

HEALTHY EATING FOR THE FAMILY

Topic Guide
Family Health Forum



Lions Clubs International
FOUNDATION

Special Olympics





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Learning Objectives

The aim of this Forum on Healthy Eating for the Family is to share knowledge about nutrition, address challenges or concerns you may have and to provide you with strategies that will support healthy eating at home.

This Forum is divided into the following three topic areas:

1. Understanding what healthy eating means
2. Strategies for healthier meals at home
3. Action planning for greater access to healthy meals



Agenda

The following is a general agenda for the Forum and the topics covered.

Topic/Activity
Welcome and introduction
Overview of Family Health Forums
Welcome reflection
Key messages on healthy eating
Discussion: Understanding MyPlate
The Food Benefits Game
Presentation: Benefits of eating fruits, vegetables, grains, proteins, dairy and plant-based oils
Small group activity: Build a Plate
Activity: Finding the balance - Making Meals Healthier
Presentation: Finding the Balance
Small Group activity: Having more healthy meals
Presentation and discussion <ul style="list-style-type: none"> • Low-cost ways of eating healthy • Managing food preferences • Creating time for healthy meals • Salt and sugar reduction
Summary of strategies to try at home
Individual Reflection: Select 1 strategy to try
Q&A
Closing



Overview

The following pages provide an overview of the Forum in order from beginning to end as it aligns with the Healthy Eating for the Family PowerPoint presentation. The PowerPoint presentation and this document includes notes, draft script, materials, and other commentary for facilitators.

Remember to adapt the slides, language, and images to better suit your context.

This FHF is divided into four parts.

- Part 1: Welcome and Introduction
- Part 2: Understanding what healthy eating means.
- Part 3: Strategies for healthier meals at home.
- Part 4: Action planning and closing.

IMAGE KEY

The following symbols are used in the next section to highlight the activities of the Forum.



SAY- Contains the information and concepts the facilitator will share with participants.



ASK – Cues facilitator to engage the audience with a question.



NOTE – Directional/informational note to the facilitator about the content or activity.



MATERIALS – Details on what tools/items will be used during the activity.



Part 1: Welcome and Introduction

The first four slides of the presentation are focused on welcome and introductions.

Slide 1: Opening



Say:

- Before we get started a few housekeeping needs:
 - Location of toilets/washrooms
 - Snacks or drinks
 - Other logistics

Slide 2: Introductions



Say:

- Welcome to our Family Health Forum! we are looking forward to talking about healthy eating.
- Let's get to know each other a little bit and play a memory game where we introduce ourselves.
- For this game we will pass around this ball and each person must say their name and their favorite food item. The person speaking throws the ball to someone else and this person must say their name and their favorite food as well as the previous speakers' names and favorite foods.



Materials:

- Item to be passed around (i.e., ball) for introduction game.
- Name cards or paper for participants to write down their name/decorate.



Slide 3: Overview of the Forum

Overview of the Forum

1. Understanding what healthy eating means
2. Strategies for healthier meals at home
3. Action planning for greater access to healthy meals



Say:

- Today we are going to discuss healthy eating for the family.
- This session will take about 1 hour, and we are going to cover the following topics.
- Discuss what healthy eating means and the benefits of different foods.
- Explore strategies for healthier meals at home.
- And finally, we will create realistic action plans for us to have greater access to healthy meals.
- We will have a mix of activities, discussion, and presentations.
- We all have something valuable to share and we are here to learn from each other experiences as well.
- Feel free to share any questions or comments you may have as we go along.

Slide 4: About Family Health Forums

About Family Health Forums

FHFs are spaces for:

- Connection with other families
- Connection with service providers

Our ways of working:

1. Respect
2. Active listening
3. Judgement-free zone
4. Confidentiality



Materials:

- Writing/drawing utensils
- Loose paper/cards
- Basket or other container to collect questions



Say:

- Family health Forums are occasions to bring families together to share their experiences with each other, and to connect with service providers in the community.
- We strive to use these sessions to support your care and wellbeing for yourselves, your family members including athletes, siblings, athletes, and others in the home.
- As with all Family Health Forums – this is a welcoming space, and we have 4 principles to guide our time together:
 - We RESPECT each other's opinions and recognize that we may all be at different stages of caring for ourselves and all members of the family.
 - We use ACTIVE LISTENING to be fully present with each other and give each other our undivided attention. We also provide feedback that aims to enhance our mutual understanding of an issue.
 - We are a JUDGEMENT-FREE zone – we recognize that we each bring our own unique experiences to this event. We observe our own judgmental thoughts and replace them with non-judgmental ones.
 - We believe in CONFIDENTIALITY – we agree to keep what is shared and discussed here.
- We are here to learn from and with each other – feel free to ask questions at any time. You can, ask your question to the group, or you can write down your questions and place them in the question box.



