



FAMILY & FOOD MATTERS TO CAREGIVERS AND KIDS

A Program for Family Wellness



Manual

FFM-CK aims to increase opportunities for quality family time around healthy P.L.A.T.E.S.

About McSilver Institute for Poverty Policy and Research

The McSilver Institute for Poverty Policy and Research at New York University Silver School of Social Work is committed to creating new knowledge about the root causes of poverty, developing evidence-based interventions to address its consequences, and rapidly translating research findings into action through policy and practice.

The McSilver Institute recognizes the interrelatedness of race and poverty and is dedicated to dismantling structural racism and other forms of systemic oppression. In order to ensure our work is culturally and contextually appropriate for the populations we serve, the McSilver Institute employs a collaborative model via partnerships with policymakers, service organizations, community stakeholders, and consumers. An understanding of the significant link between individuals, families, communities, and both their external environments and the systems with which they interact guides the McSilver Institute's research efforts.



About Ample Table for Everyone Foundation (ATE)

Ample Table for Everyone is a non-profit working to fund solutions that feed a growing population of food insecure families in New York City. We want every child in New York City to be able to say "I ATE!" Will you join us?

ATE wants to mitigate food insecurity in the five boroughs of New York City by addressing the key causes: lack of time, lack of money, inaccessibility to nutritious food, and unfamiliarity with a variety of healthy ingredients, cooking methods and recipes. ATE offers financial support to organizations, individuals, projects, programs and/or new models that afford New York City families access to more sustainable and consistent food consumption with an emphasis on healthy eating.



Acknowledgements

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Introduction

Welcome to Family & Food Matters to Caregivers and Kids!

Family & Food Matters to Caregivers and Kids (FFM-CK) is a 7-week wellness program that helps to decrease family hunger and increase family functioning, specifically among families who may be experiencing difficulty with access to and affordability of healthy foods. The overall well-being of each family member affects the collective family unit; therefore, focusing on their nutritional needs; health and mental health needs; and stress and support are the foundation of this work. FFM-CK provides an opportunity to engage in quality time together around healthy foods. FFM-CK believes that by engaging all family members and emphasizing the importance of having fun and learning together, there is a greater chance they will spend time together with the learning outside the group reinforcing positive family relationships and behaviors.

The lack of appropriate quantity *and* quality of foods can affect the household's family functioning. Some examples include disrupted family dynamics, increased caregiver emotional distress and decreased quality of parenting as well as effects on child/adolescent functioning and behavior. Gathering to eat as a family may reduce excessive weight gain, teach healthy food choices and improve social and emotional health. Mealtimes are an opportunity for families to spend quality time together.

The goals of this strengths-based manualized program are to help families strengthen their family relationships; bolster their knowledge and motivation to acquire healthy food; engage in healthy cooking, meal preparation and share meals together; and support them to practice the 4Rs and 2Ss for Strengthening Families (2008), an evidence and strengths-based curriculum that targets parental factors associated with poor health outcomes. This combination of skills have been shown to help decrease stress and improve family relationships.

This curriculum includes the 4Rs and 2Ss for Strengthening Families and parts of Share Our Strength's Cooking Matters, a curriculum that focuses on healthy meal preparation and intake (for more information visit their website www.cookingmatters.org).



FFM-CK aims to increase opportunities for quality family time around healthy P.L.A.T.E.S: Participation. Learning. Activity. Togetherness. Eating. Summary.

Disclaimer: The contents of this manual are for informational purposes only. Information contained in this manual are not intended to be a substitute for medical advice, diagnosis or treatment. Before making any dietary changes, you should always consult with your medical provider or other qualified health provider.

Food Allergies Assessment Keeping Everyone Healthy

We hope you will find this program to be an enjoyable experience from start to finish! Each session includes the preparation of a healthy meal using ingredients from the session's USDA MyPlate food group.

To help us keep you all healthy and safe, let us know of any food allergies or dietary restrictions that anyone may have as well as any other information you think could affect your participation.

Please take a few moments and fill-out the table below.

1. Does the caregiver or kid(s) have any food allergies? No Yes Not Sure

If yes, please check the foods that have caused an allergic reaction (write the participant's name by food):

- | | | |
|--|---|-------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Fish/shellfish | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Peanut or nut butter | <input type="checkbox"/> Soy products | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Peanut or nut oils | <input type="checkbox"/> Tree nuts (walnuts, almonds, pecans, etc.) | |
| <input type="checkbox"/> Other, please list: _____ | | |

2. What has to happen for caregiver/kid(s) to react to the problem food(s)? *(Check all that apply)*

- | | | |
|---|---|---|
| <input type="checkbox"/> Eat the food | <input type="checkbox"/> Touch the food | <input type="checkbox"/> Smell the food |
| <input type="checkbox"/> Other, please explain: _____ | | |

3. Does anyone have any dietary restrictions? No Yes Not Sure

If yes or not sure, please explain: _____

4. Is there any other information you think we should know that would affect your participation in the recipe demonstrations?

Please explain: _____

**Welcome to
Family & Food Matters to
Caregivers and Kids:
A Program for Family Wellness!**

Session 1

Participation

Family Welcome!



Each family is welcomed to the group and given name tags, a manual, and a scavenger hunt activity. Once everyone arrives, facilitators and families introduce themselves by sharing what interested them in the program. Everyone completes the Scavenger Hunt activity (or a different activity).

Let's Get Organized (facilitators lead this introduction):

The goals of FFM to Caregivers and Kids are to help make strong families even stronger through increasing access to and knowledge of how to prepare and share healthy foods. If you haven't already, please complete the Food Allergies Assessment form on page 5.

The group format and the plan for the seven sessions:

Sessions will always begin with the Family Welcome and a review of Roadwork.



Roadwork is work done between sessions and wherever your family is spending time together (e.g., at home, on the bus, etc.). It is designed to be fun, helpful, and LOW STRESS! Your weekly Roadwork is found in the Summary section at the end of each session. It includes making a family meal together at some point during the week. We also created a laminate handout for you to track your healthy eating at home.

Sessions also include group discussions and fun activities. Facilitators will often write group members' comments on large newsprint sheets. Participants are welcome to take notes — we included space for this at the end of each session and the end of the manual.



In the manual, you will also find "More to Think About" pages at the end of each session that contain additional information on the topics discussed. This is information we hope you will read at your convenience to consider working on key concepts.

Let's go around the room and get to know each other! (Facilitators, caregivers and kids participate)

What is your favorite food?

What is a memory you have of sharing a favorite food with a friend or family member?

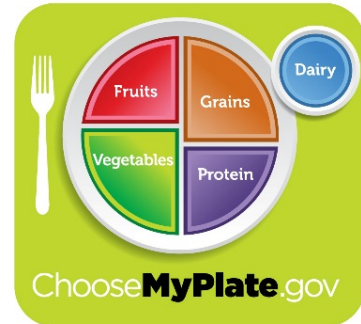
What do you hope to get out of this group?

Learning

Let's Talk: Healthy Food

What is a healthy food? What is an unhealthy food?

Research strongly suggests that kids don't need to know detailed facts about vitamins and nutrients to make healthy food choices or to develop a love of healthy foods. Instead, supporting families and kids to taste a variety of foods helps us to learn to like a variety of foods. MyPlate was developed by the USDA to make it easy for all ages to understand how to create a balanced and healthy meal. Some important reminders are to eat from the various food groups every day (Grains, Fruits, Vegetables, Protein, and Dairy); eat a variety of colorful fruits and vegetables; choose whole grains as often as you can; compare food labels to make healthier choices.



Let's Talk about Our Group!

This is a forum to learn, support and encourage. You are the experts on your own families. We can learn from each other! Every week we will join together as families, discuss a topic, and share a meal we prepare together.

Our Group Rules

We make rules together so that our group runs smoothly and everyone feels safe. Let's make group rules together.

What rules do you think will help us do this? (HINT: Let's not forget confidentiality!)

Fill in with your family:

Let's go around and write down the rules you have created on larger newsprint. We will then sign them to remind us to follow them every time we meet.

Activity

Let's Practice



Make a Family Wish for our 7 weeks Together!

Many of us have wishes. A wish is something you hope for and takes your strengths (things you are good at) to make a reality. Take a couple of minutes to work together as a family to create a family wish that you hope to make come true over the next 7 weeks. This works best when all family members participate in the discussion and decide on a family wish together.

1) When family members have agreed on the wish use the space below to write it in.

Our family wish is: _____

2) For your family wish to come true, everybody has to help make it happen!

What will each of you do to help it come true?

In the sections below, write in your name and your answer to this question!

Child's Name: _____

What I am good at that can help achieve our family wish:

Child's Name: _____

What I am good at that can help achieve our family wish:

Caregiver's Name: _____

What I am good at that can help achieve our family wish:

When we achieve our family wish, we hope to celebrate by having this meal together: _____

3) Let's go around so each family can share: What is your family's wish?

