

# Food Families

## GETTING TO KNOW YOU

### MODULE 1

This module was developed in collaboration with

COUPONS  for  HUNGER



# GETTING TO KNOW YOU

Module Component	Details
Topic:	Orientation – “Getting To Know You”
Time Required:	120 Minutes
Objective:	The objective of this module is to provide a general overview of the Food Families program, while also having participants complete a goal setting exercise to set personal expectations for the program. Participants will also complete surveys that will provide the facilitator(s) with information about their level of confidence in the kitchen and what resources they may need to have success.
Learning Outcomes:	By the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• Understand the Food Families program, what modules will be included in the program, and what they can expect to experience and learn</li> <li>• Understand their own areas for growth and learning as it relates to food and financial literacy</li> <li>• Identify a set of personal goals to work on over the course of the program</li> <li>• Cook a new healthy recipe</li> </ul>
Materials Required:	<ul style="list-style-type: none"> <li>• Kitchen tools, including measuring spoons, cups, bowls, small paper plates, forks, 9-inch square baking pans or muffin tins, and food processor(s)</li> <li>• Recipe and ingredients for Black Bean Brownie recipe</li> </ul>
Preparation Required:	<ul style="list-style-type: none"> <li>• Print all handouts</li> <li>• Prepare the baking stations</li> <li>• Prepare flip chart for discussions</li> </ul>
Budget Considerations:	<ul style="list-style-type: none"> <li>• Course binders – 12 participants x \$6/binder = \$72.00</li> <li>• Recipe ingredients/snacks – \$200.00</li> </ul>
Handouts:	<ul style="list-style-type: none"> <li>• Binder for all handouts throughout the course</li> <li>• Overview of the curriculum</li> <li>• Registration form</li> <li>• “Getting To Know You” and “Kitchen Inventory” surveys</li> <li>• Goal setting handout</li> <li>• Kitchen guidelines and etiquette</li> <li>• Black Bean Brownie recipe</li> </ul>
Sources:	<ul style="list-style-type: none"> <li>• N/A</li> </ul>



Module Component	Details
<p>Summary Instructions:</p> <p>A = Activity</p> <p>P = Presentation</p> <p>Q = Question(s)</p>	<p><b>P</b> Welcome &amp; Icebreaker (15 minutes)</p> <p><b>P</b> What Is Food Families? (5 minutes)</p> <p><b>P</b> Food Families Overview (15 minutes)</p> <p><b>A</b> Questions For The Group (10 minutes)</p> <p><b>P</b> Setting Group Expectations (10 minutes)</p> <p><b>A</b> Individual Goal Setting (15 minutes)</p> <p><b>A</b> Baking The Black Bean Brownies (15 minutes + 20 minutes baking time)</p> <p><b>A</b> Surveys And Registration (20 minutes – during baking time)</p> <p><b>Q</b> Questions From The Group (10 minutes)</p> <p><b>P</b> Wrap-Up (5 minutes)</p>



# MODULE CONTENT

## Part 1 – Presentation – Welcome (15 minutes)

**Instruction: PP Slide 1-2** – If possible, be available and prepared to greet each participant as they arrive. Do your best to start session one on time, as this will set the tone for the upcoming weeks of the program.

**Script:** I (we) am excited to welcome everyone to the first session of the new Food Families program. This is going to be a fun way to learn about eating healthy, having greater confidence and experience in the kitchen, and saving money.

### PP Slide 3 – Agenda

- We will walk through and give you an overview of the Food Families program so you know what is coming from week to week.
- We will also take some time today to set some individual goals for the program. There is a lot to learn over the course of the next **[insert the number of weeks you will be meeting]** weeks, and we want to get to the end and know that it has been a valuable time for you.
- We will complete two short surveys that will help us get to know you.
- We will prepare a healthy recipe together and even get a chance to eat it.

Food Families is about learning together in a community setting. So, as much as you will have personal goals, it will be important to encourage each other, learn from each other, and work together as a team throughout this program.