Part 2. Understanding what Healthy Eating Means

Slides five to thirteen are focused on understanding what healthy eating means.

Slide 5: Welcome Reflection



Welcome Reflection

- What are your successes relating to healthy eating?
- What are your challenges or areas of concern relating to healthy eating?

- Notes:**
- Show participants where in their participant workbooks they can fill in their responses.

- Say:**
- Before we begin, please take a moment to write down your biggest successes and challenges regarding healthy eating as a family.
 - Turn to page __ in your participant workbook and record your thoughts there.

- Ask:**
- After a few minutes, ask participants if there any volunteers who would like to share their

- Materials:**
- Writing/drawing materials.

Slide 6: Healthy Eating Quick Tips



Healthy Eating Quick Tips

- Variety is key**: eat a variety of fruits, vegetables, and lean proteins
- Balance is key**: some foods have more benefits than others find the balance that works for you
- Half & Half**: eat half whole grains and half refined grains
- More fruits & vegetables**: have more fruits and vegetables throughout the day
- Healthy can be affordable**: eating healthy doesn't have cost money
- Cooking together**: engage the whole family in meal preparation and cooking
- Show & tell**: model health eating for others in the family

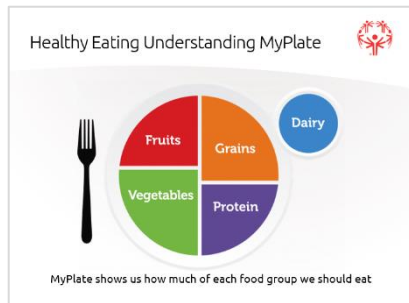
- Say:**
- Throughout the session we will highlight the following key messages.

- Ask:**
- Is there a volunteer who would like to read out the first key messages?

- Notes:**
- Continue asking until all the key messages are read. If no volunteers, facilitator reads out the key messages.



Slide 7: Healthy Eating Understanding MyPlate



Ask:

- Is anyone familiar with this picture of a plate? What do you think it is about? You are welcome to also record your responses in your participant workbook.



Notes:

- Allow some time for participants to respond.



Say:

- This image of a plate is a helpful way for us to think about healthy eating.
- It shows us generally how much of each food group is recommended.
- You can see that vegetables are the largest section of the plate followed by grains.
- Together, fruits and vegetables fill half of the plate while proteins and grains fill up the other half.
- And milk and dairy products are also included.

Slide 8: What's in my Food? The Food Benefits Game



Notes:

- Divide participants into 3 groups.
- Present on the screen the following pictures of different foods/or show participants where this appears in their workbooks.
- If virtual – assign a group leader for each group who will go through the pictures of food slides.



Say:

- Say:
- We are going to quickly refresh ourselves about the benefits of some of our common foods.
- In your groups you are going to play the Food Benefits Game
- The aim of this game is to guess the benefits of the food group represented in the picture.
- I will show each picture on the screen for 1 minute.
- In your groups you will have 1 minute to guess the benefits of that food group.
- In your participant workbooks on page ___ you will also see the 3 pictures. Your group can record your list of benefits there.
- We will see how many benefits you can record in 1 minute.
- When you have completed all three food groups you can read the benefits page together and see how many benefits were correct.



Slides 9, 10, 11: Pictures for the Food Benefits Game

Slides nine, ten, and eleven are part of the food benefits game.



Note:

- Facilitator will show each picture slide for 1 minute. During that time participants are guessing what benefits that food group has.



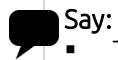
Ask:

- Are you ready?
- Write down as many benefits as you can.
- Timer starts, now.



Say:

- The first picture is berries, representing the fruits category.



Say:

- The second picture is kale, a leafy green representing the vegetables category.



Say:

- Our last picture is a mix of beans and lentils, representing the proteins category.



