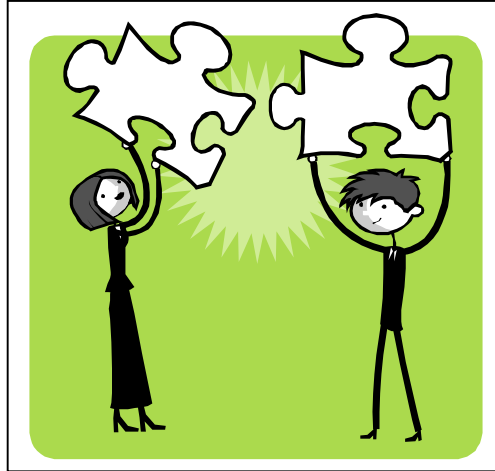


The FEAST Guide-by-the-Side Scrapbook Edition



A Working Guide for FEAST Scrapbook Leaders

Welcome to the FEAST scrapbook guide!

This handy tool offers many activity options, nutrition tidbits, and conversation starters for FEAST scrapbookers. It can be used with the curriculum or as a stand-alone. Leaders are encouraged to use what works and leave the rest.

Each page of this guide has two boxes. The top box is the family scrapbook page. The bottom box is the "guide." It contains information under the following topic headers:

- **Think About** (what the page is about)
- **To Do** (possible activities related to the scrapbook page)
- **Fast Facts** (nutrition and physical activity tidbits)
- **Talking Points** (ideas for group or individual discussion)
- **Guide Ideas** (YOUR ideas on group activities and discussion points)

**Remember! You and your families know what will be most helpful.
Choose the pages and activities that meet their needs!**

Developed by the State ECEAP Office, Department of Early Learning. Questions? Call 360/725-2838.
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<http://www.del.wa.gov/Nutrition/nutrition.shtml>

A FEAST FOR MY FAMILY

Your Family
Photo Here



ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .

Think About

Nutrition and physical activity discussions flourish in open, safe environments. Fun, hands-on learning with simple messages can be very effective in helping people think about what they do, what they may want to do, and in setting and meeting their personal health goals.

To Do

- Hand out family photos to attach to the title page. Invite families decorate the title page.
- See FEAST Scrapbook Fun pages for clipart options.

Fast Facts

- The scrapbook is for families to keep and add their thoughts.
- Each person has their own wisdom to share – we can learn from each other.

Talking Points

- Fun, hands-on learning about nutrition and health is the goal.
- Families have their own ways of doing things, and good information to share.
- Take some time to explore the scrapbook and find pages that interest you.
- School-age kids and teens enjoy the scrapbook pages. Plan some family time scrapbooking!

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

My Healthy Family . . .



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Families come in all shapes and sizes. Differences are important – they help us think outside the box and think about trying something new!

To Do

- Ask families to illustrate this page showing their healthy family. Support conversations about healthy families.

Fast Facts

Nutrition information to share with scrapbooking families:

- Eating a wide variety of fruits and vegetables provides bodies with important vitamins, minerals, and energy. One way to ensure a wide variety is by trying to eat all the colors of the rainbow each day.
- We feel better, stronger, and healthier when we eat colorful fruits and vegetables and move our bodies each day. We help our children establish healthy eating and activity habits for a lifetime.

Talking Points

After working on the scrapbook page, families could share:

- About their healthy family by describing the scrapbook page.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Favorite Fruits and Vegetables

Mine:

Did You Know?

Busy adults and children need lots of energy. Eating 5 or more servings of fresh fruits and vegetables each day is a tasty, colorful way to keep your energy level up! And it's low fat, low calorie, low preparation time as well as high in vitamins and minerals.



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Starting Where We Are: What fruits and vegetables do you and your family members enjoy and eat?

To Do

- List favorite fruits and vegetables for yourself and other family members using stickers, markers, colored pencils, and other art supplies.

