

Program Information

First steps

1. Ensure you have school council support.
2. Form a committee to implement the program. The committee should consist of, but is not limited to, a teacher, parent, principal and/or vice principal. You can contact your school's Public Health Nurse who may be able to provide consultation.
3. Decide which week you will run your Families are Munching program and which model you will implement.
4. Decide on which model you will use to present the Families are Munching program.
5. Review the resources to implement the presentation model chosen. Model 1-Peer Mentor Presentation or Model 2- School Community Presentation.
6. Decide on details of the program ie. handing out a 'give- away' with tracking sheets, food sampling, grand prizes.
7. Contact either Jessica MacKay or Gayle Cruikshank (info listed below) to receive funding (Gift Cards) and to give details of your presentation.
8. Send out parent letter one week prior to running the program to build school community awareness.
9. You may give teachers the 'Teacher Ideas' form called (*Teachers : Make Families are Munching Work in Your Classroom*). This will give teachers added information to continue the healthy eating message.
10. You may purchase Nutrition teaching Aids from Spectrum Nasco. Their contact information is www.spectrumed.com or speedu@attglobal.net or 1-800-668-0600 or by fax 1-800-668-0602. They have plastic food models and veggie & fruit stuffed characters that are great for the primary grades.
11. There are fruit and veggie stickers available for purchase at www.smilemakerscanada.com
12. Ensure your completed Project lead evaluation and student tracking/parent feedback forms are sent to either Jessica MacKay at address listed below or to your public health nurse at your school.



Halton Food for Thought

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Halton Region Health Department

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Gift Card Ideas:

- ***Presentations***
 1. 20 minutes maximum including question time.
 2. Show exotic vegetables and fruit at the close of presentation
 3. Let students guess what they are adds to the fun.
 4. Examples include: fennel, prickly pear, ugly fruit, pommello, and different gourds if you are doing the presentation in the autumn.
 5. Could give out a snack bag, consisting of two bites of fruit or veggie when student answers questions right.

- ***Food samples may be given after the presentation to each student.***

Examples:

 1. Fennel cut in two inch strips
 2. Snow Peas
 3. Carrots cut in julienne style
 4. Parsnips cut like carrots
 5. Oranges, grapefruit or mandarin segments

- ***Incentives/Prizes***

Selected from those who returned their completed tracking forms.

Examples:

 1. Lunch bags with plastic small containers
 2. Frisbees, skipping ropes, other items to use on the playground supporting physical fitness.
 3. Water bottles

Involvement of Senior Students (Gr 6-8)

1. Senior classes can track class participation for the Families are Munching program through a math exercise (this can be done to give the class with the highest participation a grand prize. eg. Smoothie party.
2. The above exercise can be done on a large Bristol board and displayed near office to encourage participation.
3. Senior classes may help with presentations.
4. Senior classes may do the food preparation for taste samples.