Slide 12: Recommendations for Healthy Eating

Recommendations

- Eat a variety of fruits and vegetables
- Consume a variety of proteins (including lean protein)
- Eat half whole grains and half refined grains
- Use unsaturated vegetable oils
- Have more low fat or non-fat dairy options



Note:

- Collaborate with your local nutrition partner to identify a list of locally available foods across all food groups for the participant workbooks.



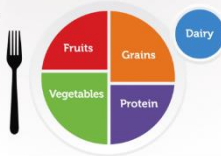
Say:

- Thanks for playing the game, I hope we all have an idea now about the benefits of different foods.
- Key things to remember is to eat a variety of foods across the food groups.
- Whole, sliced, and pureed fruit is always a great choice – watch out for juice, unless it is 100% fruit it can have a lot of added sugar that reduces its health benefits.
- In your participant workbooks you will see a list of local foods across all these categories.
- Have a look at it when you have time and see which ones you already knew of and which ones are new.

Slide 13: Activity: Build a Plate

Small Group Activity: Build a Plate

1. Discuss in small groups which foods go into each category
2. As a small group create your own 'Plate' with materials provided



Note:

- Divide participants into their small groups.
- Guide participants to the MyPlate template in their workbooks.
- Show participants the page in their workbooks for the global guidelines for a healthy diet by the World Health Organization.



Say:

- Now that we are familiar with the benefits of different foods, we are going to work together in small groups to build a meal together across all the food groups.
- In your small groups, build your plate, remember to ensure there are as many minerals and nutrients as possible. Remember to use common foods that are easily available.
- After you have made your plate, each group will share their plate with the larger group.
- For this activity we are going to use the general guidelines of the MyPlate template, these are similar to the global guidelines for a healthy diet by the World Health Organization.
- When you have time, you can review the global healthy diet guidelines which can be found in your participant workbooks.



Part 3: Strategies for Healthier Meals at Home

Slides fourteen to twenty are focused on supporting attendees to have healthier meals.

Slide 14: Activity – Finding the Balance: Making Meals Healthier

Small Group Activity



- Having more healthy meals**
- Group 1:**
What are 5 low-cost ways of eating healthy
- Group 2:**
What are 5 ways to support healthy eating among individuals with food preferences
- Group 3:**
What are 5 ways to create time for making healthy meals

Note:

- This activity takes place after participants have shared their 'Plates'.

Say:

- Now that we have made our 'Plates' let's explore how we can make some meals healthier.
- For this activity – turn to page __ in your workbooks. You have 3 meals pictured there. In your groups discuss how you can you make these meals healthier?
- Can you replace the protein to one with more nutrients/benefits.
- Can you change how something was prepared to make it healthier?
- Each group will have the opportunity to present their new 'Plates' and tell us how they are keeping their overall meal healthy.

Slide 15: Finding the Balance

Finding the Balance



- There are no 'good' or 'bad' foods
- Some foods have more benefits than other foods
- We can mix up the foods on our plate
- Some foods we need to eat daily, some we eat occasionally



Ask:

- What are some ways you mix foods with more and less minerals?

Say:

- Thank you for sharing your strategies to make meals healthier.
- As we can see, healthy eating is a balance.
- Remember there are no good or bad foods, rather, some foods have more benefits than others.
- We don't always have to eat meals that maximize minerals and nutrients. It is ok to mix it up.
- Foods with a lot of vitamins and minerals are called nutrient dense.
- We can mix foods on our plate and meals throughout the day so that we have an overall balance of nutrient dense foods and other foods.
- Some foods we need to eat daily like fruits because they have a lot of vitamins and minerals, they are nutrient dense.
- Some foods we eat occasionally like sweet and high fat foods because they have little vitamins and minerals.
- What is important is to find the balance that works best for you and your family.



Slide 16: Activity – Having More Healthy Meals

Small Group Activity

Having more healthy meals

Group 1:
What are 5 low-cost ways of eating healthy

Group 2:
What are 5 ways to support healthy eating among individuals with food preferences

Group 3:
What are 5 ways to create time for making healthy meals

Say:

- Next, we are going to explore how to have more healthy meals in our everyday lives
- Each group will have 5 minutes to put together some responses to their prompts
- After the 5 minutes each group will share what they have agreed on.