Fast Facts

Nutrition information to share with scrapbooking families:

- Five or more servings of colorful fruits and vegetables a day (5-a-day!) are recommended for good health.
- Fruits and veggies of different colors provide different vitamins and minerals that our bodies need. Try choosing to match the colors of the rainbow.

Talking Points

After working on the scrapbook page, families could share:

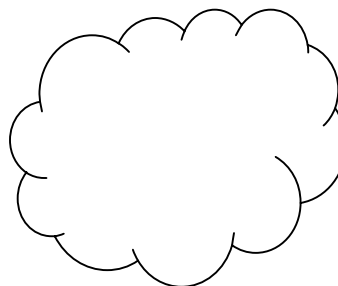
- What colors of fruits and veggies are on your list?
- Why do you like these?
- What do you notice about your family's likes and dislikes?
- Are your family members similar?
- Are your lists long or short?

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

So, What Does A Serving Look Like?

Medium Apple or Orange = A Tennis Ball
Pancake or Waffle = A Music CD
Small Baked Potato = A Computer Mouse
Serving of Meat = A Deck of Cards
Serving of Cheese = Six Dice
Cooked Cereal, Pasta, Rice = Small Fist



Did You Know? There are two jobs when it comes to feeding kids . . . parents offer healthy, nutritious food to their children at regular meal and snack times, and children decide how much to eat! Try offering smaller meals with healthy snacks!



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Serving sizes and portions – how much is enough? How much is too much? What does moderation look like? How do serving sizes differ by gender, age, activity level?

To Do

- Ask parents to think about their role in feeding their children – who decides what to serve, and who decides how much to eat?
- Have some measuring cups and comparison objects, such as a deck of cards, tennis ball, or computer mouse for hands-on examples of serving sizes.

Fast Facts

Nutrition information to share with scrapbooking families:

- Children will be more likely to get the nutrients they need for good health if they eat smaller, more frequent meals and snacks.
- Limit carbonated sodas and fruit juices – these will fill children up with calories that don't provide balanced nutrition. Offer water in small amounts instead.

Talking Points

After working on the scrapbook page, families could share:

- How they saw portions or serving sizes.
- Thoughts about the role of the parents and the role of the child in deciding on what and how much to serve.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Family Fun – Games We Play

Outside

Inside

Did You Know? When kids spend less than two hours in front of a screen (TV, videogame, computer) each day, they are less likely to crave sugary, high-fat foods and more likely to use their imagination and bodies for physical play. Great indoor games include hide-n-seek, a hallway obstacle course, and bubble catching. Safe outdoor games include jump roping, hopscotch, tag, and walking the dog.



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

What games do you remember playing as a child? Were they indoor games or outdoor games? What were your favorites?

To Do

- List outside and inside games that you and your family play. Include some ideas for activities or games you would like to try.

Fast Facts

Nutrition information to share with scrapbooking families:

- There is a link between screen time and being overweight, so limit time spent in front of the TV, playing videogames, or playing on the computer.
- Our bodies and brains work more smoothly when they have plenty of opportunity for physical activity.

Talking Points

After working on the scrapbook page, families could share:

- Their favorite childhood game.
- What they learned through these playful experiences.
- Ideas for family fun.

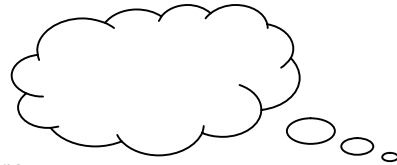
Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Something New? And Someone's Blue? What Can I Do?

Did You Know?

Children say "no" to new foods on an average of 10 times before they finally decide to try a taste? And adults that had to try new foods as children tend to be less willing to try new foods as adults. Encourage children to try new foods, but don't force them!



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

We all have likes and dislikes when it comes to food. It might be a preference for certain tastes, squeamishness about certain textures, or even a fear of new foods. Some people have allergies to certain foods that make it challenging to plan balanced nutrition. Children have definite likes and dislikes, sometimes to the parent or caregiver's dismay.

