

Soup Analogy

Goal

Improve the health of people with Type 2 Diabetes

Objectives

Obj 1. Help 100 people with Type 2 diabetes learn how to make healthy soup

Obj 2. Hold 20 events where healthy soup is cooked and served to people with Type 2 diabetes

Obj 3. Change people's perceptions of healthy soups

Inputs

Ingredients of the soup, including vegetables, spices, etc;
Recipe examples

Processes

Cooking the soup; training activities helping people learn to cook

Outputs

Soup

Outcomes

People know how to cook healthier soup; people with Type 2 diabetes are eating healthier soup

Impact

The health of people with type 2 Diabetes is improved