Together^{ness}

Let's Connect: Family Strengths and the 4Rs & 2Ss

Why are our families so important?

What are family strengths and how can we use them to make positive change?

Strengths are things that we are good at or like about each other. It is easier to focus on our strengths when we are feeling good about each other and ourselves.

We start with what is working well in the family and build on that strength to make a positive change(s).

The 4Rs: Rules, Responsibilities, Relationships, and Respectful Communication.

- These provide a foundation for strong families, like the 4 legs of a table.

The 2Ss: Support and Stress.

- Having support is one way to deal with stress.



Let's talk about the 4R's and 2S's and review them together on page 16:

Rules are important in a family because _____

Responsibilities are important in a family because _____

Relationships are important in a family because _____

Respectful communication is important in a family because _____

Stress is important to think about because _____

Support is important to think about because _____

Eating

Let's Focus on MyPlate!

Eating together with friends and family is also a healthy way to enjoy food.

Do you eat any meals together as a family?

Do you prepare meals together? Why or Why not?

In our group, we are going to focus on creating a healthy meal every week. We hope you get to enjoy different meals with your family and begin to think about making healthy meals and snacks together outside of our group too.

How does this all sound to you?

Do you need any support to do this or to participate with us?



Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:

I'm high in vitamin C and have many health benefits that include the treatment of throat infections, indigestion, constipation, fevers, internal bleeding, rheumatism, burns, obesity, respiratory disorders, and high blood pressure. I also benefit hair, skin, and nails and help to strengthen your immune system. My juice is used to treat kidney stones, reduce strokes and is refreshing to drink!

Let's Cook



With your family, stand/sit at a cutting board station.

Today, we're going to make **Tuna Melts**.

Tuna Melt

Serves , 1 sandwich per serving

Prep time: 15 minutes

Cook time: 20 minutes



Ingredients:

- 1 large or 2 small stalks celery
- 1 large tomato
- ½ medium lemon
- 2 (5- or 6-ounce) cans light tuna, packed in water, no salt added
- 2 ounces low-fat cheddar cheese
- ¼ cup low-fat mayonnaise
- ¼ teaspoon ground black pepper
- 4 slices whole wheat sandwich bread

Optional Ingredients ¼ teaspoon dried dill or tarragon Hot sauce, to taste

Materials:

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl

Directions:

1. Rinse and dice celery. Rinse, core, and cut tomato into 4 thick slices.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain tuna.
4. Grate cheese.
5. In a medium bowl, add tuna. Flake apart with a fork. Add celery, lemon juice, mayonnaise, and black pepper. Mix with a fork until combined. If using dried herbs and hot sauce, stir in now.
6. In a large skillet over medium heat, add 2 slices of bread. Cook until toasted on bottom, about 5 minutes. Remove from pan. Repeat with other 2 slices. Remove pan from heat.
7. On the toasted side of each bread slice, add ½ cup tuna salad. Top with tomato slice and sprinkle with cheese (about 2 Tablespoons each).
8. Return skillet to medium heat. Place 2 sandwiches in skillet. Cover and cook until cheese is melted and underside is browned, about 3–5 minutes. Remove from pan. Repeat with other 2 sandwiches.

Chef's Notes:

- Tuna salad is also great for cold sandwiches. Or, use to make a pasta salad. Combine with leftover whole wheat pasta, a handful of thawed frozen peas, and a little extra low-fat mayonnaise and lemon juice.
- Use diced radishes in place of celery, if you like.
- To make all 4 sandwiches at once, use the oven. Toast bread on a baking sheet at 450°F for 10 minutes. Remove from oven and turn each slice over. Top with tuna salad, tomato slices, and cheese. Return to oven and bake until cheese is melted, about 3–5 minutes.



Let's Eat

Families enjoy their healthy meal together.

When families are finished eating, let's all clean up together.

Summary

Let's Reflect

*Who wants to share one thing you are taking away from today's session?
Does anyone have any questions or concerns?*



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating from all 5 food groups this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. This will be your Roadwork every week. We want to hear how it goes!
- Work on making your Family Wish come true!



More to Think About

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:

Scavenger Hunt for All



Your mission: Fill-in as many of the boxes below as you can!

One at a time, go up to the people in your group and ask if they like or do any of the things listed in each box.

For example, "Do you like pizza?" If the person says yes, write their name on the line.

<p>Likes pizza:</p> <p>_____</p>	<p>Speaks a second language:</p> <p>_____</p>
<p>Has two children:</p> <p>_____</p>	<p>Likes spinach:</p> <p>_____</p>
<p>Likes chocolate:</p> <p>_____</p>	<p>Has brown eyes:</p> <p>_____</p>



More to Think About



The 4 Rs and 2 Ss are the building blocks of family strengthening and when done well, help strong families become even stronger.

r

RULES

organize the family
organize the child's life
are age appropriate



RESPONSIBILITIES

for both kids and caregivers
everyone contributes to what's working
everyone helps to fix challenges

r

r

RELATIONSHIPS

the cement of the family
represents how much you care for
each other



RESPECTFUL COMMUNICATION

foundation of family time
showing you are listening
positive body language

r

s

STRESS

makes it hard to see strengths in
ourselves and our family



SOCIAL SUPPORT

both kids and caregivers need
positive, responsible sources of
support

s



10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use **MyPlate** to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Managing Family Stress

Session 2

Participation

Family Welcome!



Activity: Children pretend that they are reporters and introduce their families to the group! (*Use a pretend microphone!*)

How is everyone doing?



Review Roadwork:

Were you able to eat one meal together? If yes, how did it go?

Were you able to work toward making your Family Wish come true? If yes, how did you do this?

We hope all your wishes come true!



Learning

Let's Talk: Stress is Normal!

What does stress mean to you?

Stress in the family is normal and all people experience it. Stress often happens because we worry, especially about the future and things we cannot control. Situations related to having enough food in our homes might be one of these things that worries us.

Does anyone agree or disagree?

Stress can get in the way of seeing strengths in each other. A child's behavior can also look exaggerated when seen by a caregiver who is under a lot of stress. Caregiver stress can also negatively affect the child.

Food is often used to combat stress—eating is something we control, and we often choose foods that make us feel better, temporarily. Foods that are high in salt and sugar provide an immediate form of stress relief (e.g., energy, happiness).

Unfortunately, this is not a sustainable or long-term solution to stress and in fact, it can cause more stress down the line (i.e., health issues, loss of energy, depression, more hunger, and thirst).

Activity

Let's Practice

The Stress and Coping Wall

Caregivers and kids separate into two groups (ideally in separate rooms or different ends of the room for *privacy!*) and simultaneously complete this activity. Each group receives a marker and a big piece of large newsprint – fold the paper to have two columns. Column 1 will focus on the causes of stress or worries and Column 2 will focus on the ways we react when we feel stress or worried.

For caregivers:

- Your facilitator will title the first column “**Children feel stress or worry when ...**” and ask you to complete this sentence. All your responses will be written on the newsprint. (If you are short on program staff, the food preparation leader or a participating caregiver can fulfill this role).
- The second column will be titled “**When children feel stress or worry, they react by...**” and you will again complete this sentence. Your responses will be written on the newsprint.

For kids:

- Your facilitator will title the first column “**Caregivers feel stressed or worried when...**” and ask you to complete this sentence. All your responses will be written on the newsprint. (Facilitators: a quick review of what stress and worry are can be a helpful)
- The second column will be titled “**When caregivers feel stressed or worried they react by....**” you will again complete this sentence. Your responses will be written on the newsprint.

For caregivers and kids:

Sit together with your family members and let's review our work with the entire group! (Facilitators: select a couple of responses across from the caregivers and kids newsprint to share with the entire group.)

Are you surprised by any of the responses that you see here?

Is there another stress or worry that we didn't discuss?

Is having enough food to eat stressful for children and caregivers? If so, what do you do?

Togetherhness

Let's Connect: Stress and Control

Now that we know what cause stresses in caregivers and kids and how they react when stressed, let's focus a little on family stress. This type of stress happens when one family member is experiencing a challenging situation that affects how other members feel. For example, if a caregiver has to move because of work this can affect children if they are changing schools or moving farther away from their best friend.

In your family group, take a couple of minutes and think of one way you can manage family stress. Remember, this should be something that helps both the caregiver and child. Some examples include talking to each other or having fun together (this helps to relieve stress).

Write-in how you can manage family stress: _____

What are some ways to manage family stress in your household?

All of us (adults and kids) have experienced stress in many different situations and we all have identified ways to manage and overcome stressful situations. And, we have all learned from our own experiences and sharing what has been helpful can help others. It can also be helpful to remember that stressful times pass.



