

GRAB'N KNOW

SNACKING KIT AND FAMILY MEAL PLANNING KIT



Alberta Health
Services

FAMILY MEAL PLANNING
FOR TODDLERS & PRESCHOOLERS



GRAB N' KNOW MEAL PLANNING KIT

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INTRODUCTION TO THE KIT

The activities in this kit are designed for groups of parents who would like to learn more about healthy meal planning for their families. The activities may be facilitated by a group leader, public health nurse or parenting educator. If your group is an informal gathering, please choose someone in the group who is comfortable acting as leader to read the instructions to the rest of the group and lead the group through the activities. It is not necessary for the facilitator to have a background in nutrition.

This kit includes four different activities related to meal planning. Feel free to use the kit as a whole or in parts, as your time permits. An estimated time is given for each activity. Depending on the groups needs and interests, more or less time may be spent on each of the activities. One of the objectives of the kit is to allow parents to share their ideas and learn from each other in an informal setting

If your group is large, you may want to divide into smaller groups (about 5 participants per group). However, each group will need to work through the activities in a slightly different order, as a kit contains only one set of materials for each activity.

Please help us to evaluate this kit. There are “Family Meal Planning” facilitator evaluations and participant evaluations that can be downloaded from this website. The group leader should complete one facilitator evaluation and each participant should complete a participant evaluation form. Please return evaluation forms to Healthy Living Nutrition. We will use the results to improve the online Grab’N Know kits.



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OBJECTIVES

You can show parents how to:

- Plan meals according to Eating Well with Canada's Food Guide through an interactive meal-planning activity.
- Share ideas about meal planning and preparation.
- Learn healthy eating messages for the whole family.
- Share ideas about involving children in meal planning and preparation.
- Share ideas about making meals fun and attractive for children.
- Be able to identify child-size portions.

KEY MESSAGES

- Meals should include at least 3 of the 4 food groups from Eating Well with Canada's Food Guide.
- Plan ahead. This makes preparing healthy balanced meals easier.
- Try to develop a positive feeding relationship in the family setting.
 - Parents and caregivers decide what foods are served at meals, along with, when and where they are served.
 - Children decide if and how much they eat. (Some tailoring of foods may be needed to make foods more fun and attractive for children.)
- Include children in meal planning and preparation. The more children learn about foods, the more appealing and acceptable they become.

CONTACT INFORMATION:

FOR INFORMATION ABOUT THIS KIT PLEASE CONTACT:

HEALTHY LIVING NUTRITION, PUBLIC HEALTH
SOUTHPORT ATRIUM
10101 SOUTHPORT ROAD SW, CALGARY, AB T2W 3N2
PHONE: 403-943-6753 FAX: 403-943-2211

www.calgaryhealthregion.ca/nutrition



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BUILDING YOUR OWN KIT

- Name tags
- Markers
- Box of pencils
- Handouts can all be downloaded
- The following booklets/handouts for participants to take home if they wish:
 - **Booklet:** “Healthy Eating and Active Living for Your 1-5 Year Old”*
 - **Handouts:**
 - Food Guide Serving Sizes for 1 to 5 years*
 - Eating Well with Canada’s Food Guide*
 - Quick Meal Fixings Grocery List
 - Meals for Busy Families
 - Quick Meal Tips
 - Meal Planning and Grocery Shopping Tips
 - Low Cost Food
 - Emergency Food

*Please contact your local Community Health Centre or Healthy Living Nutrition (403-943-6753) for copies of these handouts.

ACTIVITY #1

Includes 9 pink question cards

- The cards can be printed off in color or in black and white. By printing the questions double sided, the questions will be on the front and the answers on the back. Laminating the cards will help to protect them, if you plan to use them more than one time.

ACTIVITY #2

Includes an interactive meal planning board

15 Red cards, Meat and Alternatives

15 Yellow cards, Grain Products

15 Green cards, Vegetables and Fruit

15 Blue cards, Milk and Alternatives

- Use the picture of the Menu Planning board, to build your own version of the board on a chalk board or on a wall, with paper and tape/sticky tack.
- The cards can be printed off in color or in black and white. By printing the cards double sided, the food choice will be on the front and the tips will be on the back. Laminating the cards will help to protect them, if you plan to use them more than one time.

ACTIVITY #3

Includes 5 purple question cards

- The cards can be printed off in color or in black and white. By printing the questions double sided, the questions will be on the front and the answers on the back. Laminating the cards will help to protect them, if you plan to use them more than one time.

ACTIVITY #4

- Laminate a copy of the handout, “Food Guide Serving Sizes for 1 to 5 years”
- A flip chart or chalk board is helpful
- Collect the following items for activity #4
 - 2 white pencil erasers
 - Deck of cards
 - Tennis ball
 - Golf ball
 - Measuring cup (must show ½ cup and 1 cup)
 - Baseball
 - Hockey puck

Extra copies of many of the hand-outs can be accessed from your local Community Health Centre, or by contacting Healthy Living Nutrition 403-943-6753.



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GETTING STARTED

INSTRUCTIONS FOR THE FACILITATOR:

1. Before participants arrive, put together pamphlet packages by placing one copy of each handout inside each 'Healthy Eating and Active Living for Your 1 to 5 Year Old' booklet.
2. As participants arrive, ask them to make name tags for themselves and their children, and take a pamphlet package.
3. When everyone has arrived, introduce yourself and briefly explain the purpose of the session (to learn about healthy meal planning and to share ideas with each other). You may want to explain to participants that you are not a nutrition professional, so you may not be able to answer all their questions. Make the Health Link contact information available (see next page). Suggest that participants copy down the information, and contact Health Link with any questions you are unable to answer.
4. You may want to go around the circle and ask participants what they hope to learn or what their main reason is for attending the session. If time is short, the activities that best meet the needs of participants can be prioritized.
5. You may choose to do a warm-up activity, or ice-breaker before starting the activities. Suggestions for warm-ups are:
 - Each parent introduces themselves and their child or children and shares with the group their child's favorite food.
 - Each parent introduces themselves and shares with the group a favorite family meal-time moment or memory.
6. Choose some or all of the activities to work through, as time permits. During the discussions, feel free to use the note paper in the kit to jot down the ideas participants share.



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HEALTH LINK CONTACT INFORMATION

Phone: 403-943-5465 or 1-866-408-LINK

Email: publicweb@albertahealthservices.ca