

Food Families

GROUP CELEBRATION

FINAL MODULE

This module was developed in collaboration with

COUPONS  HUNGER



GROUP CELEBRATION

Module Component	Details
Topic:	Wrap-Up/Group Celebration
Time Required:	120 minutes
Objective:	The objective of this module is to provide an opportunity for the group to celebrate the completion of the program. It will provide an opportunity for review and reflection.
Learning Outcomes:	By the end of this session, participants will be able to: <ul style="list-style-type: none"> • Recognize the growth they have experienced and what they have learned throughout the Food Families program. • Identify whether they have met the personal goals set in the first week of the program. • Speak to the benefits of the Food Families program.
Materials Required:	<ul style="list-style-type: none"> • Inexpensive gifts (kitchen/food related) • Flip chart stand, flip chart paper, and markers
Preparation Required:	<ul style="list-style-type: none"> • Finalize a list of trivia questions for the group based on the various modules you completed • Purchase/obtain a small gift for each participant • Prepare a brief comment/compliment about each participant • Purchase or prepare "party" snacks
Budget Considerations:	<ul style="list-style-type: none"> • Prizes/gifts – One gift/person @ 12 x \$10 = \$120.00 • Healthy snack recipes – \$120.00
Handouts:	<ul style="list-style-type: none"> • Final Evaluation • Individual Certificates
Sources:	<ul style="list-style-type: none"> • N/A
Summary Instructions: A = Activity P = Presentation Q = Question(s)	P Welcome (5 minutes) A Food Families Trivia (30 minutes) A Evaluation Part I – Group Conversation (20 minutes) A Evaluation Part II – Personal Reflection (20 minutes) A Presentation Of Certificates (20 minutes) A Free Time – Snacks And Mingle (25 minutes)



MODULE CONTENT

Part 1 – Presentation: Welcome And Agenda (5 minutes)

Instruction: Welcome the group to the final session of the Food Families program.

Let the group know the final session will be an opportunity to do some review, reflect on what has been learned, completed some final evaluation, and celebrate together.

PP Slide 3 – ASK the group:

- Did anyone try canning or freezing fresh produce this week?
- Who saved the most money this week at the grocery store?
- What new recipe did you try to prepare this week?

PP Slide 4 – Agenda

- Food Families Trivia
- Evaluation Part I
- Evaluation Part II
- Presentation Of Certificates
- Let's Celebrate

Part 2 – Activity: Food Families Trivia (30 minutes)

Instruction: PP Slide 5 – Food Families Trivia is a game of questions meant to provide a review of the different parts of the curriculum.

Follow these guidelines to play the game:

- Set the group up into teams of 3 or 4 participants.
- Provide each group with a blank piece of paper and a pen.
- Go through each of the questions and have each team write their answers/responses on the paper provided.
- Once you have completed all the questions, go back through each one, asking the teams to share their answers.
- Find out what score each team got based on the number of correct answers.
- You may decide to provide a small gift to the winning team.



Here is a potential list of questions you can ask (feel free to add your own or change these based on your group and the modules you completed):

- Name two price matching apps you can use on your phone.
- What are five recipes that were prepared as part of our collective kitchen?
- List five ways or places where one could find coupons.
- What are three websites/online resources that provide access to coupons?
- List three benefits of using a meal plan.
- In our module about healthy eating, we discussed the “plate method.” What is it?
- What is my [the facilitator’s] favourite unhealthy food to eat?

Part 3 – Activity: Evaluation Part I – Group Conversation (20 minutes)

Instruction: PP Slide 6 – This group conversation will provide the facilitator with some helpful feedback from the participants, provide space for the group to reflect on some of the experiences of the group from the past 8 to 10 weeks, and provide an opportunity to prepare the participants for an individual evaluation of the program.

Using a flip chart or white board to record their answers, ask the group the following questions to generate general discussion about the Food Families program.

- What was your favourite part of the Food Families program?
- What is one thing you learned during the program that you didn’t know before?
- What is one recipe you have tried at home that was introduced to you through Food Families?
- What has been the most helpful piece of advice or information given during the program?
- What module do you wish we could have spent more time discussing?
- What topic or information was lacking that you would like to see added for future groups?
- How would you describe your experience with Food Families?

Through the group discussion, draw out information, answers, and insights from all members of the group, so a few “louder voices” don’t dominate the entire conversation.



Part 4 – Activity: Evaluation Part II – Personal Reflection (20 minutes)

Instruction: PP Slide 8 – Provide each participant with a handout related to the final evaluation of the program. Explain the different parts of the evaluation form to ensure everyone is comfortable. Be available to the group as they work through completing each part of the form in case they have any questions.

Participants will also want to reflect on the original goals they set in week one of the program. If they have their binders, have them look through their initial goals so they can clearly get a sense for their success.

Part 5 – Activity: Presentation Of Certificates (20 minutes)

Instruction: PP Slide 9 – The presentation of a certificate of completion is a fun way to congratulate the group on completing the program. For some of your group participants, they may not have graduated or formally completed any other programs before this, so it will be a special moment.

Individually highlight each person and hand her/him a certificate of completion. Using your prepared thoughts about each participant, as you introduce them, describe their impact on the group, something fun or helpful they may have done, or highlight a specific skill they may have developed.

Put in the mail or personally deliver any certificates of completion for anyone who may miss the final session of the program.

Part 6 – Activity: Party Snacks And Mingle (25 minutes)

Instruction: PP Slide 10 – Use the final time in the session to mingle with the group, thank them for their contribution, and enjoy informal conversation.

Provide the group with a variety of healthy snacks and encourage them to interact with one another.

Let the group know they can continue to interact and use the Facebook forum as a way to connect with other participants or find new resources or information related to Food Families.

Take a group picture and email an electronic copy or print a hard copy that can be sent to the participants as a reminder of their participation in the program.