To Do

- Ask parents/caregivers to close their eyes and remember the sound or noise that they or their child make when given a food they don't like. On the count of three, have everyone make that face or sound.
- Read aloud a humorous children's book about trying new foods – Some ideas include *Green Eggs and Ham*, *Gregory the Terrible Eater*, *I Will Never Not Ever Eat a Tomato*, *Let Us Not Eat Lettuce*.

Fast Facts

Nutrition information to share with scrapbooking families:

- Adults have about 10,000 microscopic taste buds on their tongue, cheek, roof of the mouth, and top of the throat. Babies start with even more than this. Over time, though, taste buds decrease in number and sensitivity.
- Many children need to see a new food at least 10 times before they accept it.

Talking Points

- Brainstorm ways to encourage new foods in table groups or in a large group setting. Jot ideas down on a butcher paper or a white board. Some ideas might include:
 - Offer food opportunities – "Would you like some of . . ."
 - Honor the child's "no" – avoid forcing
 - Model eating fruits and vegetables
 - Use humor to ease anxiety
 - Encourage a sense of adventure (adventure "bites" or adventure "licks")
- Encourage families to put ideas that they might like to try in the thought bubble.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Seriously

- Life Is Busy,
- Food Costs, and
- Time Is Short –

Now What?



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Starting Where We Are: Busy-ness, money, and resistance may make it difficult to change. It is OK to start and stop, and start again.

To Do

- Brainstorm what makes it difficult to reach healthy eating and activity goals, and ways to overcome those obstacles.

Fast Facts

- Behavior change happens over time, with many stops and starts. People need space and time to decide IF they need to change, then WHAT the change may be, and HOW they see the change happening. People need opportunities to try different approaches, discarding what doesn't work and practicing what did work.

Talking Points

After working on the scrapbook page, families could share:

- What worries them about change: cost, time, effort, and what ways they can think of to smooth the change process.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

What Can I Imagine Doing With My Family?

- Think more about eating fruits and vegetables
- Play tag with my family before dinner
- Give each family member the chance to choose a fruit and vegetable we all try each week
- Walk to the store with my family to buy fruits and vegetables
- Add a fruit or vegetable to every meal
- Dance with my family to silly songs
- Offer fresh fruits and vegetables as snacks
- Retry fruits and vegetable favorites in new ways
- _____
- _____

Did You Know?

It takes three weeks to get comfortable
With new ways of doing things?



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Change takes time and can be quite uncomfortable. Families are at different places in their lives and may have other needs that are of higher priority than nutrition and health goals. That's okay – starting where you are is important.

To Do

- Review possible goals on the scrapbook page.
- Encourage families to mark the goals they might want to try or add goals that work for their families.

Fast Facts

Nutrition information to share with scrapbooking families:

- Five or more servings of colorful fruits and vegetables a day (5-a-day!) are recommended for good health.
- Fruits and veggies of different colors provide different vitamins and minerals that our bodies need. Try choosing to match the colors of the rainbow.
- It takes 21 days to learn a new habit – maybe longer in a busy family!

Talking Points

After working on the scrapbook page, families could share:

- Ways to make change less stressful.
- Ways to eat more fruits and vegetables or get more physical activity. (An example may include adding a fruit and vegetable to dinner or having children help find fruits and vegetables that add color to the meal.)

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Checking In . . . How's It Going?

Favorite Food Color In Our Home: _____

New Foods We Tried: _____

What Made It Hard?

What Worked Well?



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Small steps will add up to a big change over time – and tends to last longer over time.

To Do

- Ask participants to reflect on their experiences with working towards the goals they set on adding more fruits and vegetables and increasing physical activity. There is space on the page to show what worked well and what made change hard.

Fast Facts

- Change takes time and is not linear.
- It takes about three weeks to start to get comfortable with change.

Talking Points

After working on the scrapbook page, families could share:

- What has worked well in meeting their health and nutrition goals?
- What they did to overcome the hard spots?