I want us to be sure we get to know each other. Before we go any further into the session today, I want to take a few minutes to allow everyone to introduce him or herself.

### Instruction: PP Slide 4

- Go around the room and have each person introduce him or herself using the framework below.
- You may want to have it written on a flip chart or white board so it is easy for them to remember.
- **Please let individuals know that if they don't feel comfortable doing this exercise, you won't force them. There may be one or two in the room that have a level of anxiety about speaking in front of a group.**
- **Be prepared to give them an out. Get their name and move on to the next person.**
- **As the facilitator, be the one to get them started.**



## Introduction framework:

1. Name – first and last
2. Relationship status (if they want to share)
3. Children? Ages?
4. How long have you lived in London? Where were you born?
5. What is your favourite meal to eat?

## Part 2 – Presentation – What Is Food Families? (5 minutes)

**Script: PP Slide 5** – Food Families is about a group of local families who come together to shop, cook, learn, grow, save, and celebrate food. Together, through the Food Families program, you will have the opportunity to gain knowledge and skills around food preparation, increase your overall buying power, build neighbourhood connections, and maximize your time and budget.

The first Food Families program took place in the Argyle neighbourhood from October 2013 to April 2014. There were ten families that participated in that program. Since that time, the program has been run with other neighbourhood groups in various parts of the city.

**PP Slide 6** – The benefits of the Food Families program are many:

- On average, participants have saved \$100 from their monthly food bills by implementing some of the many cost saving tips.
- Many have been able to stretch their food budgets further.
- Participants feel more confident in the kitchen.
- Participants gain an understanding of healthy eating, and that it doesn't have to be expensive or difficult to put healthy meals on the table for yourself or your family.

## Part 3 – Presentation – Food Families Program Overview (15 minutes)

**Instruction: PP Slide 7** – Hand out binders to each participant. The binders should already have a copy of the curriculum overview inside. **If you would like to include a calendar showing the dates of each module, you will need to prepare that in advance.**

Using the handout, walk through each of the modules providing a brief outline of what will take place while also describing the learning outcomes to the group. Take questions from the group as you move through this process.



#### Part 4 – Activity – Questions For The Group (10 minutes)

**Instruction: PP Slide 8** – This activity will provide an opportunity for the participants to respond to and think about the modules that have just been described, while also preparing them for the goal setting exercise coming up next.

**NOTE:** If you are not using the PowerPoint presentation, you may want to prepare these questions on a flip chart or white board in advance.

Go around the room and have each participant answer the following questions:

- What recipe are you most known for cooking/baking?
- What module/session are you most excited about and why?
- What is at least one idea/concept you hope to learn during the Food Families program?

#### Part 5 – Presentation – Set Expectations With/For The Group (10 minutes)

**Instruction: PP Slide 9** – When working with adults, it is always more effective to work collaboratively when setting expectations for the group. Don't just tell them what you need from them, but let them have some dialogue about what they think the expectations and boundaries should be in order for the group to effectively work together.

**Script:** As the facilitator, you could say something like this: It isn't always easy to work together in a group setting because we are all different and have different values and ideas about what is acceptable or what should be expected from others in the group. Together, let's make a list of how we will work together to ensure everyone feels respected, accepted, and excited to participate each week.

**Instruction:** Write the group's ideas on a flip chart or white board. These will become the "rules" or guidelines for the group and something, as a facilitator, you can refer to if you are experiencing any difficult group dynamics. Ask the group to agree to these expectations.

Sometimes it is easier to start with something on the page rather than having a blank page staring at them. As an example, you could write the word "respect" on the flip chart and have them think of ideas that start with the different letters of the word respect.

Here are some of the guidelines or expectations you may want to see on your list when it is complete:

- We will show up and start on time.
- We will respect each other by listening when others are speaking and allow them to share their opinion.
- We will be excited to share our ideas and/or our resources to help others in the group (they might have coupons they won't use or a recipe that everyone wants).



