

FOOD FAMILIES INTRODUCTION

Welcome to the Food Families program. We are so excited and pleased that you have decided to lead a group in your community through this valuable program.

There are many components to the program that you will want to be aware of as you prepare to lead your group. Here are the main elements you will want to understand as you move forward.

Food Families Program Coordinator

Food Families will do everything possible to provide support to you as you make your way through the program. If you have specific questions about the various modules, the budget, guest speakers, or community resources, you can reach out to the Food Families Program Coordinator to ask your questions. Don't hesitate to connect.

Phone: 519-661-5336

Email: cyn@london.ca

Facilitator Guide

The Facilitator Guide provides you with everything you will need to facilitate each module of the program. The guide summarizes the learning objectives, materials needed, budget considerations, handouts, sources used to develop the module, and outlines each of the activities and ideas to present throughout the entire module.

Please know that the modules have been developed with the assistance of community experts who have specific knowledge and experience in the areas being discussed. As much as possible, we encourage you to follow the curriculum as it is outlined in the Facilitator Guide. We do understand that each group will be different and have unique needs that may require some adjustment to the various activities, so please feel free to make changes as necessary. You may wish to research new recipes or introduce activities that are more relevant to your group. We encourage you to read through the Facilitator Guide well in advance of the module so you can prepare appropriately.

Included with the Facilitator Guide is a PowerPoint Presentation for each module (except the Collective Kitchen(s) module). For those groups that have access to the appropriate technology (i.e. computers/projection machine) you may wish to use the slides to facilitate each session. The PowerPoint is not vital to each session, but can be an added value for any groups that decide to use it for the various modules.



Curriculum Videos

As the facilitator or community champion, you will have access to videos that have been prepared to provide you with some insight into the outline of each module.

The videos are intended for you only, and are not to be shown to the participants of the program. We encourage you to watch them as you are in the preparation stage, as they will provide insight into how you may want to prepare for the module and what to be thinking about as you facilitate each session.

Participant Guide

As the participants move through each module of the Food Families program, they will have access to a number of handouts that will provide them with information and instruction that will help support their learning and ensure they have everything needed to implement the concepts of the program in their own personal situations.

At the beginning of the program, you are encouraged to provide each participant with a binder that they can use to organize the various handouts. We encourage you to provide the handouts each week as you move through the modules in case participants forget to bring their binders to the session.

Evaluation

Evaluation has been an important part of the initial pilot project and it will continue to play a role in the program. There will be evaluation forms for each of the modules, as well as a more comprehensive evaluation at the end of the program.

We encourage you to read through the Evaluation Framework Guide, as it will outline the purpose and process for conducting evaluation throughout the program, as well as an outline on the process for how to collect, record, and analyze the evaluation data.

Budget

Through the online toolkit, you will have access to an outline of the Food Families budget. This document is meant to serve as a guideline for you as you begin to develop the program for your specific group.



The budget may vary due to a number of factors including how many participants are involved, what recipes you choose, what kitchen equipment you may need, and how many collective kitchens you choose to run (some groups may choose to do two). Some groups may also work to obtain a number of donated items through corporate sponsors and this may significantly alter the dollars needed to operate the program.

Please connect with the Food Families Program Coordinator to inquire about a possible subsidy for your group.

Guest Facilitator List

There will be modules throughout the program that may present potential challenges to you as a group facilitator. If you do not feel you have the experience, expertise, or confidence to facilitate a specific module, it will be important for you to reach out to the Program Coordinator to obtain guidance. You may gain some additional feedback through a conversation or email exchange that provides you with the information you need to facilitate a module on your own. You may also decide to ask the Program Coordinator to assist you in reaching out to a community partner to have them come in and meet with your group.

If you plan to access a guest facilitator, it will be important for you to provide the Program Coordinator with at least three weeks notice in order to have the time needed to secure the guest speaker. The program Coordinator will keep the most up-to-date list of available guest speakers, but below is the initial list of individuals available, and the modules they may assist to facilitate. Please also know that some facilitators will carry a cost, so you will want to clarify that as part of your conversation with the Program Coordinator to ensure you have the budget dollars available.



Module	Guest Facilitator
Getting To Know You	<ul style="list-style-type: none"> • Colleen Lindemann, Coupons For Hunger • Tonia Richardson, Coupons For Hunger
Healthy Eating	<ul style="list-style-type: none"> • Heather Thomas, MLHU • Colleen O'Connor, Brescia College • Danielle Battram, Brescia College
Couponsing 101	<ul style="list-style-type: none"> • Colleen Lindemann, Coupons For Hunger • Tonia Richardson, Coupons For Hunger
Price Matching/Meal Planning	<ul style="list-style-type: none"> • Colleen Lindemann, Coupons For Hunger • Tonia Richardson, Coupons For Hunger
Kitchen Safety	<ul style="list-style-type: none"> • Heather Thomas, MLHU
Collective Kitchen(s)	<ul style="list-style-type: none"> • Colleen Lindemann, Coupons For Hunger • Tonia Richardson, Coupons For Hunger
Money Sense	<ul style="list-style-type: none"> • Robert Leyland, Family Service Thames Valley
Food Preservation	<ul style="list-style-type: none"> • Colleen Lindemann, Coupons For Hunger • Tonia Richardson, Coupons For Hunger
Cooking With And For Your Kids	<ul style="list-style-type: none"> • Andrew Fleet, Growing Chefs
Gardening	<ul style="list-style-type: none"> • Vanessa Kinsley, City of London

