



Welcome To Food Families!





Orientation

Getting To Know You

Module 1



Agenda

- Introductions
- Overview of Food Families
- A couple of “surveys”
- Let’s cook together
- Questions



Introduce Yourself

1. Name – first & last
1. Relationship status (only if you want to share)
1. Children? Ages?
1. How long have you lived in London? Born where?
1. What's your favourite meal to eat?



What Is Food Families?

A group of local families who come together to shop, cook, learn, grow, save, and celebrate food... together!



Benefits Of Food Families?

- On average, participants have saved \$100/month on food bills implementing ideas learned through the program
- Many have been able to stretch their food budget
- Participants feel more confident in the kitchen
- Participants gain an understanding for how to eat healthy



Overview Of Food Families



Just Wondering...

- 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 Food Families?



How Will We Work Together?

- Let's make a list of the ideas we need to be thinking about each week in order to work well together
- What boundaries do we need to set?



Goal Setting – Why Do It?

- Goals give you greater focus
- Goals allow you to measure progress
- Goals help you overcome procrastination
- Goals provide you with positive motivation

Set some of your own goals for your participation in Food Families.



Let's Cook Together!





A Few Forms For You To Complete...

- Getting To Know You Survey
- Kitchen Inventory Survey
- Program Registration Form



Any Questions?





Stay Connected

- Follow on Facebook – CYN Food Families
- Follow on Twitter @CYNfoodfamilies
- Watch your email for updates or messages