- We will be open-minded and willing to try new things – both food and ideas.
- We will welcome our guest speakers and respect their time.
- We will put others first.
- We will help with clean up so our leader doesn't have to do it all.

### Part 6 – Activity – Individual Goal Setting (15 minutes)

**Script: PP Slide 10** – Goals move us forward in life. They are like steps in a journey, always moving us closer to our desired destination. If you have dreams for your life, goals are an important part of helping accomplish or reach our dreams.

Our hope is that, through the Food Families program, you will be able to set and accomplish some goals related to food and finances. This next activity is an opportunity for you to take some time to consider how you think you might be able to benefit from the Food Families program.

**Instruction:** Ask the group why they think people should set goals.

**Script:** There are many helpful reasons to set both small and big goals. Here are just a few.

1. Goals give you a focus.
  - Without goals, we end up wasting time and lacking direction. Goals point us toward something and bring purpose to our actions and decisions.
2. Goals allow you to measure progress.
  - It can be very helpful to know where you are now and where you finish, as that clearly shows your progress. As an example, it will be interesting and exciting at the end of the program to see how much money you have started to save on groceries, what new recipes you have learned, or what level of confidence you may have gained in the kitchen.
3. Goals help you overcome procrastination.
  - When you set a goal, you should be setting a specific timeline for completing the task. Your deadline, especially if shared with someone, will push you to act instead of waiting until tomorrow or the next day to get started.
4. Goals will provide you with positive motivation.
  - Goal setting provides you with the foundation for your drive and can keep you going when life gets difficult.

**Instruction:** Hand out the individual goal setting exercise and have each participant complete the process of answering the questions. This is a personal and individual exercise. Let the group know they do not need to share their goals, although they may decide to share with at least one other person, as the accountability can be extremely helpful and motivating.



Encourage the group to keep their goals in the binder provided earlier so they can refer to them at various times throughout the program.

Once the group has completed the goal setting exercise, ask for the group to share a few of their goals. Don't force anyone, and try to not let any one person dominate the conversation. The accountability will be helpful, it will allow the group to get to know what is important for the other participants, and may encourage people to set additional goals or tweak their goals based on what others have done.

### **Part 7 – Activity – Black Bean Brownie Recipe (15 minutes to prepare + 20 to bake)**

**Instruction: PP Slide 11** – Before preparing your first recipe together, you will want to set the expectations for working in the kitchen together. Have the participants wash their hands, cover or tie any long hair back, and encourage strong participation, listening, and asking questions. You will also want to let the group know that everyone will help with cleanup throughout the program.

Break up the group into four groups of three. Have the groups go to a “station” and, as a facilitator, walk through the recipe with them to prepare the dish.

**NOTE:** If your group does not have enough kitchen equipment to prepare this recipe in four separate groups, you might consider having two groups of six with one leader for each group to walk through the process.

See the recipe handout for full instructions.

Bake the recipe.

### **Part 8 – Activity – Surveys And Registration Form (20 minutes – while baking)**

**Instruction: PP Slide 12** – While the Black Bean Brownie recipe is baking, hand out the program registration form, the “Kitchen Inventory” survey, and the “Getting To Know You” survey for each participant to complete and hand in to the facilitator.



### Part 9 – Questions – Open The Floor For Questions (10 minutes)

**Instruction: PP Slide 13** – Dish out the Black Bean Brownie snack and eat together. Provide an opportunity for the group to ask any questions they might have about any elements of the program.

### Part 10 – Presentation – Wrap-Up (5 minutes)

**Instruction: PP Slide 14** – Remind the group to take their binders and to look over their goal setting exercise again. They may wish to make some adjustments or additions.

Let them know about the Facebook page/group that is available as well as the Twitter feed should they want to follow that for updates along the way. The Facebook page will have a place for the participants to share ideas and recipes and ask questions. It will be a great way to stay connected to the community during the week.

Remind them that next week is all about healthy eating and it will lay a foundation for the weeks that follow.