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Housework Counts . . . Yard Work, Too!



Make It Fun!

- Add music with a beat
- Race to the finish
- Have a healthy, tasty treat
- _____
- _____
- _____

Did You Know? Young kids love to do what you do. So, get them up and moving by doing small household tasks. 3-year olds can wipe table tops, scrub and rinse fruits and vegetables, snap green beans, and put things in the trash. 4-year olds fold clothes, help with the dishes, put groceries away – and you can help them be physically active, too.



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Physical activity does not necessarily mean exhausting workouts in the local gym. There are many ways and places throughout everyday activities to add more movement to your day. Daily housework can easily become an aerobic activity that is fun for the whole family!

To Do

- Invite participants to think of chores they do each day and ways to make it more active and fun, that includes all family members. They can jot down their ideas on the scrapbook page.

Fast Facts

- Children need at least 60 minutes of vigorous physical activity each day.
- Moving more boosts energy, promotes sound sleep, and lowers the chances of obesity, diabetes, and heart disease – for all family members.

Talking Points

After working on the scrapbook page, families could share:

- Ways they get moving every day.
- Fun ideas for getting more physical activity.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

~ Interesting Nibbles ~

- ✓ Three fast food cheeseburgers, small fries, and chocolate milk cost about \$10.

BUT

- ✓ Three helpings of vegetable soup, apples, crackers and milk cost about \$5.



- Kids love to help in the kitchen and they really love to spend time with you!

AND

- Families that eat together are healthier and say they feel better about themselves and each other.



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Small changes over time gradually add up to big changes and are easier to maintain. What eating patterns can be changed that cause the least distress, yet move toward the goal?

To Do

- Lead group discussion of how to encourage healthy food choices and family style dining even when "eating-out" or "on-the-run."
- Compare the cost of buying restaurant meals or prepared foods to the cost of buying foods that families prepare at home. Use real examples from local grocery stores and restaurants to compare homemade meal costs to eat-out costs.

Fast Facts

Nutrition information to share with scrapbooking families:

- Fruits and vegetables are best in-season and fresh. They are also good frozen or canned. Look for low or no-salt canned vegetables and no sugar or "natural" canned fruit when fresh varieties are out of season.
- Super-size products greatly increase the amount of salts, unhealthy fats, and total calories with very little nutritional value. Many fast food restaurants now offer healthier side dish options such as fruit salads, green salads, or baked potatoes.

Talking Points

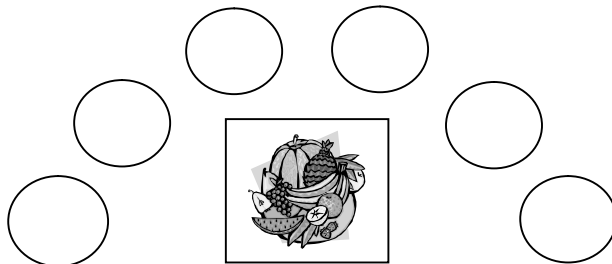
After working on the scrapbook page, families could share:

- Their ideas for ways to make "do-able" changes in their daily meals that help to meet their personal and family health goals.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Checking In . . . What Colors of the Rainbow Did You Eat Today?



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Colorful eating is a fun way for all age groups to think about meeting the 5-a-day goal.

To Do

- Using stickers, markers, colored pencils, and other art supplies, decorate the circles to represent the colors of fresh fruits and vegetables eaten in the last day.

Fast Facts

Nutrition information to share with scrapbooking families:

- Five or more servings of colorful fruits and vegetables a day (5-a-day!) are recommended for good health.
- Fruits and veggies of different colors provide different vitamins and minerals that our bodies need. Try choosing to match the colors of the rainbow.

Talking Points

After working on the scrapbook page, families could share:

- What colors of fruits and veggies showed up?
- Was there a lot of just one or two colors?
- How did family members decide what colors to add?
- What were the favorite colors?
- Is there a new color?

