

# MAKING THE MOST OF FOOD

## Lesson 7: Getting the Message Out

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Borough: MN BX BK QN SI

Educator(s) Name(s): \_\_\_\_\_

Host Site: \_\_\_\_\_

### Every Session Kit:

- |                       |                      |
|-----------------------|----------------------|
| - MyPyramid poster    | - Fight BAC! Poster  |
| - Post-it® Notes      | - Name Tags          |
| - Dry measuring cups  | - Measuring spoons   |
| - Liq. measuring cups | - Markers, Tape      |
| - ESNY! Tablecloth    | - Cornell sign       |
| - Food Models         | - Golf Pencils       |
| - Plastic Tablecloth  | - Post-it® Flipchart |
| - Flowers/Decoration  | - Lively Music       |

### Objectives:

By participating in today's lesson, participants will:

1. **List** 2 to 3 resources available to provide assistance to emergency food program guests/clients.
2. **Identify** organizations available to assist emergency food programs with obtaining resources.
3. **Develop** a plan to provide nutrition messages and resources to guests/clients in their program.

Suggested Incentive: Vegetable Peeler

## INTRODUCTION & REVIEW

Welcome the participants and remind them about the date of the Graduation Celebration.

Ask the following open-ended question and record any responses below:

- In small groups, discuss how you have applied the information from the last lesson on food shopping in your life. Who will share with the group?

Answer any questions in the Parking Lot from the previous session.

## ANCHOR

Turn to a partner and discuss to what extent do you provide nutrition information to the people with whom you live, associate, or work. Give some examples of the messages and methods you use.

Who would like to share their thoughts?

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## ADD

### Resources Available:

Have the participants split into five groups and provide each group with information on one of the following resources:

- [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov)
- Greenmarkets/Farmers Market Nutrition Program
- Food Bank for New York City (Network Services & Food and Funding Resources)
- NYC Coalition Against Hunger
- Heat Smart New York (“Energy”) workshops

### Learning Station Demonstration:

Set-up a Learning Station and present to the participants (asking volunteers to participate as if they were clients/guests). Afterward, talk about the other Learning Stations that are available and how to schedule one (bring Request Forms to give to interested parties).

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## PHYSICAL ACTIVITY

### Options:

- Chair Exercises
- Dancing
- Walking in Place

## APPLY

Have participants look at the resources they received and brainstorm ways to bring this information to help their clients/guests and their feeding program.

**5-minute Break.**

### **ERS Exit Forms**

Participants will fill-out the ERS Exit forms (Green). Once again, please help guide the participants in making detailed and accurate 24-Hour Recalls using the 3-Pass Method.

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## FOOD PREPARATION

The participants can prepare easy-to-prepare snacks prior to filling-out the Exit forms. These can include:

- **Peanut Butter – Yogurt Dip** (apples, strawberries, and graham crackers for dipping)
- **Delicious Chick Pea Dip** (with celery, carrots, cucumbers, and zucchini for dipping)

## AWAY

Write the following questions on a flipchart. Have participants write their responses on Post-it® notes and place them below each question on the flipchart (one Post-it® per question). Group the Post-it® notes by question and place in an envelope. Attach the envelope to the lesson plan.

- Based on what you heard today, what resources will you use to help your guests/clients and your food assistance program?
- What, if anything, will you change as a result of what you have heard today?

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## FEEDBACK

There will be no feedback for this lesson.

Explain that any questions they may have will be answered at the beginning of the next session.

Remind participants to bring the following to the Graduation Celebration:

- **Written Reflection**: A written statement about what they have learned during the Workshop Series and how they have applied it to their own lives and their feeding programs.
- **Prepared Recipe**: Their modified personal recipe prepared ahead of time.

Please be sure to fill-out the *Participant Successes and Comments* immediately after the class to recount participant comments and progress. This information will be very useful in writing Success Stories or Impact Statements.

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### Materials List

- Every Session Kit
- ERS Exit Forms (Green)
- Questions from previous session (with answers)
- Hand-outs for the following (laminated copies for the activity and photocopies for the participants):
  - [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov)
  - GreenMarkets/Farmers Market Nutrition Program
  - Food Bank for NYC
  - NYC Coalition Against Hunger
  - Heat Smart New York (“Energy”) workshops
- Request forms for Workshop Series/Learning Stations.
- Gloves & hairnets

