

# Idea Starter - Dine In for Healthy Families on FCS Day, December 3<sup>rd</sup>

This list cannot cover all of the great material available online but it focuses on Cooperative Extension, Ohio State University Extension Family and Consumer Sciences and national community partners including, but not limited to AAFCS and NEAFCS.

## What type of educational outreach do you want to offer to your community?

**Social Media Campaign**, See examples from:

- AAFCS <https://www.aafcs.org/fcsday/promote-fcs-day/fcs-day-social>
- Medina County Ohio has a plan to share! Please see Resources mentioned in Idea Starter <https://go.osu.edu/fcsdinein>
- Links to OSUE blog posts (coming soon) Please see Resources mentioned in Idea Starter <https://go.osu.edu/fcsdinein>
- 30 second PSAs Mealttime Minutes University of Illinois at Urbana-Champaign Family Resiliency Center <http://familyresiliency.illinois.edu/resources/mealttime-minutes>
- Create a local social media contest (in addition to the national one promoted by AAFCS). Use a local hashtag, have families post photos to local social media sites and offer a prize such as a gift certificate to a local grocery store or all-year round farmers market. (no resource created for this yet but if you have questions, please email Patrice [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu) )

**Static Display** at a site like the office, library, school open house or fair. See example from:

- Lucas County, Ohio, county fair display, also used at High School Open House. Please see Resources mentioned in Idea Starter at <https://go.osu.edu/fcsdinein>
- Additional idea: library display with cookbooks or bulletin board display

**Class Lesson** in the community. Try these resources from Extension programs around the country:

- Cook together. Eat together. Talk together. Make mealttime a family time. by WIC and the Nutrition Council of Oregon (including Oregon State University Extension) <https://www.oregon.gov/OHA/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/familymeals.aspx>
- Eat Together, Eat Better, Washington State University Extension <https://nutrition.wsu.edu/eteb/eteb-lessons/>
- FRIDGE Curriculum, Intergenerational Curriculum, Penn State <https://aese.psu.edu/extension/intergenerational/program-areas/nutrition-health/fridge>

**Handouts** Check out these resources for different audiences:

- Build Healthy Mealttime Habits, 10 tips for preschoolers <https://www.choosemyplate.gov/ten-tips-build-healthy-mealttime-habits>
- Child Nutrition: Healthy Kids, including “Say ‘Yes’ to Family Meals” by Iowa State University Extension and Outreach <https://www.extension.iastate.edu/humansciences/healthy-kids>
- Eating for Your Best Health under the Oregon Shared Meals (audience: stages across the lifespan) <https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/NUTRITION/Pages/campaigns.aspx>
- Family Meal Times, Issue 1, Family Meals Matter <https://www.ag.ndsu.edu/publications/food-nutrition/family-meal-times-issue-1-family-meals-matter/fn1526.pdf>
- Kitchen Activities for 2-5 year olds! <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/KitchenHelperActivities.pdf>
- Let’s Talk About Mealttime (English and Spanish) <https://www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/resources/parent-resources/>



**Hands-on activities** for families at community events like a county fair or information fair. Try these activities:

- Decorate Cloth Napkins. Please see Resources mentioned in Idea Starter.
- Play some table games like The Family Dinner Project, Games and Activities <https://thefamilydinnerproject.org/4week-program/support/games-and-activities/>
- Handout/list of 5 games from The Family Dinner Project. Please see Resources mentioned in Idea Starter <https://go.osu.edu/fcsdinein>
- Conversation Starters (see list below)

**Teaching Tool** for display, discussion or giveaways:

Create these buckets and baskets:

- Technology Bucket. Please see Resources mentioned in Idea Starter <https://go.osu.edu/fcsdinein>
- “Talk Together” (paper) bowl <https://nutrition.wsu.edu/eteb/eteb-incentives/>

Conversation Starters

- Conversation Starters (separate options for English or Spanish, EFNEP emphasis, part of the resources shared with the “talk together” paper bowl) <https://nutrition.wsu.edu/eteb/eteb-incentives/>
- Conversation Starters (one page) <http://extension.usu.edu/foodsense/ou-files/ezplug/uploads/ConversationStarters-OY-June2016.pdf>
- Mealtime Topic Cards from Foodhero.org (one page) <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/familymeals/talk-together-handout-topic-cards.pdf>
- Mealtime Conversation Cards (targeted to different ages, English and Spanish on every card) <https://store.extension.iastate.edu/product/Mealtime-Conversation-Cards>
- For purchase: Mardi Gras Paper Napkins has a Conversation Starter Prints, package of 700

Monthly Calendar Pages, Family Table Calendar to plan and track family meals during each month

<https://www.ag.ndsu.edu/familytable/calendar>

**Additional online resources including lessons, handouts and recipes:**

- AAFCS Dining In web based resources <https://www.aafcs.org/fcsday/fcs-day-resources/fcs-day-web-resources>
- Common Sense Media (many topics and search for device free dinner) <https://www.common sense media.org/>
- Cooking Matters Ten Tips for Better Family Meals <https://cookingmatters.org/tips/10-tips-better-family-meals>
- Dinner Tonight, Texas A&M Agrilife Extension <https://dinnertonight.tamu.edu/family-mealtime/>
- Eat Together Eat Better, Washington State University Extension <https://nutrition.wsu.edu/eteb/eteb-lessons/>
- Food \$ense (SNAP-Ed), Eat Together Utah State University Extension <http://extension.usu.edu/foodsense/eat/together>
- Make Mealtime Family Time, Oregon State University Extension Service <https://foodhero.org/es/node/365>
- Purdue Center for Families <https://www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/resources/community-resources/>
  - Lists of Resources: <https://www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/links/>
- The Family Dinner Project <https://thefamilydinnerproject.org/>
- September National Family Meals Month, Food Marketing Institute <https://www.fmi.org/family-meals-month/about>
- The Family Table, North Dakota State University <https://www.ag.ndsu.edu/familytable>
- Small Steps to Health and Wealth, Rutgers New Jersey Agricultural Experiment Station <https://njaes.rutgers.edu/sshw/>
- Spend Smart. Eat Smart, Iowa State University Extension and Outreach <https://spendsmart.extension.iastate.edu/>