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

5-A-Day . . . With a Little Play

- Eat a tree– broccoli and asparagus spears!
- Sail away on a banana boat!
- Silly Smiles . . . a small orange sliced into pieces that grin at you
- Ants on a Log–celery with peanut butter and raisins

Ideas I Have
For Fun, Family Meals . . .



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

One of the ways to beat the mealtime blues is to make it playful! Are there foods or meals that you remember from your childhood that were playful?

To Do

- Ask families to brainstorm ideas for ways to make family meals or particular foods fun and inviting. There is space on the scrapbook page to jot those ideas down.
- Consider a fun hands-on activity with adult participants, such as using a variety of fruits and vegetables, toothpicks, and other art supplies to make fun “critters.”

Fast Facts

Nutrition information to share with scrapbooking families:

- Children love to help by “doing” what the adults do - for them, it is play!
- Children are more likely to try a new food when they help prepare it.

Talking Points

After working on the scrapbook page, families could share:


- Their ideas for fun family meals.
- A favorite childhood memory of a fun food or meal.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Physical Activity: How Can I Fit It In?

What Am I Doing Now?



What Can I Add?



Did You Know? Take it slow and easy while you build up to 30 minutes each day. Pain is not gain! Check with your doctor, too!



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Everyone is active in some way throughout the day. One of the ways to increase activity is by figuring out where you have opportunities to add in some extra movement. Start with small changes and slowly increase over time!

To Do

- List all the things you do during your day, from the time you wake up until you go back to bed, in the box on the left-hand side.
- Talk with a table partner about when you are most tired, energetic, hungry, ready for quiet, ready to play, ready for adult time. Underline or highlight the best times to add physical activity.
- Think of three moderate physical activities you could sneak into your day, even 5-10 minutes each time. Write or draw these times and ideas in the box on the right-hand side of the page.

Fast Facts

- Families don't need to spend money or get involved in sports – doing everyday things at a brisk pace increases activity levels.
- Children need at least 60 minutes of vigorous physical activity on most days.

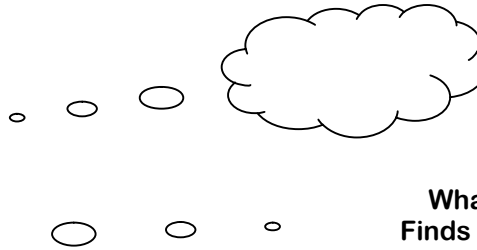
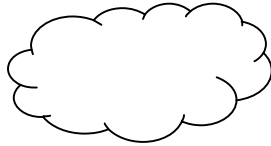
Talking Points

- Busy families can find it exciting, challenging, puzzling, fun, or hard to fit in an "exercise program," but physical activity doesn't have to mean "exercise."
- 30 minutes of daily moderate physical activity can be broken up into three sessions of ten minutes each. Ideas may include taking the stairs instead of the elevator, walking to the store, playing with your child at the playground, parking in the farthest spot from the store, using a push lawn mower, briskly vacuuming, or sweeping to energetic music.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

**What My Family
Likes Best
About Eating
Fruits and Vegetables**



**What My Family
Finds the Hardest
About Eating
Fruits and Vegetables**



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Having a clear idea about what you and other family members like or dislike, and why, can help you make clear decisions about what fruits and vegetables to add, what new ones you may be interested in trying, or what you may just be willing to consider trying.

To Do

- Provide a variety of demonstration fruits and vegetables, both in serving pieces and whole, so that families can use all their senses to learn about a wide variety of fruits and vegetables.
- Ask parents/caregivers to think about what their family likes best about eating fruits and vegetables, and what they find hardest about eating fruits and vegetables. Jot those ideas down in the thought bubbles.