Note:

- Split participants into their 3 groups
- Guide participants to the group questions in the participant workbook.

Slide 17: Low-cost Ways of Eating Healthy

Low-cost ways of eating healthy

- Grow your own vegetables (Indoor/outdoor)
- Cook at home
- Replace meat with other proteins (soy, beans)
- Stretch recipes by adding ingredients
- Plan your meals in advance
- Bulk purchasing of non-perishables

Note:

- This slide shows additional suggestions to support the ideas that the groups generated.
- You can read out loud the ones that were not shared by the groups.
- In preparing for this slide, have a list of relevant substitutes for meat products (see point 3 below).

Say:

- Thank you group 1 for sharing your suggestions on low-cost ways of eating healthy.
- Let's explore some of these points more:
 - There are different ways for growing your own vegetables. For example, XX, XX vegetables are very easy to grow and do not need a lot of space.
 - Cooking at home can often help with spending less, while eating healthier. Transport costs to a restaurant and time can all make going out to eat more expensive than finding something already in the home.
 - Sometimes meat products can be quite expensive. There are other cost-effective substitutes that still offer the same benefits, in our area these include... XX.....
 - Stretching recipes is another good one, for example adding pasta sauce or gravy to leftover meat or vegetables.
 - Planning meals in advance at the beginning of the week for example is a great way to reduce impulse grocery shopping.
 - Sometimes when we can plan our meals in advance it allows us to purchase our groceries in bulk thus reducing the cost and time of repeated grocery shopping.
- Remember eating healthy does not need to be expensive.

Ask:

- Does anyone have any examples of these topics they can share? Do you stretch your ingredients? Plan your meals?



Slide 18: Managing Food Preferences

Managing food preferences



1. Eat meals together to model healthy eating
2. Encourage exploration/play with new foods
3. Introduce new foods with very small portions
4. Balance new and familiar foods on the plate
5. Keep trying (can take 10 to 15 times before a new food is liked)
6. Have family members help in preparing meals
7. Limit using dessert or other foods as a reward for eating



Note:

- This slide shows additional suggestions to support the ideas that the groups generated.
- You can read out loud the ones that were not shared by the groups.

Say:

- Thank you group 2 for sharing your suggestions on how to manage individuals with strong food preferences and still support healthy eating.
- A few additional ideas are:
 - Add anything from the slides that was not said by the group.
 - Remember to keep trying and explore new ways to support integration of healthy foods.

Slide 19: Creating Time for Making Healthy Meals

Creating time for making healthy meals



1. Create meals in advance
2. Cook once for the week
3. Choose meals you can easily prepare when you don't have a lot of time
4. Double recipes and store remainder in the freezer
5. Make a food shopping list
6. Use leftovers
7. Allow family members to help
8. Have healthy snacks easily accessible



Note:

- This slide shows additional suggestions to support the ideas that the groups generated.
- You can read out loud the ones that were not shared by the groups.

Say:

- Thank you group 3 for sharing your suggestions on how to create time for making healthy meals.
- A few additional ideas are:
 - Add anything from the slides that was not said by the group.
 - Remember healthy snacks can be quick and easy here are some ideas for healthy snacks from the SO Fit-5 guide- (a copy of this can be found in your materials):
 - Apple slices dipped in peanut butter.
 - Low-fat unsweetened yogurt with berries.
 - Low-fat cottage cheese with tomatoes
 - Carrots or peppers dipped in hummus.
 - Celery topped with peanut butter and raisins.



Slide 20: Other Easy Wins

Other easy wins



Reducing salt intake

- Choose products with lower sodium content
- Limit condiments, processed or ready-made foods

Reducing sugar intake

- Choose healthy snacks over sugary snacks
- Limit sugary snacks, candies and sugar-sweetened beverages



Say:

- In addition to the ideas we have already shared, reducing salt and sugar are 2 other ways that we can easily have more healthy meals.
- Highly processed foods are increasingly becoming more available and more affordable.
- People around the world are consuming more foods that are high in saturated fats, sugars, and salt.
- According to the World Health Organization, most people consume too much salt.
- Any product with more than 10% sodium is considered a significant amount of sodium.
- Excessive salt intake corresponds to increases in blood pressure, and increased risk of cardiovascular disease, stroke, or heart attack.
- There are easy ways to reduce our salt intake:
 - Checking labels and reducing use of condiments with high sodium.
 - Keeping salt away from the table during meals.
 - Cooking with less or no salt.
 - Limiting consumption of salty snacks, processed or readymade foods.
- For sugar there also easy ways to reduce our sugar intake:
 - Limiting or reducing our consumption of sugary drinks – swap out juice for water.
 - Snacking on more fresh fruit and vegetables than sugary or sweet snacks.

