



FAMILY & FOOD MATTERS TO CAREGIVERS & KIDS

How to Utilize the FFM-CK Toolkit

The Family and Food Matters to Caregivers & Kids (FFM-CK) Toolkit contains the manual, resource guides and information to assist you in hosting a group.

WHAT IS FFM-CK?

FFM-CK is a 7-week nutrition and wellness program that helps to decrease family hunger and increase family functioning. The manualized program has two components: 1) Wellness Focus: 4Rs & 2Ss for Family Strengthening curriculum to help decrease stress and improve family relationships and 2) Nutrition Focus that introduces information from the USDA 'MyPlate' and engages families in creating a healthy meal together.

OVERVIEW OF THIS TOOLKIT

The materials in this Toolkit are designed to promote nutritional education around MyPlate (the USDA Center for Nutrition Policy and Promotion nutrition guide) for service providers and the families they serve. Awareness around how to incorporate healthy foods along with addressing challenges to putting enough food on the table and providing support is done in a multiple family group setting.

The following is a summary of the FFM-CK Toolkit materials and how they can be utilized:

FFM-CK Materials for Families



Manual: The same manual is used by both participating families and facilitators to allow for complete transparency. It contains information

for each of the 7 sessions including a weekly recipe. Throughout the manual, there are additional resources related to the 4Rs & 2Ss and the food groups.



Food for Thought: The front side includes nutrition information and contact information for assistance with food. The chart on the backside is used in between sessions to raise

awareness of healthy food intake. It includes recommendations from the USDA MyPlate and is intended to be used weekly as a method to recognize how much family members are eating from the session's food group. We suggest the guide be laminated and a dry erase marker provided for weekly reuse. Otherwise, copies can be given for each session.



Sugar Content: How much sugar is there? This one-pager covers how to calculate sugar content in a way that's easy to understand.



Certificate: To celebrate the families' participation, a certificate is offered at the end of the program.

FFM-CK Materials for Organizations



Manual: As noted at left, the manual contains all the necessary content for the program.

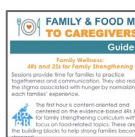


How to Talk to Families About Eating Enough Healthy Food: This 2-sided guide has information and tips on how to speak with adults on the sensitive topic of food

concerns.



Implementation Guide for Organizations: This 1-pager describes the program. It also covers information when deciding to run a program, staff training and participant recruitment.



Guide for Facilitator: This back-to-back handout provides guidance to those implementing the program. The wellness focus and facilitation skills are reviewed.



Guide for Food Preparation Leader: This 2-pager reviews the food demonstration and supplies. It also highlights the reasons for becoming a Share Our Strength Cooking Matters at the Store tour leader. (Please plan in advance!)



Sugar Content: How much sugar is there? As noted on the left, this handout focuses on sugar.

Remember!

This is an opportunity to strengthen family relationships around mealtimes, increase support and reduce stress.



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Implementation Guide for Organizations

About Family and Food Matters to Caregivers and Kids

Family and Food Matters to Caregivers and Kids (FFM-CK) is a 7-week strengths-based manualized nutritional wellness program that helps to decrease family hunger and increase family functioning.

The goals include: help families to strengthen family relationships • bolster knowledge and motivation among families to acquire healthy food • engage in healthy cooking and meal preparation • and share meals together as well as to practice the 4Rs & 2Ss. This practice skills have been shown to help decrease stress and improve family relationships.

Family Wellness Focus: 4Rs and 2Ss for Family Strengthening

The first hour is content-oriented and centered on the evidence and strengths-based 4Rs & 2Ss for Family Strengthening curriculum with a focus on food-related topics. The 4Rs are Rules, Respectful Communication, Relationships and Responsibilities; and the 2Ss are Stress and Support. These are the building blocks to help strong families become stronger!