Fast Facts

Nutrition information to share with scrapbooking families:

- Five or more servings of colorful fruits and vegetables a day (5-a-day!) are recommended for good health.
- Serving a familiar and liked fruit or vegetable along with a new one may help ease anxiety, and even encourage tasting the new food.

Talking Points

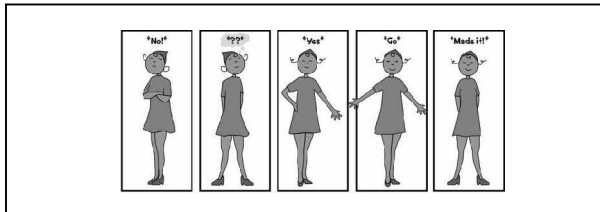
After working on the scrapbook page, families could share:

- About appealing fruits and vegetables.
- About repulsive fruits and vegetables.
- About ways they thought of to make trying a new food fun in their family.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Checking In . . . How's It Going?



My Point of View



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Behavior change has several stages: awareness, thinking about changing, planning to change, making the changes, and revisiting the old ways. People cycle through all these stages no matter the change – that's human behavior and that's okay.

To Do

- Show families the model of behavior change.
- Ask individuals to think about where they might be in the cycle, and give them time to write or draw about their experiences of eating more fruits and vegetables and increasing their physical activity.

Fast Facts

- Change takes time and can be both exciting and uncomfortable. Allow three weeks or more for change to become the new practice, and allow yourself to re-visit the familiar ways if you need to. Tomorrow really is another day.

Talking Points

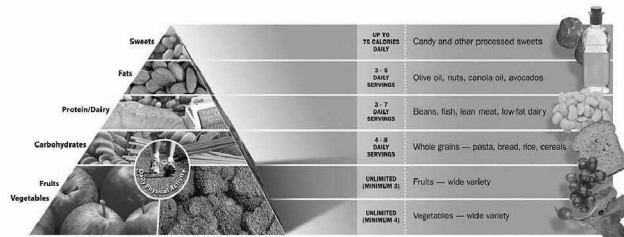
After working on the scrapbook page, families could share:

- Where they think they are on the model of behavior change.
- What helps them to stick with the goals they have made and to think of ways to get the support and encouragement they might need from friends, family members, or other helpful people.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

5-A-Day . . . Okay! What About Other Foods?



Adapted from the Mayo Clinic Healthy Weight Pyramid,
http://www.mayo.edu/comm/mcr/news_1393.html, USDA Approved

Did You Know? Child-Sized portion sizes and servings are different than what adults need. For example, kids from 2-6 years of age need 2 servings of milk, 2 servings of meat, 3 servings of vegetables, 2 servings of fruits, and 6 servings of grains.



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Even though this project is focusing on finding fun ways to increase how many fruits and vegetables we eat each day, we all also wonder about total nutrition – especially when it comes to our children.

To Do

- Provide examples of what a children's portion in the various food groups looks like.
- Give participants a chance to design in their table groups a child-friendly menu that considers all food groups, portion sizes, and number of meals and snacks. They could write a menu, cut and paste magazine pictures, or use other art supplies. Allow and encourage creativity.

Fast Facts

Nutrition information to share with scrapbooking families:

- Child-sized portions are smaller than what adults need.
- Children need to eat more frequently, too.

Talking Points

- After working on the menu, families could share their menus with the larger group and discuss any sticking points and ideas for solving them.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

May I Have More, Please?



Did You Know? Children are more likely to try foods that are new when they are served with foods they already know and like ~



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Meal times can be hard on a family, especially with a choosy eater, tired parents, and limited budgets. People need positive feedback and positive self-talk when they are trying new, healthy things that may be difficult or hard for other family members. People taking time to cook meals really may not want to hear “I don’t like that” or “Do I have to eat that?” and find it easier to just provide the same food that causes the least resistance as a way of feeling okay.

To Do

- Ask families to consider a time they were successful in presenting a new food that their children liked and wanted more of. Ask them to think about the work it may have taken to get to that point – for example, how many times the food was offered, what was the food served with, who ate it first?

