

FOOD FAMILIES OVERVIEW

MODULE	WHAT YOU CAN EXPECT
"Orientation – Getting To Know You"	<ul style="list-style-type: none"> • Opportunity to get to know everyone in the group. • Opportunity to learn more about Food Families and what to expect. • Formally register and complete a few helpful surveys. • Set a few goals for your time in the program. • Answer any of your questions.
"Healthy Eating"	<ul style="list-style-type: none"> • Learn about 7 foundational principles for eating in a healthy way. • Learn the "Plate Method." • Gain a better understanding of what nutrients do, how they work, and how you can get them. • Learn how to read a nutrition label. • Cook a few healthy recipes together. • Talk about how we can begin to implement healthy eating in our regular routines.
"Couponing 101"	<ul style="list-style-type: none"> • Learn how to save a lot of money using coupons at the store. • Learn about all the places you can find coupons. • Take some time to begin to organize your own coupons. • Talk about the value of rewards programs and how you can save money and get free products.
"Price Matching/Meal Planning"	<ul style="list-style-type: none"> • Learn the value of meal planning. • Begin to build your own meal plan. • Learn how much money you can save using price matching techniques. • Gain access to current phone apps that can help you price match.
"Kitchen Safety"	<ul style="list-style-type: none"> • Learn the basics for keeping you and your family safe and healthy when cooking. • Have your questions answered by a registered dietitian. • Meet a chef who will show you the knives you need in the kitchen and how to use them. • Cut, chop, slice, and dice the ingredients for your own chicken stir-fry.
"Collective Kitchen(s)"	<ul style="list-style-type: none"> • We will all work together to prepare and cook a number of recipes that you can take home.



MODULE	WHAT YOU CAN EXPECT
"Money Sense"	<ul style="list-style-type: none"> • Discuss a number of different options for budgeting and putting together a spending plan that can get you through the month. • Take some of the stress out of dealing with your money. • Learn from the members of the group some new ways for stretching your dollars. • Look at some community resources that might be helpful if you have questions about your finances.
"Food Preservation"	<ul style="list-style-type: none"> • Learn the value of preserving your own food. • Work together to learn and try the "water bath" method of canning. • Work together to learn and try the "freezing" method of food preservation. • Take home some food that has been preserved.
"Group Celebration"	<ul style="list-style-type: none"> • Be reminded of all the important, fun, and helpful ideas we have learned during the program. • Celebrate the completion of the program.
Elective (depends on your group) – "Cooking With And For Your Kids"	<ul style="list-style-type: none"> • Learn age-appropriate tasks your kids can perform in the kitchen. • Learn about ways to get your kids to try new, healthy foods. • Cook a couple kid-friendly recipes together.
Elective (depends on your group) – "Gardening"	<ul style="list-style-type: none"> • Learn about some of the various methods of gardening. • Work together to plant your own container garden.