Nutrition Focus

The remaining hour includes nutritional education and the meal preparation of a Cooking Matters recipe by the family as led by a food preparation leader. Each of the USDA MyPlate food groups is discussed throughout the 7 weeks with an additional focus on sugar. This component of the program is an opportunity for family members to spend quality time together around healthy plates.

Deciding to Conduct a FFM-CK Group

This program ...

- is for organizations that have family members participating in their services (i.e., primary caregiver and child(ren), ages 5 to 13).
- requires a comfortable, private area (with tables) to host the sessions, including access to a kitchen for the cooking activity and meal preparation.
- is most effective if there are available staff to fill the group facilitator and food preparation leader roles. Co-facilitation is recommended.
- requires resources for printing, ingredients and supplies. (If possible, can be done in-kind or via donations.)
- requires prep time before and after session.
- includes the very important Share Our Strength Cooking Matters at the Store tour.

Staff Training for FFM-CK

Facilitators have knowledge of:

- 4Rs and 2Ss for Family Strengthening
- Group core skills and group cohesion techniques
- MyPlate guidelines

Food Preparation Leader* is familiar with:

- Safety and hygiene practices
- Step-by-step recipe preparation and ideas to adjust recipes if needed
- Skills to engage both caregiver and child in the cooking activity
- Nutrition information

Share Our Strength Cooking Matters at the Store**:

- Teaches to shop smarter and use nutrition information to make healthier choices.
- To learn how to become a store tour leader visit www.cookingmatters.org/tour-leaders

*Note: It may be possible for one person to be both facilitator & food prep leader.

**Note: Requires time, coordination and planning

Participant Recruitment

Keep these tips in mind:

- Schedule the group at convenient times for families to attend (consistent days/times help to increase attendance).
- Create a recruitment plan (e.g., identify recruiter, identify best times to speak to caregivers).
- Create a recruitment flyer with clear program description and recruiter contact information.
- Document interested caregivers contact information (including best days/times for them to attend).
- Having 5 to 7 families is best but consider what is best for your site and staff. (Some families may only have 1 child while others have multiple children.)
- Ask about allergies/dietary concerns and document this.

Engagement Best Practices

The facilitator and food preparation leader work together throughout the session to help families with activities, discussions and cooking. If possible, having support staff is helpful (e.g., volunteers, family peer advocates).



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Guide for Facilitators

Family Wellness: 4Rs and 2Ss for Family Strengthening

Sessions provide time for families to practice togetherness and communication. They also reduce the stigma associated with hunger by normalizing each families' experience.



The first hour is content-oriented and centered on the evidence-based 4Rs & 2Ss for family strengthening curriculum with a focus on food-related topics. These are the building blocks to help strong families become stronger!

This program introduces 4Rs and 2Ss:

Rules organize the family.

- Dinnertime rules that all family members can follow increase quality time (e.g., no electronics, everyone sits).

Respectful Communication is the foundation of quality family time.

- Foods, such as sugar, can affect how we communicate with each other.

Relationships are the cement of the family and represent how much families care for each other.

- Eating meals together is a way to strengthen family relationships and helps to protect kids as they get older by spending quality family time together.

Responsibilities highlight that everyone contributes and helps with mealtimes and other tasks.

- Caregivers are responsible for purchasing foods and kids are responsible for how much they eat.

Stress gets in way of seeing family strengths.

- Caregivers and children can both experience stress, especially about having enough food to eat.

Social support includes positive and responsible sources.

- Many families have concerns about food. Researching community resources and providing to all families is helpful.