Fast Facts

Nutrition information to share with scrapbooking families:

- Starting with small amounts helps us to be aware of how much we eat (serving size) and encourages us to be more willing to try unfamiliar or less favored foods, too.
- Encouraging all family members – particularly children - to help choose foods and prepare meals also encourages them to try the foods that are served.

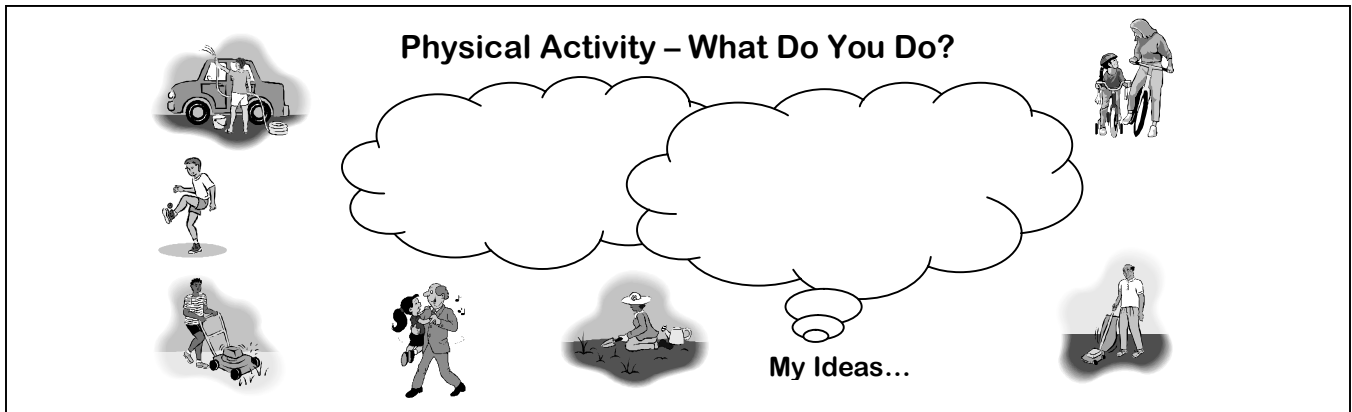
Talking Points

After working on the scrapbook page, families could share:

- Their ideas and strategies for making meal times fun and safe places for exploration and trying new foods.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

There are many excellent ways of being physically active. Children and parents are involved in physical activity each day. Building on those activities and trying new ones is key to supporting active lifestyles.

To Do

- Invite families to look at the pictures and circle the one or two that most closely fit their idea of moderate daily physical activity.
- The thought bubble provides space to include ideas that may not be found on the scrapbook page.

Fast Facts

- Daily physical activity is part of a child’s foundation for a long, healthy life.
- Young children are naturally physically active and need at least an hour of vigorous physical activity each day. These activity periods can be broken into 10-15 minute increments throughout the day.
- Remember! Adults set the tone for active living in the family – so let yourself feel young enough to play! Don’t worry if you forgot how – your child will be pleased to lead the way.

Talking Points

After working on the scrapbook page, families could share:

- Ways that they are physically active each day.
- Ways they might consider safely increasing their physical activity levels.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Physical Family Fun Outside the Home! Where Do You Like to Go?

In Our Neighborhood:

In Our Town:

At Our School:

Other places we go:



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Safe, fun physical activity is important for all family members and for a healthy community. Frequently, one family might know of an opportunity for physical recreation that another family would like to try out. This is just one part of community wisdom.

To Do

- Ask families to brainstorm places in their community where families can find safe, fun opportunities for physical activity. Keep track of their ideas on a white board or large piece of butcher paper.
- After brainstorming, invite families to use their scrapbook to write down ideas that appealed.
- Hand out local community listings of possible resources for safe, fun physical activities (examples: community parks, walking trails, local YMCA)

Fast Facts

- Playing together builds strong families.
- All members of a family, even busy youngsters and family members with disabilities, need physical activity.
- Sometimes, two or more families join together for family fun. This offers both adults and children more opportunities to build connections, play hard, and have fun.