What Can I Control? (This activity is for caregivers and kids to think about stress. It requires a blank piece of paper for each family and 1 pen and 1 pencil [or 2 different colored pens]).

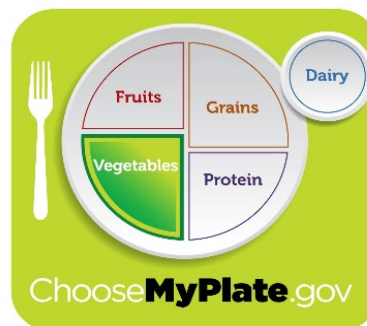
In family groups, each family member draws a head with a 'brain' on a piece of paper. On the inside of the brain, write with one colored pen "**In my control.**" On the outside of the head outline, write with the other colored pen (or pencil), "**Out of my control.**"

Family members draw or write the things that are in their control on the inside of the head (e.g., the words I choose, my behavior, my thoughts). On the outside of the head, family members will write things that are not in their control (e.g., the weather, other people, my parent's divorce, the lunch my cafeteria serves).

Remember: The head is an important visual reminder of control. For example, what we keep in our heads and worry about or what we let go of. Trying to keep everything in our heads can make us feel tired, angry, or even dizzy!

Let's Focus on Vegetables!

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas and other vegetables.



Let's Review: Vegetables and my family

Many children assume they don't like vegetables, but many are sweet and delicious, and they may need to taste them a few times before they become accustomed to the taste. Try experimenting with easy finger foods like baby carrots, cherry tomatoes, sugar snap peas, or corn on the cob. Expert tip: Try cutting them up together and encouraging children to taste as they help cook!

Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:

I have many health benefits that include increasing good cholesterol, preventing gas and bloating, reducing nausea, warding off urinary tract infections, easing mood swings during menopause and menstruation, adding fiber to the digestive tract, fighting anemia with high level and iron and magnesium, reducing minor swelling, and promoting liver health. I am also a powerful anti-inflammatory and antibacterial.

Let's Cook



With your family, stand/sit at a cutting board station.
Today, we're going to make **Veggie Pinwheels**.

Veggie Pinwheels

Serves 4, 3 pinwheels per serving

Prep Time: 15-20 minutes

Cook Time: None



Ingredients:

- 1 large, ripe avocado
- 1 lemon
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 cup salad greens
- 1 small turnip
- 4 large radishes
- 1 small carrot
- 4 ounces Monterey Jack or other cheese
- 3 (10-inch) whole wheat flour tortillas
- Pinch of salt

Materials:

- Sharp knife
- Spoon
- Fork
- Small bowls
- Large mixing bowl
- Grater
- Cutting board

Directions:

1. Slice the avocado lengthwise and remove pit.
2. Use a spoon to scoop the avocado into a small bowl. Use a fork to mash the avocado.
3. Rinse lemon and cut in half, removing seeds. Squeeze a little lemon juice onto the avocado. Stir.
4. Rinse herbs and pluck leaves off stems. Tear leaves into smaller pieces, add to mashed avocado, and stir.
5. Scrub and rinse the turnip, radishes, and carrot. Rinse the salad greens and pat all the vegetables dry.
6. Grate the root vegetables into a large mixing bowl.
7. Grate the cheese into a small bowl.
8. Warm one tortilla in the microwave for 30 seconds or longer, if necessary.
9. Place the warmed tortilla on a cutting board. Spread 1/3 of the mashed avocado over the center of the tortilla.
10. Layer with 1/3 of the greens and 1/3 of the grated vegetables, and top with 1/3 of the cheese.
11. Squeeze some lemon juice over the filling.
12. Season slightly with a small amount of the salt. Roll the tortilla tightly into a log shape. Use a sharp knife to slice the wrap into 4 "pinwheels". Repeat steps 8-12 with the additional tortillas. You will end up with 12 pinwheels.

Chef's Notes:

You can use 1 cup of guacamole in place of the avocado.

It is not always necessary to peel all root vegetables (except potatoes) when you slice or grate them. Scrub them well with water and a clean veggie brush, if you don't peel.

You can try topping each tortilla with sliced roasted turkey in step 10. Use 5 ounces of turkey, with 1/3 placed on each tortilla.

Let's Eat



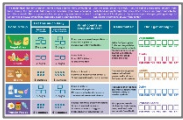
Families enjoy their healthy meal together.
When families are finished eating, let's all clean up together.

Summary

Let's Reflect

Who wants to share one thing you are taking away from today's session?

Does anyone have any questions or concerns?



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating more vegetables this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. We want to hear how it goes!
- Commit to each trying one new vegetable this week and talking about it together.
- Work together on coping with stress! There are some suggestions at the end of this session.



More to Think about...

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:



More to Think About SELF-CARE!

COPING WITH STRESS

BREATHING EXERCISE

When we are stressed, we may feel out of balance. Balance can do a body good, beginning with the breath. Breathing gives us a chance to reflect and consider how to reflect and consider how to react to stressful situations.

To practice measured breathing: Take a deep full breath in and release. Then inhale for a count of four, and then exhale for a count of four (all through the nose). Do this several times.

Measured breathing will help to calm the nervous system, increase focus and reduce stress. Measured breathing is a practice that can work for adults and children, and can be done together in times of stress, anger or frustration.

Try practicing this at home, either alone or with each other!



TIPS FOR TAKING CARE OF YOURSELF



Move your body

Exercise helps with stress and is good for your health.



Do something you like doing

Schedules get busy but make time for this activity or learn something new.



Learn to share your feelings

If something is bothering you, talk to someone.



Don't be scared to say 'No'

If someone or something makes you uncomfortable or you don't agree with it, say No.



Do things that make you HAPPY

Surround yourself with positive people. Ask for a hug if you need one. Take a walk.



Laugh

Sometimes laughing can help! Also, if you make mistakes or do something embarrassing don't be afraid to sometimes LAUGH at yourself!



Eat healthy foods: These foods can make you feel good.



Get sleep: Sleeping is so important for a healthy and active life.



More to Think About

Managing Family Stress!

So many things can cause family stress. In addition to day-to-day stressors, crises like a fire or a death within the family place a lot of stress on family relationships. And, as we know, learning to cope with family stress strengthens your family and makes it easier to cope with family crisis as well.

Your Strong Family Unit

It can be easy for a family unit to break down, feeling like there are separate individuals living under one roof. Each individual may then become isolated, facing his/her own problems and left to solve them on their own. Unfortunately, stress for one member of a family can cause stress and often divides the entire family. When one part is stressed, the whole unit becomes stressed. The solution is to work through problems as a strong family.

Take Time for your Family

Family togetherness is quality time spent together and it helps to reduce family stress and builds strong families! (It doesn't mean that everyone has to like or do the same things or spend every minute together).

Working at household chores together. Completing simple household chores as a family can be helpful. Cleaning, doing the dishes, or other chores gives your family time to communicate, lightens the load for individual family members, and helps all family members to build skills and self-esteem.

1. **Share a meal. Share at least one meal each day.** As we mentioned, mealtime is a great time to tune into individual schedules and plan family activities. If you can't do it everyday, schedule it as a regular family "event". It can be breakfast, lunch, or dinner!
2. **The family "event"**. A special activity can be as big as a family vacation or as small as a family movie night or even a walk to the local park. Plan the activity as a family and make the activity an "event" where each member contributes to making it a successful and enjoyable occasion. (For example: Family Movie Night - Make a list of movies that you all want to see. Then, choose one of them scheduling a specific night and time for the event. You can even take turns leading the 'Family Event'.)

Managing Family Stress

A strong family has the tools to solve stress which reduces stress for the entire family. Problems that stress families may be either individual stressors that carry over to the whole family such as a disaster, or financial problems, or a physical illnesses of a family member.

When managing individual family member stress that affect the entire family, here are a few tips to keep in mind:

1. **Discuss problems as a family!** If it's a problem for you or a problem that you notice is causing stress in another family member, chances are it's a stressor for the entire family as well. Talk it out and work towards finding a solution.
2. **Pay attention to things that upset others!** Whether there is a problem as big as someone losing a job or as small as misplacing something or the death of a child's pet, the problem is a stress for the individual that can ultimately cause stress for the family. Let the individual talk it out, be a good listener, and show them that solving the problem is important to the family.
3. **Focus on solutions to problems instead of blame.** When there's a problem it really doesn't matter who's at fault. Define the problem and work towards a solution.
4. **Respect privacy.** If a family member brings a problem to you in confidence, respect it. Don't air it for discussion without their agreement. If you are unable to agree to keep the confidence, be honest about it. If a child says, "But, don't tell Dad," your response might be, "I'm sorry, but Dad and I don't keep secrets. He needs to know about this. Would you like us to tell him together or would you rather not be there when I tell him?"