Core Group Skills

Group Skills and Group Cohesion Techniques

- Describe the agenda for each session to let families know what to expect and to reduce anxiety
- Review members' experiences/knowledge of the R or S and lead a discussion on it's importance
- Assist members connection with each other during the discussions

Engagement and Motivational Techniques

- Emphasize the benefits of discussing the R/S
- Use reflective listening and empathic responding (focus on strengths!)
- Meet families where they are and help them to identify changes to make in nutrition or the Rs/Ss
- Connect the R/S to the family's wish and food

Family Strengthening Techniques

- Reframe negative ideas or beliefs of each other
- Provide positive reinforcing comments and feedback to each family and family member
- Help families create positive ways of relating to each other and with other families

Educational/Teaching Techniques

- Respectfully assist members to stay on topic
- Clarify topics with examples relevant to participants' lives
- Use open-ended questions to encourage participation (responses that require more than a 'Yes' or 'No')

Family Wish



This is a family-centered activity that focuses on all members working together to make the wish come true. It should be something that can be achievable within the program length. Throughout the sessions, the progress of the family wish is assessed.

- Examples of a family wish include watching a movie once a week, doing school homework or going on an adventure together.

The following values of change are present in this activity and others:

- ✓ Choice: Focus on family's identifying, evaluating and choosing options.
- ✓ Hope: Belief in each family and family members and offer support at all times.

Remember!

Families are the experts on their own family; while facilitators are experts in the curriculum.



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Guide for Facilitators (continued)

Session Activities

Before each session:

- Reminder call or text to caregivers
- Staff supervision to prepare for session together (e.g., call or meeting)
- Prepare the kitchen and the ingredients for the recipe and the 'Mystery Bag'
- Prepare and organize the room (e.g., tables, chairs, supplies for the session)
- Hang the *Group Rules* created in session 1

After each session:

- Clean up the room
- Staff supervision / lessons learned

Creating a Helping and Safe Space

Some caregivers may be experiencing challenges not only around having enough food to eat but also having access to healthy foods.

- To help you, use the resource *How to Talk to Families About Eating Enough Healthy Food*.

Group Session Layout: P.L.A.T.E.S



Participation

- *Family Welcome*: Families gather to prepare for the day's session (can be structured with activities).
- *Review Roadwork*: Families discuss their completed roadwork and problem-solve any issues; also serves as a summary of the previous session.

Learning

- *Let's Talk*: Introduces the topic of the day (can use as group discussion and is interactive with families).

Activity

- *Let's Practice*: Provides opportunities to bring the R or S to life.

Togetherness

- *Let's Connect*: Includes a discussion on how the day's topic affects families and food experiences.

Eating

- For components of this section please refer to the *Guide for Food Preparation Leader*

Summary

- *Let's Reflect*: Families end the day by identifying a take away and helping to clean up together.
- *This Week's Roadwork*: Provides families the opportunity to focus on food intake from the MyPlate food group of the week (by use of the Food for Thought chart) and practice the R/S of the session at home.
- *More to Think About*: Additional resources related to the session's topic and food group are included.

Managing the FFM-CK Group



Trusting the group process is an important part of facilitating this group.

- Monitor and adjust the pace and session components (e.g., discussion and cooking).
- Engage families both individually and as a group to address group challenges as they arise. (The group rules will help with this.)
- Manage challenging behavior by redirecting the individual, assigning them tasks or by modeling appropriate responses (e.g., giving children positive attention, listening to feelings / needs, and establishing firm boundaries).

Program Supplies Needed

Some materials are required in the first session. Plan the print order in advance! It is also a good idea to have copies of the day's session in case families forget their manual (especially when session activity requires a handout in the manual).

Week-by-Week Materials



Session 1

- Nametags
- Newsprint and markers (for Group Rules)
- New participant packet: Manual, Food for Thought laminate, dry erase marker
- Handout with all the session dates

Session 2

- 4 Newsprint sheets and 2 markers (for The Stress and Coping Wall)
- 1 blank piece of paper and 2 colored pens / pencils for each family (for What Can I Control)

Session 3

- Store Tour information (from Share Our Strength Cooking Matters)
- Sugar Demonstration supplies (handout for each family, sugar packets, different beverage cans for each family)

Session 4

- 1 spoon and 1 clementine (or other fruit that you can peel) for each family (for Spoon Race)
- Copies of the Family Communication Game - Kids and Caregivers sheets

Session 5

- Grapes and napkins (for Who are your supports?)