Ask:

- Are these suggestions helpful? Do you have other ideas of reducing salt and sugar intake?



Part 4: Part 4: Action Planning and Closing

Slides twenty-one to twenty-five are focused on creating action plans for healthy eating and closing the Forum.

Slide 21: Strategies to Try at Home

Strategies to try at home

- Eat more fruits & vegetables every day
- Keep snacks healthy
- Mix 2 food groups for snacks.
- Watch the amounts of food you put on your plate
- Reduce sugar intake
- Reduce sodium intake
- Eat meals together to model healthy eating
- Involve family members in all aspects of food preparation and cooking

Say:

- Before we leave today, we want to make sure that we are taking everything we have talked about today and applying it to our everyday lives.
- Here is a brief list of some strategies that we can try at home to have healthier meals.
- These are some ideas to try.
- Next, we are going to give a bit of time for each of you to think about your own strategies to have more healthy meals at home.

Slide 22: Individual Reflection

Individual reflection

How can we have more healthy meals?

What is one strategy that you can realistically try to get more nutrients in your meals?

Consider the following:

- Schedule/time
- Budget
- Family involvement

Say:

- Everybody please take 7 minutes to think about 1 strategy that you can realistically do to have more healthy meals.
- Decide on one strategy that you can do for the next month and will commit to doing.
- Think about what works best for you and your family.
- It does not have to be something very big, what is important is that it is realistic and doable.
- Once you have thought about a strategy to commit to for the first month, you can complete the individual reflection in your workbook. This can be found on page____

Ask:

- Would anyone like to share their strategy to get more nutrients in their meals?

Slide 23: Healthy eating quick tips (recap)

Healthy Eating Quick Tips

- Variety is key**
eat a variety of fruits, vegetables, and lean proteins
- Half & Half**
eat half whole grains and half refined grains
- More fruits & vegetables**
have more fruits and vegetables throughout the day
- Cooking together**
engage the whole family in meal preparation and cooking
- Balance is key**
some foods have more benefits than other foods find the balance that works for you
- Healthy can be affordable**
eating healthy doesn't have to cost more money
- Show & tell**
model healthy eating for others in the family

Say:

- Here is a quick reminder of the key messages on healthy eating – this is also in your workbook.
- We encourage you to pull this out and stick it somewhere the whole family can see.
- Eat a variety of foods.
- Eat half whole grains and half refined grains.
- Have more fruits and vegetables.
- Involve family members in cooking and meal preparations.
- Find the balance that works for you and your family.
- Eating healthy does not have to cost more money.
- Model healthy eating for others in the family.



Slide 24: Open Discussion

Questions



Say:

- Before we close, let's have some time for questions and discussions.



Ask:

- Does anyone have any questions or outstanding challenges?

Note:

- This is the time to address any outstanding questions or concerns from participants.
- Start off by responding to the challenges and questions that participants shared at the beginning of the session.
- Remember to answer as thoroughly as possible.
- If relevant you can also ask other participants if they have suggestions to share.
- Leverage your community partners and or topic experts to help you respond to questions.
- If there are questions you are not able to respond to, be honest and if feasible do the following:
 - Refer individuals with that concern to community partners – have names and contacts for these referral partners.
 - Take note of the question and tell the participants you will inquire about the answer and get back to them (be sure you have the capacity to do this follow up).

Slide 25: Closing

Thank you!



SO Program Team

Contact Us:
Name:
Tel:
Email:

Other

Contact Us:
Name:
Tel:
Email:

Other

Contact Us:
Name:
Tel:
Email:

Other

Contact Us:
Name:
Tel:
Email:

Note:

- To close the meeting, thank participants for their participation and attendance.
- Update this slide with contact information for participants to ask further questions or to learn more.
- Fill in this slide with contacts for Special Olympics program staff as well as for facilitators and community partners.
- This may be a good time to invite community partners to share a bit about their services and how attendees can access them.