Building a strong family unit that effectively manages day-to-day stressors not only makes your home a place for each member to relax, recharge, and rejuvenate but also builds the skills necessary for the family to come together in times of need.

Adapted from Stress Management Tips (<https://www.stressmanagementtips.com/>)



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



**MyPlate
MyWins**

Based on the
Dietary
Guidelines
for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



6 Make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

3 Choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

8 While you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



9 Savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



5 Stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

10 Vary your veggies
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov
for more information.

DG TipSheet No. 2
June 2011
Revised October 2016

Respectful Communication and Store Tour

Session 3

Participation

Family Welcome!



How is everyone doing?



Review Roadwork:

Were you able to eat one meal together? If yes, how did it go?

What new vegetables did you try?

Were you able to help each other cope or feel better with any stress or stressful moments?

Learning

Let's Talk: Respectful Communication

Good communication is the foundation for spending positive time together. By communicating, caregivers are able to know what their kids are doing and feeling. Kids can also feel better supported by their caregivers when talking with each other. What does respect mean to you?

How is the meaning of communication changed by adding the word 'Respectful' in front of it?

How do we talk to each other?

How do we hear each other?



Communicating in a respectful way can be done in many ways. One example is to listen to the person speaking without interrupting.

Families will take turns now talking to each other on any topic they want for 3 minutes without interrupting

Activity

Let's Practice: Share Our Strength Cooking Matters at the Store

Healthy food grows on trees... but money doesn't! For many families on a limited budget, the cost of healthy food ingredients is a barrier to eating healthy. Cooking Matters at the Store Tour "is a free program of the No Kid Hungry campaign that empowers families to stretch their food budgets, so their children get healthy meals at home (<https://cookingmatters.org/at-the-store>)."

In this activity, families will join the Store Tour Leader for a guided tour at a local grocery store or have a "pop-up" store tour. After the tour, discuss the experience with each other.

*Did you already have this information, or did you learn something new?
Do you plan to use one of the strategies presented in this activity?*

Demonstration of Sugar Content

Sugar tastes good but too much can be a bad thing. Too much sugar can have many hurt our health by increasing risk for obesity, heart disease, Type 2 diabetes, and tooth decay. Drinking less sugary drinks is an easy way to cut down on sugar, especially because there are so many alternatives. Water is healthy and free! Spice it up with sliced fruit or herbs for a tasty sugar-free treat. Believe it or not, sugar also can affect how we communicate with each other! For example, kids can talk faster and be hyperactive with too much sugar.



Let's look at the handout 'Sugar Content: How much sugar is there?' In this activity, families will learn how calculate the amount of sugar there is in beverages. After the demonstration, discuss the experience with each other.

*Did you know how to calculate the amount of sugar before this demonstration?
Will this information change what you drink?*

Togetherness

Let's Connect: Basic Feelings

We all have basic needs that affect our health, happiness and behavior. Let's discuss the four needs listed below. (See "More to Think About" pages at the end of the session for more information.)

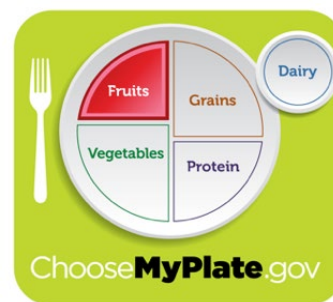
1. Belonging - Fulfilled by loving, sharing, and cooperating with others
2. Power - Fulfilled by achieving, accomplishing, and being recognized and respected
3. Freedom - Fulfilled by making choices
4. Fun - Fulfilled by playing and laughing

What the connection between Respectful Communication and basic needs and feelings? Communicating our needs with each other is really important as it helps to strengthen our family and allows us to help each other when we need it.

Eating

Let's Focus on Fruit!

Eating fruit provides many health benefits including reduced risk for some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body. Most fruits are naturally low in fat, sodium, and calories and cholesterol. Fruits are sources of many essential nutrients including potassium, dietary fiber, vitamin C, and folate (folic acid). Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice. Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease, stroke, certain types of cancers and even obesity and type 2 diabetes.



Let's Review: Fruit and my family

Fruits are healthiest consumed fresh, frozen, or canned with no added sugars. Fruit juice is not a substitute for fresh, frozen, or canned fruit, and should be consumed in moderation or not at all, even if it is 100% juice! If you or your children still want to drink juice, make sure it is 100% juice with no added sugar and dilute it halfway with water. Try to think of it as a special treat or dessert, as opposed to water, which is the only drink our bodies need. Expert tip: Read labels to make sure your canned or frozen fruit is healthy and doesn't contain added sugars!

What are your favorite fruits?

How can you pair fruit with other MyPlate ingredients to make a healthy meal?

What are ways you can decrease the amount of juice you drink?

Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:


Previous studies have linked me with a variety of benefits, including reducing the risk of cancer, obesity, Type 2 diabetes, and even strokes. I have also been found to reduce the bad cholesterol and prevent heart disease.

Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make Apple Wraps.

Make Apple Wraps in family groups and store them in the refrigerator to enjoy when you return from the Store Tour.

Apple Wraps Serves: 4, ½ wrap per serving Prep Time: 15 minutes Cook Time: none		
Ingredients: <ul style="list-style-type: none"><input type="checkbox"/> 1 large apple<input type="checkbox"/> 2 medium, ripe bananas<input type="checkbox"/> 2 Tablespoons peanut butter<input type="checkbox"/> 2 (8-inch) whole wheat tortillas	Materials: <ul style="list-style-type: none"><input type="checkbox"/> Cutting board<input type="checkbox"/> Mixing spoons<input type="checkbox"/> Medium bowl<input type="checkbox"/> Sharp knife	
Directions: <ol style="list-style-type: none">1. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.2. Measure and add the peanut butter to the mashed banana. Stir well to blend.3. Rise and cut the apple in half, lengthwise. Remove any stems and cut out center core that contains the seeds. Do not peel.4. Lay apple halves flat side down and cut into ¼-inch thick slices. Cut slices into small cubes.5. Spread peanut butter mixture over one side of each tortilla.6. Sprinkle diced apple over each tortilla. Tightly roll each tortilla. Cut each wrap in half.7. Chill in the refrigerator until ready to serve, up to 24 hours.		

Let's Eat



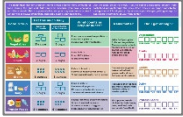
Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.

Summary

Let's Reflect

Who wants to share one thing you are taking away from today's session?

Does anyone have any questions or concerns?



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating more fruit this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. We want to hear how it goes!
- Go to the grocery store together and practice what was learned in the Store Tour. When you are there, select one drink. Guess how much sugar you think is in it and then look at the label. Were your guesses correct?
- Try replacing one sugary or juice drink with water every day. Do you notice any difference in yourself between this drink and high sugar drinks (e.g., soda)?



More to Think About

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:



More to Think About

4 Basic Psychological Needs That Motivate Behavior: *Understanding Our 4 Basic Needs Will Help Ourselves and Our Children*

According to Dr. William Glasser, there are 4 basic psychological needs that motivate behavior. We are all motivated by our needs. When children choose to misbehave, they are not doing so just to disobey you or drive you crazy. They are choosing their behavior to meet a need. Children act out their feelings, and it may be because they are not feeling fulfilled and happy.

Below are the 4 basic needs in detail so that we have an understanding of what they are and what part they play in behavior. (Note: All living creatures are genetically programmed to survive. The need to survive includes the need to satisfy hunger, thirst and safety.)

 <p>1. Love and Belonging</p> <p><i>This is the strongest of the basic psychological needs. <u>The need to love and be loved, to belong and have friends</u>, is almost as strong as the need to survive. When we feel unloved and alone, we are profoundly sad. Look inside yourself and think what your life would be like without your family or friends, and you will see the critical importance of fulfilling the need for love and belonging. It can be most helpful if caregivers support children to fulfill this need. When caregivers are too busy or do not know how to do this themselves, children may suffer.</i></p>	 <p>2. Power</p> <p><i>This is about personal power, a sense of self-worth that comes from accomplishment and recognition. The need for power is also the need to feel that we are in control of our own lives. When children are given orders or commands, their need for power may be frustrated. <u>When they are given choices, their need for power may be satisfied and they are also given a feeling that they are responsible enough to have control over their own behavior.</u> When you <u>praise</u> your children and notice the things they do well, when you <u>recognize</u> their accomplishments, you are satisfying their need for power. When children feel powerless, they attempt to satisfy this need by exerting power over others by bullying, acting out in the home or in class or disobeying rules (showing they are more powerful than the person who set the roles.)</i></p>	 <p>3. Freedom</p> <p><i>This <u>need for freedom is the need to choose how we live our lives, to express ourselves freely, to be free from the control of others.</u> Helping children satisfy this need does not mean giving them the freedom to do whatever they want to do. <u>When we talk about helping children to learn about responsibility, we are talking about giving them the freedom to choose.</u> For instance, consider the following statement by a parent to a child: "If you do not do your work, you are not going to go be able to play basketball." Now, compare that statement to this one: "Of course, you can play basketball, just as long as your work is done. It is your choice." A threat frustrates the children's need for power and does nothing to meet their need for freedom. <u>Offering a choice meets both their needs for power and freedom and teaches them about responsibility – it is their choice.</u></i></p>	 <p>4. Fun</p> <p><i>This psychological need for fun is very important. <u>When we are having fun, we are happy.</u> We are happy and whatever cares or concerns we might have go into the background of our mind. When we are having fun, we relax, recharge our batteries and enjoy a much-needed relief from the pressures that surround us. <u>Fun should be enjoyed by every age in life; it is not just for children.</u> This is very important to remember when dealing with children. Watch children when they are at play. They are constantly discovering, learning and having a great time. Whenever any of us discover something new, there is a sense of excitement and fun that accompanies the learning.</i></p>
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This document has been edited from: The Social Skills Place, Inc.: 464 Central Avenue Suite #6:: Northfield, Illinois 60093- Dr. William Glasser has devoted over 40 years of his professional life proving that so-called mental illnesses can be cured or made healthy by having happy marital, family, teacher-student relationships. He developed The Peaceable School Program, A Comprehensive Program for Teaching Conflict Resolution



Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 **Keep visible reminders**

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **Experiment with flavor**

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 **Think about variety**

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 **Don't forget the fiber**

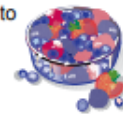
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 **Include fruit at breakfast**

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 **Try fruit at lunch**

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 **Enjoy fruit at dinner, too**

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 **Snack on fruits**

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 **Be a good role model**

Set a good example for children by eating fruit every day with meals or as snacks.

10 **Keep fruits safe**

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





10 tips
Nutrition
Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 look for savings in newspaper
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 find a coupon buddy
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 stick to the list
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



Family and Food Matter!

Session 4

Participation

Family Welcome!



How is everyone doing?



Review Roadwork

Were you able to eat one meal together? If yes, how did it go?

Did you go grocery shopping together? Because of the store tour last week, did you do anything differently?

What meal did you cook and eat together this week?

Were you able to drink more water and less sugary drinks?

Family Wish Check-in



What was your Family Wish?

Have you and your family worked together to try to achieve your Wish?

If so, what has everyone done to try to make your wish come true?

Learning

Let's Talk: Family and food at home

For both kids and caregivers:

So far we have focused on vegetables and fruits. Do you usually have these foods in your house?

Since you started attending this group, have you eaten more fruits and vegetables?

Do you ever worry about not having enough food in your home?

For the kids:

Have any of you cooked a meal for your caregiver (e.g., parent, grandparent, aunt/uncle, brother/sister, etc.)?

For today's cooking portion, only the kids will help with the recipe. The adults will have a conversation among themselves while the kids work on surprising them with today's meal!

After you finish making the meal, fill-out the "Family Communication Game - Kids' Sheet" handout.

For the caregivers:

Today is your special day! While the kids help the Food Preparation Leader with the meal, you will be with the facilitator.

After you finish talking, fill-out the "Family Communication Game - Caregivers' Sheet" handout.

Activity

Let's Practice

The spoon race. Kids and caregivers each receive a spoon and place a clementine (or other piece of fruit) on it. Caregivers and kids (make teams equal with players) each take turns to walk across the room and back with a clementine on their spoon. It's a race to see which family will finish first.

How was that activity?

Did you have fun? Did you notice a difference when you had fun together?

Did you have anything else to share?

Togetherness

Let's Connect: Get together with those close to your age

Kids:

After kids finish making the meal, fill-out the "Family Communication Game - Kids' Sheet" handout. When everyone is sitting together and eating, we will review the handout.

Caregivers:

Caregivers will sit with each other and the facilitator and discuss the following:

What are your biggest concerns around having enough food in your home for your family?

Do you feel it's difficult to afford healthy foods?

What have you done to have sufficient food for your family? What has helped you?

What would be more helpful for you to have sufficient food for your family?

As mentioned at the very beginning, this is a space to learn from each other. Share your strategies with each other because this can help others in the group!

When you are finished talking, fill-out the "Family Communication Game: Caregivers' Sheet" handout. When everyone is sitting together and eating, we'll review the handout.

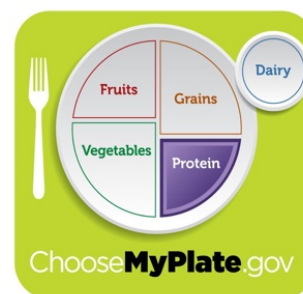
We will all get together at the end of the session to enjoy the meal!

Eating

Let's Focus on Protein!

Meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

Select a variety of protein foods to improve nutrient intake and health benefits. Examples of proteins include fish, peanut butter and beans. Beans and peas provide iron, potassium, and fiber. Meats have the most easily absorbed type of iron. Choose lean or low-fat meat and poultry. Nuts and seeds also contain vitamin E while seafood has omega-3 fatty acids.



Let's Review: Protein and my family

Protein is very important for a healthy diet, but should always be paired with fruits and vegetables to ensure a balanced plate. Try preparing proteins and vegetables together, so family members become accustomed to eating them. For example, chicken and broccoli, or fish with carrots. Frying or using excessive sauces can reduce proteins nutritional value and add unnecessary salt and sugar to your diet. Expert tip: Try using herbs, spices, and citrus or low sugar/salt condiments like mustards to give more flavor to your proteins.

How does your family incorporate protein into your meals?

What are creative ways you add vegetables to your proteins?

Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:

I am high in beta carotene (this is why I am orange in color), vitamin A and potassium, which has been shown to protect your body against diseases like cancer, heart disease, and Type 2 diabetes. I also help to regulate blood sugar.

Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make **Turkey Tacos**.

Turkey Tacos

Serves 8, 2 tacos per serving

Prep time: 20 minutes

Cook time: 25 minutes



Ingredients:

- 1 small sweet potato
- ¼ medium head lettuce
- 2 large tomatoes
- 7 ounces cheddar cheese
- 1 (15½-ounce) can pinto beans
- Non-stick cooking spray
- pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells

Materials:

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

Directions:

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop the tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Chef's Notes:

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- *Use any type of cooked beans you like.
- *Make soft tacos using corn or whole wheat tortillas.
- *For more heat, add minced hot peppers to sauce in step 6.

Let's Eat



Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.

Summary

Let's Reflect

The Family Communication Game!

If you didn't have a chance to fill-out your Family Communication handout you can do it now. With your family, take a couple of minutes now to guess each other's answers.

Did you get most of the answers correct?

Who wants to share one thing you are taking away from today's session?

Does anyone have any questions or concerns?



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating more proteins this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. We want to hear how it goes!
- Try to combine a protein with a vegetable to eat together over the next week.
- Work together to make your family wish come true. To check in on your progress answer the questions on page 46.



More to Think About

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:

Family Communication Game: Kids' Sheet

What is your caregiver's favorite part when cooking as a family?

What is the family's favorite food that the caregiver cooks?

What is your caregiver's favorite food?

Does your caregiver like fruits or veggies better?

Family Communication Game: Caregiver's Sheet

<p>What is your child's favorite part when cooking as a family?</p> <p>_____</p>	<p>What is your child's favorite food?</p> <p>_____</p>
<p>What is your family's favorite food to eat?</p> <p>_____</p>	<p>Does your child like fruits or veggies better?</p> <p>_____</p>



This Week's Roadwork



Family Wish: How is this going?

This week's Roadwork focuses on the family wish that created in session 1. Please answer the questions below as a family. Next week, your facilitator(s) will ask how this is going.

1) What is your *Family Wish* from Session 1? _____

2) How is this going for you? _____

3) Has your family wish come true? (Circle one.)

Yes

No

Not yet

4) What are some things getting in the way of your Family Wish coming true? _____



More to Think About

Communication Tips for Caregivers

(This information is from apahelpcenter.org and is made possible by the American Psychological Association © 2004.)

Be available for your children

- * Start the conversation- this lets your kids know you care about what's going on in their lives.
- * Notice times when your kids are more likely to talk – for example, at bedtime, before dinner, in the car – and be there to listen to them.
- * Learn what your children like to do (e.g., favorite foods to eat, cook, etc.) and show interest in them or offer to do those things with them.
- * Start conversations by sharing what you have been thinking about rather than beginning a conversation with a question.

Let your kids know you're listening

- * When your children are talking about things that bother them, stop what you are doing and listen.
- * Express interest in what they are saying without questioning them.
- * Listen to their point of view, even if it's difficult to hear.
- * Let them complete their point before you talk.
- * Express understanding to them whenever possible.

Respond in a way your children will hear

- * Stay calm; kids will tune you out if you appear angry or defensive.
- * Say your opinion without putting down theirs; say that it's okay to disagree.
- * Try not to argue about who is right. Instead say, "I know you disagree with me, but this is what I think."
- * Think about your child's feelings rather than your own during your conversations.

Parenting is hard work

- * Listening and talking is the key to a healthy connection between you and your children. But parenting is hard work and keeping a good connection with kids can be challenging, especially since parents are dealing with many other pressures. If you are having problems over a long period of time, you might want to consider seeing a mental health professional to get support.

Remember:

- * Ask your children what they may want or need from you in a conversation, such as advice, simply listening, help in dealing with feelings, or help solving a problem.
- * What are you eating as a parent? How does this impact your children?
- * Kids learn by imitating. Most often, they will follow your lead in the food they eat, how they communicate, how they deal with anger, solve problems, and work through difficult feelings.
- * Talk to your children – don't lecture, criticize, threaten, or say hurtful things.
- * Kids learn from their own choices. As long as the consequences are not dangerous, don't feel you have to step in.

Special thanks to: Dr. Molly Brunk, Center for Public Policy, Virginia Commonwealth University, Dr. Jana Martin, Psychology Regional Network, Los Angeles, California, Dr. Nancy Molitor, Northwestern Health Care, Evanston, Illinois, Dr. Jan Sanchez-Hucles, Old Dominion University, Norfolk, Virginia



Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Relationships and Our Supports

Session 5

Participation

Family Welcome

How is everyone doing?



Review Roadwork:

What meal did you cook and eat together this week?

Have you and your family made any progress on your family wish?



Learning

Let's Talk: Relationships

The connections family members have with each other shows how they care for one another. You can think of positive relationships as the cement that holds the family unit together. If families have strong relationships, they can create a supportive foundation that will be helpful in both happy and stressful times. When family members have shaky foundations, there are ways to strengthen the relationships.

Why is having a good relationship just as important as having things like rules and respectful communication?

Describe a good relationship between a child and a caregiver (e.g., a parent, aunt/uncle, grandparents).

Are good relationships helpful and part of our support systems? How?

Write-in a time when you had fun together as a family: _____

What gets in the way of Family Time?

Can you have fun together if you have been angry at each other?

Remember, relationships are easier if you focus on the positives with each other! Positive family interactions lead to more positive behaviors in children.

Let's Talk: Supports

A few weeks ago, we talked about stress and we saw that both children and adults experience stress and worry. When we have problems, we need support from others to help us. Children and adults can turn to the same or different people for support, and that is ok. The important thing is to know who our supports are in case we need them.

Can you share examples of different kinds of supports that people may have in their lives?

Activity

Let's Practice

Who are *your* supports?

It's helpful for us to know who and what our supports are so we can turn to them when we need their help. In this activity, each family group will receive a cluster of grapes and identify at least 2 grapes to represent sources of support (e.g., a community center, a family member, teachers, etc.)

Take a couple of minutes to think about your 2 supports which you can turn to for any type of problem and write them down:

1. _____
2. _____

*What are some of the supports you mentioned in your family group?
Are there times when food and meals are a support for you?*

Sometimes families struggle with basic needs such as having enough food to eat at home. This may require help with getting food or at least talking to someone about the problem. Have you or someone you know ever experienced this type of stress, having a hard time getting enough food to eat at home, or having a hard time affording healthy quality foods?

Can any of your supports help with this problem? For example, attending a food pantry or enrolling in WIC is a type of support for accessing food.

Togetherhness

Let's Connect: Quality Family Time

Spending fun time together is one way to improve our relationships! As a family, choose one fun activity to do together any day this week. It does not have to cost much money – the important thing is that you all have fun together. Write down the activity in the calendar below and describe what you will be doing. Remember that rules help to organize us so include a rule around the family activity (e.g., no electronic distractions).

Here are some suggestions:

- Eat dinner together
- Go to the park together
- Play a board game together (e.g., Bingo)
- Do a puzzle together
- Have a picnic in a park

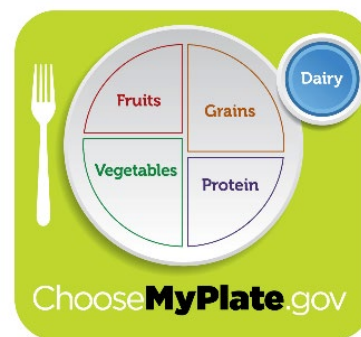


Family name: _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Some family time rules are: _____ _____ _____						

Eating

Let's Focus on Dairy!

All fluid milk products and many foods made from milk are considered part of this food group as are foods made from milk that retain their calcium content. Calcium-fortified soymilk is also part of the Dairy Group. For those who are lactose intolerant, smaller portions or lactose-free and lower-lactose products may be well tolerated. Calcium choices for those who do not consume dairy products include: kale leaves, calcium-fortified juices, cereals, breads, rice milk, or almond milk. Canned fish (sardines, salmon with bones) soybeans and other soy products (tofu made with calcium sulfate, soy yogurt, tempeh), some other beans, and some leafy greens (collard and turnip greens, kale, bok choy) can also be a good source of calcium. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are *not* considered part of the Dairy group.



Dairy and my family:

Dairy comes in many forms. Review labels to check for saturated fats and added sugars to ensure you are getting the healthier product for your family. It's important for children to get used to the taste of plain milk. Try not to sweeten milk as a way to encourage them to drink it. Flavored milks can have just as much added sugars as soda, and are just as bad for your health and your teeth! Expert tip: To reduce sugar intake, try adding fresh fruit or jam to plain yogurt, instead of buying the sweetened kind!

What are some dairy products your family currently eats?

What are some ways you could incorporate more calcium into your diet?

How could you reduce the sugar content you eat when consuming dairy?

Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:

I am widely known for my outstanding antioxidant properties due to my high concentration of lycopene (which helps to create my red color). I am linked to bone health, heart health, lower cholesterol, and preventing clumping of cells in the blood (lowering the risk of heart problems like clogged arteries).

Let's Cook



Break into your family group and each family stand at a cutting board.

Today, we're going to make a **Signature Family Pizza**. Families choose ingredients to make a pizza together using whole grain bread (e.g., pita bread, English muffins).


Using the following questions, make a pizza that represents your family:

What makes your family unique?

What family traditions do you have that include food?

If each of you were a kind of food, what would you be? Why?

Choose a name for your pizza when you are done!

Family Pizza Name: _____	
Prep time: 20 minutes Cook time: 20 minutes	
Ingredients: <ul style="list-style-type: none"><input type="checkbox"/> Pita bread<input type="checkbox"/> Tomato sauce<input type="checkbox"/> Mozzarella cheese<input type="checkbox"/> Toppings (e.g., peppers, pepperoni, basil)<input type="checkbox"/> Spices (garlic, oregano)<input type="checkbox"/> Non-stick cooking oil	
Materials: <ul style="list-style-type: none"><input type="checkbox"/> Cookie sheet<input type="checkbox"/> Cutting board<input type="checkbox"/> Spoon<input type="checkbox"/> Medium bowl<input type="checkbox"/> Sharp knife	
Directions: <ol style="list-style-type: none">1. Rinse any toppings as needed.2. Cut any necessary toppings (e.g., peppers, pepperoni) and set aside.3. Sprinkle cookie sheet with oil (or flour) and place the pita breads making sure they do not touch each other.4. Place tomato sauce in the middle of the pita bread and spread across the bread to make an even spread.5. Layer the cheese over the pita bread and sprinkle additional toppings.6. Place pita bread with toppings in the oven (350 degrees) until cheese is melted.	

Let's Eat



Families enjoy their healthy meal together.

When families are finished eating, let's all clean up together.

What is the name of your pizza and how did you choose that name?

What was it like creating the meal together?

Summary

Let's Reflect

*Who wants to share one thing you are taking away from today's session?
Does anyone have any questions or concerns?*



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating more dairy this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. We want to hear how it goes!
- Create your Family Flag!

At the end of this session, there is an empty flag. Set up a time during the week for your family to work together to fill-in and design your family flag. We will share these next week! Just like the Signature Family Pizza you created ask yourself the following questions:

*What makes your family unique?
What are some of your family traditions?*



More to Think About

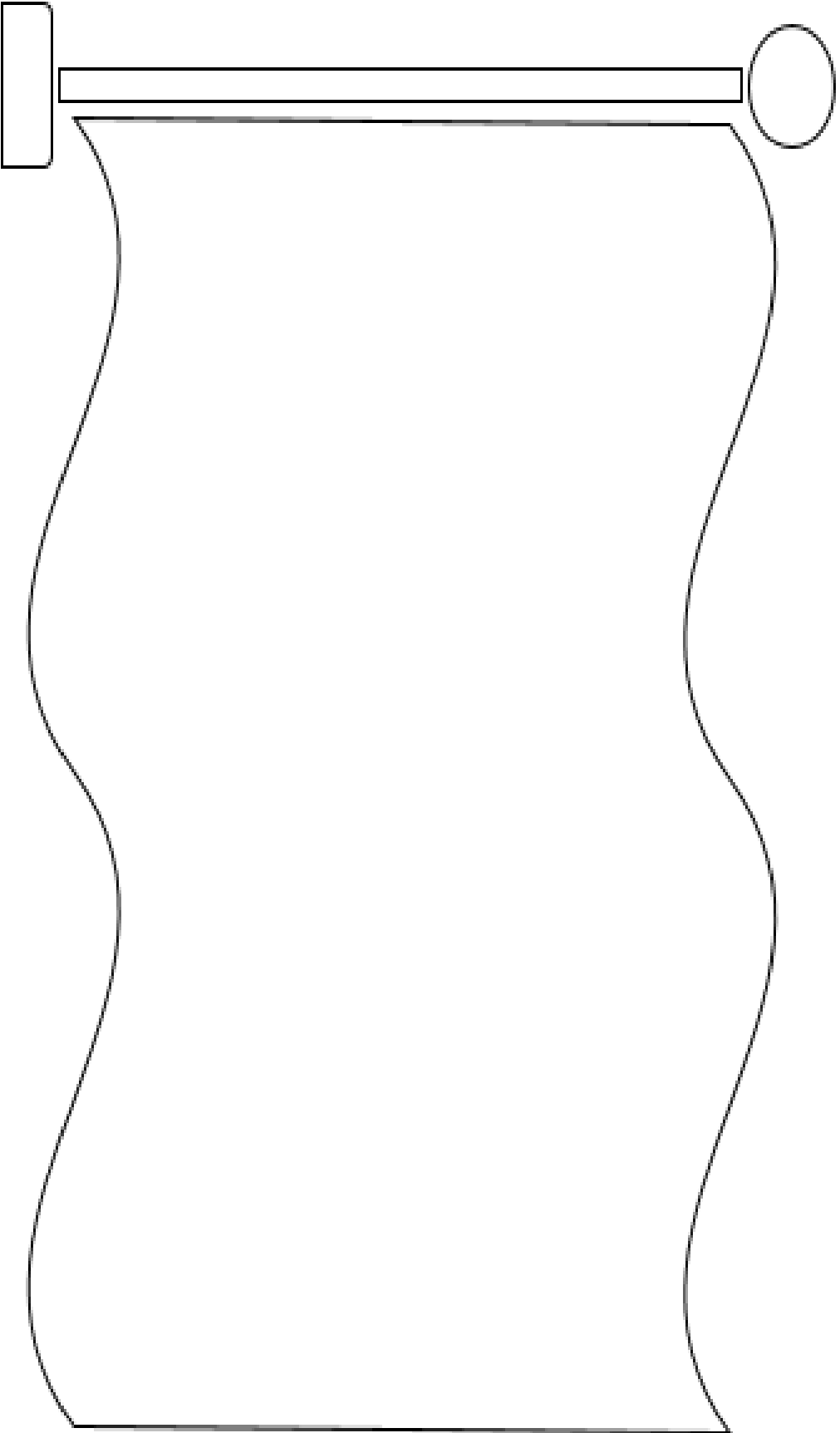
Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:



Roadwork: Your Family Flag

Set up a time during the week where your family will work together to create a flag that shows all of your favorite foods. Or, symbols of your family. Be creative – draw or attach pictures of the food or symbols! We will have ‘Show and Tell’ during our next session. Don't you all forget to bring it next week.





More to Think About

Suggestions for Family Fun Day!

List for families:

- Plan a picnic in the park / day at the park / barbecue
- Go to the beach or local pool
- Visit theme parks (e.g., Six Flags Grand Adventure)
- Organize a movie, game or special night
- Play a video game
- Look at old photos of family members together
- Take a walk together
- Make an art or craft project together
- Go ice skating (winter) or cycling (summer / spring)
- Visit local recreation centers
- See famous places around your area
- Visit a museum or zoo
- Cook together

List for children:

- Karate class
- Dance class
- Sports teams (e.g., tennis, basketball, baseball)
- Swimming
- Clubs (e.g., Girl or Boy Scouts, Boys and Girls Club)
- Go to the park and spend time with younger siblings



More to Think About

Assistance Programs in New York City

Food pantries, housing and other resources can help you and your family. To learn about helpful assistance service programs visit the official website of NYC at <https://www1.nyc.gov/> or go directly to their Site Finder webpage at <https://portal.311.nyc.gov/site-finder/>

SNAP (Food Stamps)

Learn about, apply for, or report a problem with Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps.

Food for Women, Infants, and Children (WIC)

Get healthy food through WIC for eligible pregnant women, mothers, and young children.

Summer Meals for Children

Learn about free breakfast and lunch for New York City children ages 18 and under.

School Food

Learn about school meals and available programs.

Greenmarkets and Farmers Markets

Find a greenmarket or farmers market and learn about available coupons.

Growing Up NYC

Learn about a website with information on programs, resources, and activities for New York City children.

Food Pantries and Soup Kitchens

Find places where people in need can get food.

Housing Options

Housing lotteries, New York City Housing Authority (NYCHA) public housing, Mitchell-Lama, ownership, homeless shelters.

Disability Access

Learn how people with disabilities can get help with accessing City programs and services. Report a building or public space that is not accessible.

Senior Caregiving Support

Get referrals for support and services for family or friends caring for a person 60 or older or for seniors caring for a person of any age.



Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 "Skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.

Responsibility and Rules

Session 6

Participation

Family Welcome!

How is everyone doing?



Review Roadwork:

*What meal did you cook and eat together this week?
Would anyone like to share their Family Flag?*

Let's Talk about Our Group

We only have 1 session left!

*How do you feel about the group ending?
In celebration of our last session, next week will be a potluck! If you can, please bring something to share with the group.*

Learning

Let's Talk: Mealtime Responsibilities and Rules

Family mealtimes, whether breakfast, lunch, dinner, or snacks, are an opportunity to reconnect and unwind as a family. There are a few simple rules and strategies to follow to make family mealtimes less stressful and more enjoyable for the entire family. Let's start by talking about the responsibilities that each of you have.

What are some of your responsibilities for meal times?

Did you know caregiver and kids have responsibilities around meals? It is the caregiver's responsibility to decide what, where and when to eat. And it's the child's responsibility to decide how much. (Try not to pressure children to eat!). One way to make family meal times more enjoyable and less stressful is to have structure. This will help everyone know what is expected of them when eating together and create opportunities to spend quality times around the table.

What are some examples of structure or rules for family mealtime? (Please remember to not take family time away as a punishment!)

Some examples of things families can do include:

- Set regular times for meals and snacks (if schedules allow)
- Offer a variety of foods throughout the week including new foods.
- Remember respectful communication at the table. Encourage everyone to decline food politely with a "no, thank you."
- To create a positive mealtime environment and the opportunity to reconnect as a family, turn off outside distractions such as the TV and cellphones.
- Offer children responsibilities such as setting and/or cleaning the table, serving the food, or saying a group thank you.

Activity

Let's Practice: Mealtime Role Play

Many families have some challenge when sitting down to eat together. For this activity, each family will choose a mealtime issue that you have experienced and act it out as a family in front of the group. Each family will take turns and group members' can offer suggestions on how to positively deal with the issue. (If available, use plates, utensils and other props to act out your scene.)

Some examples include someone eating very slow compared to the rest of the family members or looking at the cell phone several times during the mealtime.

Togetherness

Let's Connect: Making mealtimes quality family time

Eating meals together as a family is very important. Mealtime offers a quiet moment for family members to talk about their day, ask for support, and enjoy food as a community. It's important to set aside meal time as quality family time—without distractions like phones, tablets, and/or television and without stress, like fighting or yelling.

Remember, **Caregivers** are responsible for:

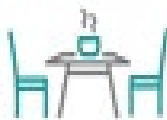
- What to eat
- Where to eat
- When to eat

Remember, **Children** are responsible for:

- How much to eat
- Whether to eat

What are some healthy recipes that your entire family enjoys?

What are some ways you create a positive mealtime environment?

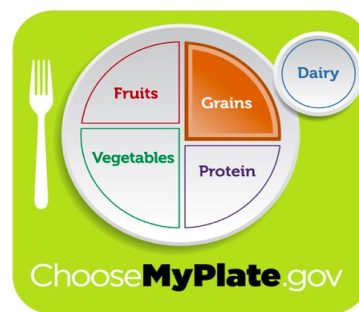


Eating

Let's Focus on Whole Grains!