Session 6

- Plates and utensils (for Mealtime Role-Play)

Session 7

- Copies of "Certificates" (one per family)

Remember!

This is an opportunity to contribute to positive family relationships. If you engage all family members, and emphasize the importance of having fun together, there is a greater chance they will spend quality time together.



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Guide for Food Preparation Leader

Nutrition Focus

This component introduces healthy food ingredients simultaneously to caregivers and kids. It also includes nutritional education and a meal preparation of a Cooking Matters recipe by the family as led by the food preparation leader.

MyPlate

- MyPlate food groups guide each session
- Suggestions for incorporating the food group into meals are offered

Healthy eating

- The recipes highlight different ways nutrients and ingredients from the session's MyPlate food group can be consumed
- Provides opportunity to ask the food preparation leader how to tailor meals for families

Eating together as a family

- Models family quality time around the table and eating together
- Demonstrates how to incorporate these food ingredients in a hands-on learning manner

Family Nutrition Chart

- In order to increase awareness around intake from the MyPlate food groups, encourage families to keep track using the chart

Food Demonstration

How should I conduct the demonstration?

- The goal of this hands-on experience is for participants to familiarize themselves with the preparation so they can replicate the recipes at home.
- Begin by following the preparation steps in the manual. Ask if anyone has questions.
- Invite participants to now follow the steps. Assist them as needed.

Food Allergy Assessment

- A food allergy is the immune system's reaction to a specific ingredient. It is important to ask about any allergies to adjust meals and avoid reactions.
- Use the Food Allergy Assessment in the manual to learn of any food concerns and to keep all participants safe.

Working Together

Both the food prep leader and facilitator work together throughout the session to help families with activities, discussion, and cooking.

- This is a helpful relationship to model for families and helps with problem solving any challenges.

Group Session Layout: P.L.A.T.E.S



Eating

- *Let's Focus!*: Introduces the week's MyPlate food group and it's benefits.
- *Let's Review*: Highlights benefits of the food group and offers suggestions on how to increase it's consumption.
- *Activity: What's in the Mystery Bag?*: This interactive activity introduces a healthy recipe ingredient and facilitates communication between family members.
- *Let's Cook*: Food preparation leader demonstrates how to make the food recipes and guides family members to work together.
- *Let's Eat*: Families enjoy the healthy meal together.

Mystery Bag Activity

The food preparation leader asks adults and kids to guess what is in the bag before reviewing the benefits which are listed in the manual.

- Session 1: Lemons
- Session 2: Cilantro
- Session 3: Apples
- Session 4: Sweet potatoes
- Session 5: Tomatoes
- Session 6: Garlic
- Session 7: N/A (potluck or meal provided by the organization)



Program Supplies Needed

The food ingredients and kitchen supplies needed depends on the session's recipe. However, there are some supplies you will need throughout the program that can be purchased from online sources. Budget for \$300 in kitchen supplies.

- Food Ingredients** for weekly meal recipe (refer to the manual)
- Kitchen supplies** for meal preparation (refer to the manual)
- Participant supplies**: bowls, utensils, placemats, napkins, gloves, aprons (optional), etc
- Cleaning supplies**: dishwashing detergent, sponge, hand soap, disinfectant spray, paper towels, dish drying rag
- Container** to store all supplies
- Misc**: First aid kit

Week-to-Week Materials



Session 3

- Store Tour information (from Share Our Strength Cooking Matters)
- Sugar Demonstration supplies (e.g., handout for each family, sugar packets, 1 different beverage can for each family)

Remember!

This is an opportunity to introduce new and healthy meals into the lives of families.



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Guide for Food Preparation Leader (continued)

Session Activities

In advance of each session:

- Review the recipe and ingredients you will need. Schedule your shopping day.
- Plan recipe changes based on any allergies/dietary restrictions or budget.

