Cook For Health is a Tuality Healthcare nutrition education program designed to teach participants from Hillsboro, Oregon and surrounding areas, the importance of heart healthy and low-sodium diets through community cooking classes.

Significance
Cardiovascular disease (CVD) is the leading cause of death for both men and women. Healthy lifestyle change through food skill interventions, such as cooking, has been recognized as an effective starting point to improve people's dietary behaviors, lessening their risk of developing CVD.

Goal
To teach adults how to prepare low-sodium and heart healthy meals and to identify heart healthy and low-sodium foods.

Heart Healthy Class Objectives
After a class session at least 75% of participants will...
1. Be able to identify three foods that are considered heart healthy, and one that is not heart healthy.
2. Be willing to recreate heart healthy recipes at home.

Low-Sodium Class Objectives
After a class session at least 75% of participants will...
1. Be able to identify three low-sodium foods, and one high-sodium food.
2. Be willing to recreate low-sodium recipes at home.