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups: Whole Grains and Refined Grains. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. *Some examples of refined grain products* are white flour, white bread, and white rice. Whole grains are considered healthier.



Let's Review: Whole grains and my family:

Reading the nutrition label is key to understanding if a food is made with whole grains. Don't trust the name of the product, find out for yourself! For example, look for whole wheat or whole grain as the first ingredient in breads and cereals. Also, review for added sugars. Expert tip: Compare labels to find the product with whole grain as the first ingredient, the highest fiber and least sugar and choose that one!

What are some grains your family eats?

What are some substitutions you could make to include more whole grains?

Do you anticipate any challenges?

Activity: What's In the Mystery Bag?



What food ingredient is in the bag?

Let's try to guess: Place your hand on the bag or inside the bag and describe what you feel (e.g., Is it hard or soft? Is it round like a ball?)

After everyone has taken turns feeling and describing the ingredient, ask the children to guess. When the correct guess has been made, say "Mystery solved!" Take the food ingredient out of the bag and ask the group:

Have you ever eaten this food before?

What did you think of this ingredient?

What are some health benefits of this ingredient?

Some health benefits of _____:

I am high in phytochemicals and vitamin C, which benefit the immune system. I am also good for regulating blood sugar, reducing inflammation, healing infections and preventing cancer. If you eat me raw, I help lower the production of bad cholesterol (LDL). My juice has also been used for immediate relief from a bee sting.

Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make a **Chinese Vegetables and Rice**.

Chinese Veggies and Rice

Serves: 4, 1 ½ cups per serving

Prep Time: 15 minutes

Cook Time: 35 minutes



Ingredients:

- 1 cup brown rice
- 2 medium carrots
- 2 medium celery stalks
- ½ pound broccoli
- 1 small jalapeno
- 1 clove garlic
- 6 ounces boneless chicken or firm tofu
- ¼ cup low sodium soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons canola oil
- ½ teaspoon ground ginger

Materials:

- Cutting board
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Medium skillet
- Vegetable peeler
- Sharp knife
- Small bowl

Directions:

1. Cook rice according to package directions. Set aside and keep warm in a covered container. Make vegetable mixture while rice is cooking.
2. Peel and rinse carrots. Rinse celery and broccoli.
3. Dice carrots and celery. Chop broccoli into small pieces.
4. In a small bowl, measure and stir together soy sauce, brown sugar, and cornstarch.
5. Peel, rinse, and mince fresh ginger, if using. Stir minced ginger into the soy sauce mixture.
6. Heat a large sauté pan over medium-high heat, and add canola oil.
7. Add chicken or tofu. Cook for 8-10 minutes.
8. Add chopped vegetables into sauté pan. Cook for 5-7 minutes, stirring often.
9. Pour soy sauce mixture into sauté pan.
10. Bring to a boil. Reduce heat and simmer about 2 minutes or just until sauce is slightly thickened.
11. Serve vegetables over brown rice.

Chef's Notes:

- Sauté any variety of vegetables.
- Cook more rice than is needed for this recipe and plan to use it for another recipe later in the week.

Let's Eat



Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.

Summary

Let's Reflect

*Who wants to share one thing you are taking away from today's session?
Does anyone have any questions or concerns?*



Family Nutrition Chart: Please fill it out this week and bring in next week. Try to focus on eating more whole grains this week!



This Week's Roadwork

For our next time together, we hope you can:

- Cook one meal together as a family over the next week. We want to hear how it goes!
- When eating grains, try replacing one refined grain with a whole wheat grain. For example, brown rice instead of white, whole wheat bread instead of white, and whole grain based cereals instead of corn or rice.
- Complete the '**Family Review**' together (page 66). Next week is our last session together and we want to review how your family is doing around the topics we have discussed. Please fill the page together as a family and we will review next session.

Potluck for our last session: If possible, bring a food or snack to share with families for our last session together.



More to Think About

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

Notes from today's session:



Roadwork: Family Review



Families can use this to check-in with each other and see the progress they have made! Facilitators will also check-in with families to see how things are going.

★ What is going well with *Respectful Communication* in your family? _____

Do you need help with Respectful Communication in your family? Yes No

Please explain: _____

★ What is going well with *Relationships* in your family? _____

Do you need help with Relationships in your family? Yes No

Please explain: _____

★ What is going well with *Responsibilities* in your family? _____

Do you need help with Responsibilities in your family? Yes No

Please explain: _____

★ What is going well with *Rules* in your family? _____

Do you need help with Rules in your family? Yes No

Please explain: _____

★ What is going well with *Supports* in your family? _____

Do you need help with Supports in your family? Yes No

Please explain: _____

★ What is going well with *Stress* in your family? _____

Do you need help with Stress in your family? Yes No

Please explain: _____

PLEASE NOTE: If you need help with any "R" or an "S", please speak to your group facilitator as soon as possible.



More to Think About



Ellyn Satter's Division of Responsibility in Feeding

Parents are
responsible for:

What, When and Where

Parents' Feeding Jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Show children by example how to behave at family mealtime.
- Be considerate of children's lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Let children grow up to get bodies that are right for them.

Children are
responsible for:

How Much and Whether

Children's Eating Jobs:

- Children will eat.
- They will eat the amount they need.
- They will learn to eat the food their parents eat.
- They will grow predictably.
- They will learn to behave well at mealtime.



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More to Think About

Tips for re-adjusting responsibilities:

Everyone should agree about the responsibilities each person has in the family. Responsibilities expected of each family member should be fair and be age appropriate (especially for children).

- Sit family members down together and talk about the responsibilities that each person has.
- Now think about a day for your family. Are there any responsibilities that are not getting done, or that create a problem within the family?
- If so, address the person who's responsible for that chore or duty. Ask them why they are not able to meet their responsibilities.
- Try to talk using respectful communication and find a solution that works for everyone, so the responsibility will be fulfilled.
- If children feel they have too many responsibilities, think about whether that may be true.
- See if a chore may not be getting done because of things that are taking away the child's attention in the home (i.e., TV, video games, loud talking, etc.). They may need some space for quiet work. Or, if the child doesn't want to start homework immediately, allow them a set period of time (15 min.) to rest, play, watch T.V., etc. before starting homework.

Setting a Good Example...As caregivers, it is our job to set a good example for our kids!

When you say you'll be at your child's school play or help with a science project or homework, make sure you do it!

When making family decisions, include your child (if age appropriate). Remember these decisions will affect your child as well. You may make the final decision, but children are more likely to cooperate if their opinion has been heard.

Explain your decisions to your children. If they know why you decided something or said "No", then they will understand and learn from it and are less likely to 'fight' it.



Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



2 Look for the word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

Group Review and Celebration!

Session 7

Participation

Family Welcome!

How is everyone doing?



Review Roadwork:

What meal did you cook and eat together this week?

Were you able to fill out the 'Family Review' together as a family?

- *How is it going with Respectful Communication in your family?*
- *How is it going with Relationship in your family?*
- *How is it going with Rules in your family?*
- *How is it going with Responsibilities in your family?*
- *How is it going with Support in your family?*



Learning

Let's Talk about the Future

Our time together has come to an end but we hope you can all continue to spend time together as a family around mealtimes and have fun!

What do you need to continue making and eating your family meals together?

What do you need to help make your Family Wish come true?

What can you do in the future when you are struggling with accessing and affording food?



Activity

Let's Practice: Thinking about our Group



This is our last session together! Take a few minutes to fill out the 'My Group' statements below as a family (or you fill-it out on your own). We will then talk about this as a group.

1. We feel _____ that this group is ending.
2. The hardest thing about group was: _____

3. The best thing about group was: _____

4. One thing I learned about my family in the group was: _____

5. As a family, we faced these challenges while in the group:
 - _____
 - _____
6. As a family, we overcame these challenges by:
 - _____
 - _____
7. Was it helpful to discuss access to food and eating patterns? Why? _____

Togetherness

Let's Connect: Celebration!

These certificates represent the great work you have all done!
If you would like to keep in touch with each other use the hand out at the end of this session, "Let's Keep in Touch."



Eating

Let's Eat!



Families enjoy their healthy meal together.
When families are finished eating, let's all clean up together.

Will you cook or eat differently after being in our group?

Summary

We wish you much success in your future!
Do you feel like your Family Wish has come true?
We hope you continue to cook meals together as a family.



More to Think About

Be sure to review the pages at the end of each session for additional information on the discussion topic and the MyPlate resource.

FFM-CK aims to increase opportunities for quality family time around healthy P.L.A.T.E.S: Participation. Learning. Activity. Togetherness. Eating. Summary.



10 tips
Nutrition
Education Series

be a healthy role model for children



10 tips for setting good examples

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Let's Keep In Touch

If you want to, go around the room and have each other fill out their information so that you can continue these relationships after today!

Name	Phone Number	Other way to reach me?	Best time to reach me?