Before each session:

- Set up your workstation and the families' workstations with all necessary supplies for the week's recipe (e.g., bowls, cups, measuring spoons). Refer to the manual for detailed information.
- Familiarize yourself with the recipe steps.
- Prepare food ingredients to save time (e.g., pre-washing, thawing, cutting).

After each session:

- Clean and sanitize workstations and kitchen supplies. (Wash soiled aprons, if used)

Share Our Strength

Cooking Matters at the Store tour

This is a crucial component of FFM-CK because it helps families stretch their food budget. This occurs in Session 3.

- This tour shows participants how to buy nutritious foods on a limited budget, read food labels and find healthy foods (i.e., whole grain foods).
- In order to conduct the tour you need to work with a Cooking Matters implementation partner. **This will take some preparation time so please plan in advance.** We highly recommend you incorporate this invaluable information!
- Visit: www.cookingmatters.org/tour-leaders

Sugar Content Demonstration

The purpose of this demonstration is to review the sugar content across various popular drinks (e.g., water, soda, fruit juice).

- This is an opportunity to discuss with families the importance of reading nutritional labels on beverages.
- It can be very helpful to have a live demonstration using visual and written aides. For example, you can show the sugar content of each drink by using sugar packets. There are many examples on the internet which you can tailor to meet your needs.
- Remember to use the handout Sugar Content: How much sugar is there?

Core Skills of the Group

Safety Techniques

Review safety practices in the kitchen, such as:

- Keep very young children out of the kitchen
- Always cut away from your body when using a knife. Use child-safe knives with kids!
- Be careful about sharp edges (e.g., peeler, grater)
- Don't leave cooking ingredients at room temperature for too long
- Clean up spills immediately

Group Skills and Cohesion Techniques

- Describe the sessions recipe
- Assist families in working and cooking together
- Assist family members' connection with each other in the meal preparation

Engagement and Motivational Techniques

- Use reflective listening and empathic responding (focus on strengths!)
- Express appreciation for participant's efforts
- Help families to identify changes to make in food preparation and intake

Family Strengthening Techniques

- Model appropriate behavior while preparing the meal (e.g., how to clean, how to chop)
- Provide positive reinforcing comments and feedback to each family and family member as they work together
- Help families create positive ways of relating to each other and with other families.

Educational/Teaching Techniques

- Respectfully assist members to stay on the meal preparation but remain flexible
- Be mindful that adults and children learn differently
- Use questions to encourage participation

Kitchen Practices

Cleanliness/Hygiene

- Wash your hands before and after handling food (or wear gloves)
- Wear an apron
- Wear closed-toes shoes for protection and hair nets (if needed).

Engagement Best Practices

Quality family mealtimes are a protective factor for children. If you engage all families members, and emphasize the importance of having fun together, there is a greater chance they will spend quality time together as a family around healthy foods!



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Sugar Content: How much sugar is there?

Materials needed: drink bottles (e.g., soda, juice, water, etc) and sugar packets in a ziplock bag. Hand a bottle to each family.

Too much sugar consumption is not healthy for anyone and this is especially true for growing kids. Sugar can also affect the body (e.g., it can make our systems over react). In this hands-on activity we practice reading nutrition labels in order to understand what the numbers mean to for your health. Let's start with thinking about how much sugar we use.

*For those of you that drink coffee, how many sugar packets do you use in 1 cup?
Select the number of sugar packets to represent how many you put in your coffee.
Would you consider using more sugar? Why or why not?*

How can we tell the amount of sugar in what we eat or drink?

There is sugar in almost everything we eat and drink. Knowing the sugar content will help us make informed decisions on what we purchase and put into our bodies.

In order to find out how much sugar is in a drink (or food) look at the nutrition label and focus on:

- **Serving size:** this is the portion size one person should eat or drink
- **Servings per container:** let's you know how many portions there are
- **Total carbohydrates - sugar:** lists the amount of sugar in grams But what does 'grams' mean?!?

4 grams of sugar = 1 sugar packet*
(*1 sugar packet is the same as 1 teaspoon)

To calculate the amount of sugar packets in a serving size: Divide the total number of sugar grams listed on the nutrition label by 4.

Let's practice together:

- Serving size: 1 can
- Servings per container: 1
- Total carbohydrates - sugar: 40
- Divide: $40/4g = 10$

There are 10 sugar packets in this 1 can.



Your turn to practice in your family group! Look at your bottle and calculate the number of sugar packets in the drink. Take this amount of packets from the ziplock bag. Share your finding with the larger group.

Are you surprised by the amount of sugar?

14 Negative Effects of Sugar on Kids and How to Avoid It

- 1: Suppresses Your Child's Immune System.
- 2: Sugar Causes Hyperactivity in Kids and Lowers Their Concentration Levels
- 3: Sugar Weakens Eyesight
- 4: Sugar Can Cause Stomach Aches, Indigestion, and Acidic Digestive Tract
- 5: Sugar is Linked to Increased Asthma in Kids and Teens
- 6: Sugar Can Cause Diabetes in Young People
- 7: Sugar Can be Related to Food Allergies in Children
- 8: Sugar can contribute to eczema in children.
- 9: Sugar is the #1 Enemy of Your Child's Bowel Movements
- 10: Sugar can cause learning disabilities in teens

Retrieved from GOOD NUTRITION BRIGHTER CHILDREN· GOOD PARENTING BRIGHTER CHILDREN
<https://goodparentingbrighterchildren.com/negative-effects-of-sugar/>

11 Reasons Why Too Much Sugar Is Bad for You

1. Can Cause Weight Gain
2. May Increase Your Risk of Heart Disease
3. Has Been Linked to Acne
4. Increases Your Risk of Type 2 Diabetes
5. May Increase Your Risk of Cancer
6. May Increase Your Risk of Depression
7. May Accelerate the Skin Aging Process
8. Can Increase Cellular Aging
9. Drains Your Energy
10. Can Lead to Fatty Liver
11. Other Health Risks

Jillian Kubala, MS, RD 2018. Retrieved from Healthline
<https://www.healthline.com/nutrition/too-much-sugar>

Remember!

The more knowledge you have, the more informed decisions you can make for you and your kids!



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How to Talk to Families About Eating Enough Healthy Food

Tips for Service Providers on Having a Meaningful Conversation About Food Access



How are families affected by having less access to quality food (food insecurity)?

FAMILIES AND FOOD INSECURITY

Food insecurity is defined as the limited or inconsistent access to healthy foods at all times (Anderson, 1990). The lack of appropriate **quantity and quality** of foods for caregivers and kids can impact both their health and mental health.

Researchers have identified that food insecurity in children is connected with a number of risk factors that may affect family functioning. For example, disrupted family dynamics (more irritability and aggression with children) and less interactions during meal times or less family meals. Additionally, food insecurity has been found to be associated with an increased risk of adult and parental emotional distress and adverse effect on the quality of parenting, and consequently child/adolescent functioning, adjustment, and behavior.

Service providers have a unique opportunity! By discussing challenges in obtaining health and sufficient foods they can increase the chances for a healthy pregnancy. This discussion is not always easy. Mothers-to-be may not be able to share their struggles around food but there are certain things you can do to make them feel comfortable and encourage them to have a **meaningful conversation**.



Why wouldn't families tell me they don't have enough food to eat?

BARRIERS TO TALKING ABOUT FOOD

Asking anyone if they have enough food to eat can be a sensitive topic, and this is especially true for caregivers and kids. They may not tell you they are experiencing difficulties getting enough healthy foods for a variety of reasons, including:

Feeling judged or shame

If caregivers and children are not eating the quality and quantity of food recommended for a healthy diet, they may not feel comfortable telling anyone. They may be concerned that others will criticize or shame them. Not having enough quality and quantity of food is closely linked to financial hardship. Unfortunately, there are misconceptions about people who are struggling with food insecurity and poverty. To avoid feeling judged or shame, caregivers and children may not share their struggles with those who can help.

Feeling scared

Some caregivers and kids may think there will be negative consequences to saying they struggle with getting enough food. They may fear an involuntary referral to another agency or feel afraid of losing services or benefits, or they may even feel other fears that are triggered from past experiences.

Feeling uncertain about who they can trust

Sometimes a caregiver's past experience may prevent them from reaching out for help or talking about not having enough food to eat. One thing that can help is creating a safe and warm environment for families to share her experiences and real concerns.

How to Talk to Families About Eating Enough Healthy Food

Tips for Service Providers on Having a Meaningful Conversation about Food Access



What can I do to begin a conversation around food concerns?

COMMUNICATION TECHNIQUES

To minimize the barriers to talking about food you can:

Use transparency

Explain why you are talking about having enough food to eat: “You and your child have unique nutritional needs that are important for a healthy lifestyle. I want to ensure this is happening for you and your family.”

Normalize the situation

State that the concern around food is a universal experience shared by families: “Many households worry about not having enough food to eat.”

Address confidentiality concerns

Identify any concerns by reminding them you have their best interest and will work with them: “I am here to help. I will keep your concerns private unless you don’t want me to or unless I’m concerned about you or your family being hurt or you hurting others.”

Invite them to ask you

Switch up the roles and suggest they ask you questions: “Do you have any questions for me?”

Provide resources to all

Because some families may not feel ready or comfortable sharing struggles around food you should give resources to all: “Here are some places and phone numbers for assistance with food that I give to everyone.”

Request to ask questions

Reduce any barriers: “If it’s okay with you, I’d like to talk about possible concerns families have. In the last 30 days have you worried about eating enough healthy food?”



How can service providers help families?

ENGAGE! Work toward building a trusting relationship by showing interest in them.

RESPECT! Treat everyone you meet with respect. This will help to develop a genuine relationship.

LISTEN! Use reflective listening to be sure you are understanding them.

VALIDATE! Offer support by expressing empathy and understanding.

CONNECT! Let them know that you are there to help. And, offer to link them to other helpful resources including farmer’s markets or food pantries, if interested.



Additional Resources for Service Providers

Feeding America: feedingamerica.org

No Kid Hungry: nokidhungry.org

Food Research and Action Center: frac.org

Food Bank Association of New York State: feedingnys.org

Find your Regional Food Bank in New York State: health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm

Food Pantries in New York State: foodpantries.org/st/new_york

Hunger Free America: hungerfreeamerica.org

New York Food Banks and other assistance: needhelppayingbills.com/html/new_york_foodbanks.html

New York Emergency Food Programs: homelessshelterdirectory.org/foodbanks/NYfoodbanks.html

Food for Thought!



Nutrition

- ✓ Family mealtimes are opportunities for members of all ages to eat healthy foods while building stronger family connections.
- ✓ Eating foods from all five food groups everyday provides important nutrients, including vitamins and minerals. The 'Resources' section below contain information for the needs of children, teenagers and adults.
- ✓ A healthy diet promotes health and reduces risk for chronic disease for everyone. This includes limiting the intake of fats, added sugars and sodium.
- ✓ Adding appropriate physical activity also helps to achieve a healthy lifestyle.
- ✓ For more information, talk to your medical provider.