Talking Points

After working on the scrapbook page, families could share:

- Ideas for ways to fit in fun physical activity that appeals to family members.
- One new park or playground they might like to visit with their families for some fun physical activity.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

My Family Recipes



**ACTIVITY
IDEAS
TO
CHOOSE
FROM . . .**

Think About

Families have special foods or meals that are important to them, sometimes at the same time as a birthday or religious holiday. Thinking about the positive experiences and delights of those special foods or get-togethers offers a way to plan for more special meals and family time.

To Do

- Decide on a favorite recipe or meal and write it in the box.
- Decorate the recipe to show the significance of the recipe. Maybe it's a cooking project that encourages family time, maybe it's a particular dish that you make for family get-togethers that other members look forward to sampling.

Fast Facts

Nutrition information to share with scrapbooking families:

- Healthy meals include opportunities for family members to share a special time and reconnect after a busy day.
- Families that prepare at least one meal a day and eat it together report more satisfaction with their communication and relationships.
- Studies have shown that teens that eat dinner at home with their families do better with their schoolwork and are less likely to try drugs or alcohol.

Talking Points

After working on the scrapbook page, families could share:

- Favorite memories of special foods or family get-togethers.
- Ways they make family meals a special time to reconnect.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

Some More Ideas for Families to Consider:

Websites to Explore:

http://www.5aday.com/html/kids/kids_home.php

<http://www.barrenriverhealth.org/fiveaday/frequentlyaskedquestions.htm>

<http://www.nutritionexplorations.org/kids/activities-main.asp>

Books My Library Might Have:

I Will Never NOT EVER Eat A Tomato - Lauren Child

Jump, Frog, Jump - Robert Kalan

The Ugly Vegetables - Grace Lin

Barnyard Dance - Sandra Boynton

My Own Ideas:



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

Change as process means that it never really is over. Growth and change are part of healthy, challenging, exciting lives. Family members will discover new information and try new ideas throughout their lives.

To Do

- Use this page as a place to keep track of places to gather more information and to jot down some ideas for what you may want to try with your family, or on your own. It's okay to dream!

Fast Facts

- Learning is a life-long journey that doesn't just happen in a classroom.

Talking Points

After working on the scrapbook page, families could share:

- Some of their goals or dreams about their healthy families and the steps they might take to reach their goals and dreams.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families:

These materials were developed through federal funds from the USDA Basic Food Program and the state of Washington's Department of Early Learning.



The Basic Food Nutrition and Education Plan (BFNEP) for Washington State can help qualifying families secure nutrition assistance and education.



For more information, call: **1-877-980-9220**

or on-line at: https://fortress.wa.gov/dshs/f2ws03esaapps/onlineapp/introduction_1.asp



ACTIVITY IDEAS TO CHOOSE FROM . . .

Think About

There are many resources available in our state to help families meet their nutrition and health goals. Remember to acknowledge where the funding for FEAST and CHOW projects come from on any materials that you and your families develop.

To Do

- Provide families with contact information or other needed help accessing basic food assistance (formerly known as the food stamp program) and other needed resources from their local Community Service Offices (CSOs) and local community organizations.
- Ask your local CSO to provide an outreach worker to come and chat with families and help them with the paperwork.

Fast Facts

- Asking for and receiving help can be difficult. Honoring families' resilience and competencies can help ease this hard place and make it more likely that families will let you know what they need or would be willing to accept help on. Start from where your families are – they know best!

Talking Points

- Ask families (ahead of time!) that receive basic food assistance if they would be willing to share their experiences using the new "debit" card and how basic food assistance may help them meet their families' nutritional needs.

Guide Ideas

Your ideas for activities and nutrition tidbits to share with families: