles north of the village of Magdalena in southern New Mexico. Alamo is the furthest southern satellite Chapter of the Navajo Nation.
- The closest commercial supermarket chains (Wal-Mart and John Brooks) are 60 miles from the Alamo Navajo reservation line in Socorro, NM. A “mini-mart” is located within the gas station situated on the Alamo reservation.
- Approximately 33% of non-perishable foodstuffs offered for sale are comprised of high calorie, nutrient poor options such as chips, candies, and soda. The limited amount of fresh produce available is typically priced out of the range of the average Alamo consumer.

# Where We Are

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- Roughly 80% of the community of Alamo is unemployed.
- As in any area where poverty is rampant, the accompanying societal issues of domestic violence, sexual abuse, drug and alcohol abuse, and child abuse and neglect are present.
- The deleterious health effects of both acute and generational traumas are myriad and well-documented.
- Access to healthy food such as fresh produce for all age groups is essential for disease prevention as well as treating many chronic diseases, including successful recovery from substance abuse.

# Goals & Objectives

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- The purpose of our cooking classes and food demonstrations, is to create an educational and entertaining environment that exposes participants to both delicious and nutritious dishes, focusing on whole foods.
- Fruits and veggies are almost always the center of attention. Eating more plant--based is the key. It doesn't mean going vegetarian or vegan, but simply adding more produce (fresh, frozen or canned) to as many meals as possible.
- The goal is to ignite a desire in all to practice healthier eating and cooking habits, while having fun in the process!

## How It Started

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- 18 y/o patient with an A1C of 14%
- Hard to connect
- Started talking about food she liked & shrimp came up
- I said, “let’s have a cooking class and make a veggie and shrimp stir fry, only for teens!”
- She agreed, and we’ve had cooking classes ever since
- Started Jan 2023

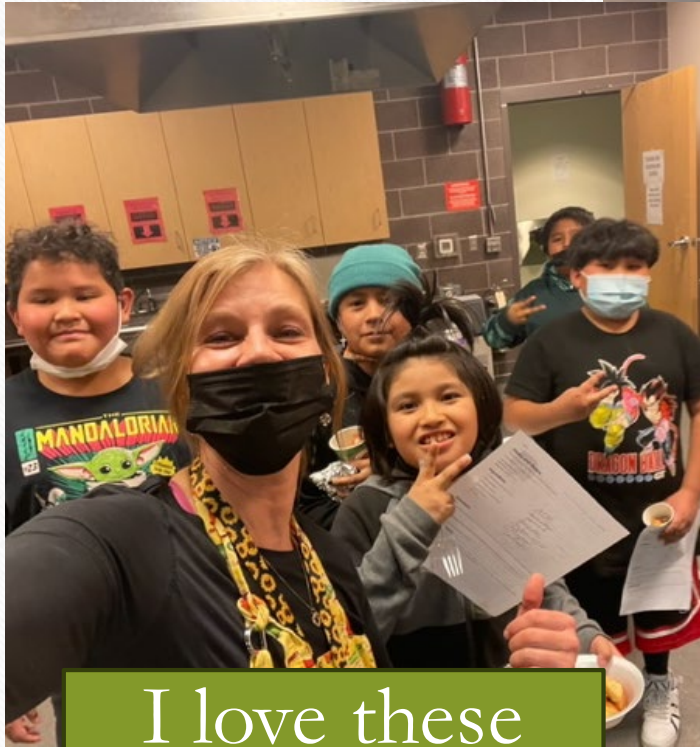


## How It's Going

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- Veggie, shrimp & chicken stir fry
- Veggies & Beans & Pastas, Kale Chips
- Veggie, Chicken & Pinto Beans Tostados & Avocado Mousse
- Veggie & Fruit Kebobs
- Smoothies 3 Ways: Banana PB, Beets n Berries & Kale Mango
- Mahi Mahi, Sweet Potatoes, Broccoli, Squash, & Black Bean Brownies w/ Raspberries
- 2 cooking classes per month, every other Thursday night from 6-7pm. January through March.





I love these kids!



Food is Love!



# Teen & Tween's Cooking Classes





# Afterschool Program April-May

## Cooking Class Topics

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- Mon 4/10/ - Mason Jar Chia Seed Pudding
- Thurs 4/13 – Mason Jar Overnight Oats
- Wed 4/19 - Edible Play Dough with almond flour, almond butter, honey, beets
- Mon 4/24 - Mason Jar Layered Salad
- Thurs 4/27 - Homemade Baked Onion Rings
- Mon 5/1 No Bake Oatmeal Cookie Energy Bites
- Thurs 5/4 – Garbage pick up, t-shirts and Root Beer Floats
- Mon 5/11 – Craft Fair – no afterschool programming
- Mon 5/15 – Mason Jar Fruit, Nut & Yogurt Parfaits
- Mon 5/22 – Veggie Faces – No bake veggie wraps
- Wed 5/24 – Homemade Mini Pizzas

# Afterschool Program Cooking Classes

Having fun with floats  
& veggies!