Access

- ✓ Visit foodhelp.nyc to apply for the Supplemental Nutrition Assistance Program (SNAP), locate food pantries, or access emergency food assistance.
- ✓ Visit hungerfreenyc.org/food-map to locate food providers in all five boroughs of NYC.
- ✓ Visit hungerfreeamerica.org/food-assistance-guides for an overview of food assistance available in all five boroughs of NYC.
- ✓ Call USDA National Hunger Clearinghouse for referrals to food providers in your area: (866) 348-6479







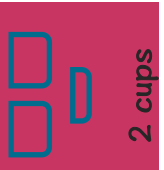


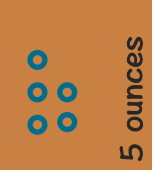
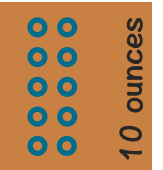
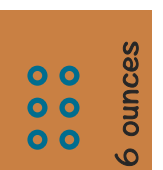
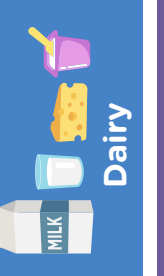
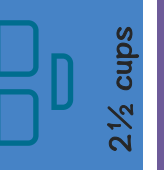
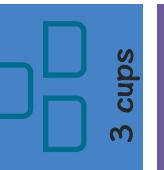





Resources

- ✓ Check you the USDA MyPlate website for detailed information on the food groups and resources on nutrition for families at www.choosemyplate.gov/families
- ✓ Visit the USDA National Agricultural Library for links to family resources on nutrition at www.nal.usda.gov/fnic/family-resources
- ✓ For information on health topics including nutrition, doctor visits and parenting www.healthfinder.gov
- ✓ For more information on additional programs, call 311 or visit nyc.gov/311

Family Nutrition Chart

Use the table below to check if you've had the suggested amount from each food group through the week. Each week is an opportunity to try eating from all 5 food groups. If you have any challenges getting enough to eat, speak to someone at your organization.

- Drink water instead of sugary drinks.
- Be active your way.
- Enjoy your food.
- Avoid oversized portions.

Food Group	Eat this much daily...			Rememeber:	What counts as 1 cup or ounce?	Did we get enough?
	Children, 8 years or younger	Teens, 14-18 years	Adults, 19-50 years			
 Vegetables	 1 ½ cups	 3 ½ cups	 2 ½ cups	Make <i>half</i> your plate fruits and vegetables. Choose a variety: look for dark green, red or orange vegetables. And don't forget beans and peas!	1 cup raw/cooked vegetables <i>or</i> 1 cup 100% juice <i>or</i> 2 cups raw leafy vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> SU M TU W THU F SA
 Fruits	 1 ½ cups	 2 cups	 2 ½ cups		1 cup fruit <i>or</i> 1 cup 100% juice <i>or</i> ½ cup dried fruit	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> SU M TU W THU F SA
 Grains	 5 ounces	 10 ounces	 6 ounces	Choose whole grains instead of refined grains: make at least <i>half</i> your grains <i>whole</i> .	1 slice of bread <i>or</i> 1 ounce of ready-to-eat cereal <i>or</i> ½ cup cooked pasta, rice or cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> SU M TU W THU F SA
 Dairy	 2 ½ cups	 3 cups	 3 cups	Replace milk with soy or greens for calcium	1 cup of milk <i>or</i> 8 ounces of yogurt <i>or</i> 1 ½ ounces of natural cheese <i>or</i> 2 ounces of processed cheese	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> SU M TU W THU F SA
 Protein Foods	 4 ounces	 7 ounces	 5 ½ ounces	Mix up your protein choices. Include beans, peas, seafood, nuts and seeds.	1 ounce lean meat, poultry <i>or</i> seafood <i>or</i> ¼ cup of cooked beans <i>or</i> 1 egg <i>or</i> 1 tablespoon of peanut butter	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> SU M TU W THU F SA

Talk to your doctor with any concerns about your or your child's diet if weight gain or weight loss is a concern.

Table adapted from the USDA MYPLATE FOR MY FAMILY SNAP NUTRITION EDUCATION, Educator's Handbook. Learn more at <https://snaped.fns.usda.gov/nutrition-education/fns-curricula/myplate-my-family>

This Certificate is Presented to :



*for having participated in the program
Family and Food Matters to Caregivers and Kids*



Signed

Date