Chia Seed Pudding  
for All!



## Pizza & Parfaits!



Delicious & Nutritious Dishes!

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Veggies 5 Ways:  
Asparagus, Broccoli,  
Brussels Sprouts, Kale &  
Zucchini



Veggie &  
Chicken Stir-  
Fry

# Family Night Cooking Classes: May & June

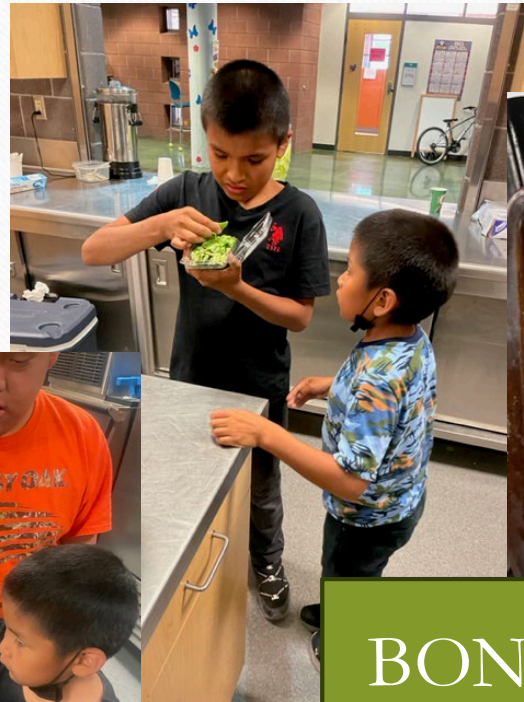


# Summer Youth Program Cooking Class Topics

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- 6/13 - Homemade Trail Mix
- 6/14- Fruit & Veggie Ice Pops
- 6/21 – Chia Seed pudding with Fruit & Roasted Turkey & Broccoli
- 6/26 - Homemade Ice Cream
- 6/29 – Dishes with Frozen Veggies
- 7/7/6- Homemade Ranch Dressing w/veggies in mason jar
- 5 - Frozen Bananas on stick
- 7/10 - Fruit Kebobs
- 7/19- Baked Parmesan Zucchini Wedges
- 7/24- Dried Apples
- 7/31- Almond Cookies
- Extra snacks: strawberries, cherries, bananas, cucumbers, limes, lemons, oranges, watermelon & pineapple

Kids LOVE  
Roasted  
Broccoli &  
Kale!



BONUS: Roasted  
turkey and broccoli  
for all!

# Summer Youth Program Cooking Classes



Chia Seed Pudding with  
bananas and  
strawberries.



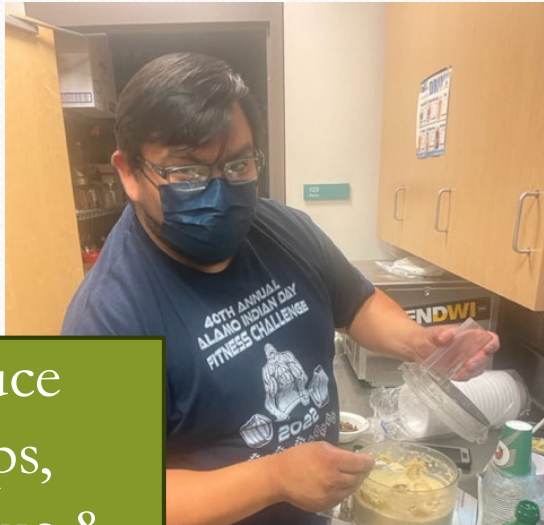
## Homemade Veggie & Fruit Pops



Look at those smiles!



# Staff Cooking Fun!



Lettuce Wraps, Hummus & Thai Spring Rolls



# Challenges



- We are 60 miles from the nearest chain grocery store – Walmart of Socorro.
- It takes up to 5 hours to drive, shop, and get our groceries back into the wellness center.
- Keeping produce and other perishables fresh can be a challenge.
- People not showing up! Don't schedule a cooking class for 1pm on a Friday after pay day week!
- Kids go to the mini-mart before classes and often come chewing on hot Cheetos or fried chicken nuggets! They drink a lot of energy drinks and sodas, too!

# Breakthroughs – What the Students Are Saying

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- This is better than McDonald's!
- I gotta get down to the wellness center for the cooking class today!
- A teacher told me her student said she shouldn't be eating all of that – it has too much sugar!
- I LOVE broccoli!
- When is the next cooking class?
- Having clients that I see in the clinic come over for group cooking classes and the exercise classes (and bring their daughters).

# Community Garden

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- Blue corn
- Pinto beans
- Tomatoes
- Herbs
- Squash
- Pumpkin



# Take A Ways

- Just do it!
- If you build it, they will come...eventually!
- Kids (and adults) will eat their veggies,!
- Stay positive!
- You don't have to be perfect!
- Practice what you preach!
- **HAVE FUN!**

