

Walkers for Wellness

Nutrition and Health Presentation for Faith-Based Organizations

THEME: Cornell University Cooperative Extension would like to be a partner and resource to the faith-based community in their efforts to improve the nutritional quality of the food served to their congregants and emergency food program clients.

OBJECTIVES:

- I. Become familiar with the MyPyramid key messages and their relationship to healthy food choices.
- II. Identify foods that are high in sugar, fat, and sodium and their relationship to health.
- III. Explore options for modifying menu items to improve health.
- IV. Prepare a healthy meal using the four Fight BAC principles.

INTRODUCTION:

- Introduce yourself as a Community Educator with CUCE-NYC.
- Have participants fill-out nametags and have them introduce themselves and talk about their involvement with the Church. This will allow you to address the audience's needs throughout the presentation
- Describe the Nutrition and Health program in brief – explaining that we work with a variety of audiences, including the faith-based community.
- Describe today's session as being primarily about healthy meal preparation. We recognize their efforts for health promotion through the "Walkers for Wellness" project. We are conducting these workshops to support the nutrition part of this program. The goal is to help faith-based organizations to improve the nutritional quality of the food they serve in their feeding ministry.
- Introduce the concept of the Parking Lot.

Today we will talk about Nutrition and Health for your faith-based organization's feeding program. What would you like to get out of this session?

Participants can record responses on Post-It notes and place on the flipchart and the facilitator can read responses aloud.

PORTION SIZE: THE TWENTY-YEAR DIFFERENCE

ANCHOR: Distribute the 20 Year Difference cards. ***You have received a card with a picture on it. Find the person in the group who has the same food as you.*** When partners are together, ask them to discuss the following:

- ***What do you notice?***
- ***What surprises you?***

After discussing those points, ask the group about:

- ***What other foods have grown in size that are not here?***
- ***What else has gotten bigger in the past few years other than food?***

ADD: Research shows that it's not only what we eat, but also how much we eat that can affect our health. Eating more calories than our body needs, even if those calories are coming from "healthy" foods, can lead to weight gain. We understand that in your feeding program, it is very tempting to heap food on a plate to show that we love and care about our community. We have learned from research that people will always eat more if they are served more. Remember that your role as the server of the food has a huge impact on how much people are eating and consequently their overall health and well-being. You are poised to be leaders in serving food to nourish your community toward better health.

Refer participants to www.MyPyramid.gov and www.fightbac.org for more information.

APPLY: Think about the portions you serve in your feeding program. With your same partner, discuss the foods you think are most likely to be over-served? How about foods that are under-served? Who would like to share?

Helpful Note: Post flip-chart paper at the front of the room. Split the flip-chart in the middle and have one side be for the foods that are over-served and the other that are under-served. Write comments in the appropriate column.

AWAY: Let's brainstorm some strategies that will help us to serve less of the foods we are over-serving, and more of the foods we are under-serving.

*Focus on amounts and portions. Some tips you could add include:

- Serving spoon size
- Investing in standardized amount scoops (spoons that hold specific amounts).
- Eliminating self-serve food lines.
- Giving a separate plate for salads.
- Making sure that all staff serving the food understands the correct portions.
- Using a smaller plate or cup
- Use sectional plates that have a place for each different food item

INTRODUCTION TO MYPYRAMID:

ANCHOR: Discuss the nutrition information, if any, that you share with your family, friends, or congregation. Also, what information has been shared with you by family members, friends, or the media? You can even discuss the Dept. of Health ads that have been in the Subway.

ADD: Another aspect of menu planning that is important is balancing food groups in a meal. We can use the research-based MyPyramid guidelines to help us to create balanced meals. Let's explore the five core MyPyramid messages (lead this activity from the large MyPyramid poster)::

- **Make Half Your Grains Whole:** Whole grains can provide energy and fiber. Some examples are brown rice, whole wheat bread, oatmeal, and farina.
- **Focus on Fruits:** Fruits provide vitamins and minerals with few calories.
- **Vary Your Veggies:** Vegetables provide vitamins and minerals with few calories.
- **Get Your Calcium-Rich Foods:** Milk and milk products provide calcium, which is important for bone strength at all ages.
- **Go Lean With Protein:** Choose beans or lean meats for protein. Lean meats include chicken, turkey, and fish.

Look at the foods that we have identified as over or underserved. Which of the food groups do these items belong to? MyPyramid.gov is an important online resource for planning your menus. In our Nutrition and Health workshops series, we go more into depth about your personal requirements for each food group and strategies to improve your individual diet (Show copy of Diagnostic Report). I will leave you all with a MyPyramid to take home.

APPLY: In addition to increased portion size, we have been hearing a lot in the news lately about how excess Sugar, Fat, and Sodium in our diets can be harmful to our long-term health. Excess sugar, fat, and sodium in the diet can lead to chronic illnesses such as diabetes, heart disease, and high blood pressure. When making decisions about the foods we will serve our congregation, it is important to use the Nutrition Facts section on the food labels to help us choose the best foods. Let's do an activity that explores the Sugar, Fat, and Sodium in a variety of foods.

Divide the participants into three groups. Have each group do either the Sugar, Fat, or Sodium activity at the same time.

- **Sugar Content of Beverages:** Using the worksheet, figure out the amount of teaspoons of sugar in each of the beverages. Measure out the sugar and place into the cups next to the beverage. Which drinks have the most sugar? The least?
- **Sodium Content in Foods:** Look at the Nutrition Facts labels of the food provided and place the foods in order from the least amount of sodium to the most. What do you notice about the foods with the most sodium? Least sodium?
- **Fat Content of Foods:** Place 2-sets of 65 fat cubes (130 total) in a measuring cup (65 grams is the amount of total fat recommended on a 2,000 calorie diet).

Prepare two meals using food models and have participants count the amount of total fat in each item. For each gram of fat, remove a fat cube from the cup. The cubes remaining in the measuring cup represents how many more grams of fat you can consume in a day. [When choosing foods for the meals, you can select from food models that are relevant to the congregation's normal meals]. NOTE: When a group at one table is doing this activity, participants can be divided into 2 "teams," each with a cup of 65 fat cubes for the day. Teams can then compare the amounts of fat they are left with after "eating" different foods throughout the day.

Have each group report their findings. ***What, if anything, surprised you? Why are we focusing on these three nutrients in particular?***

AWAY: ***On a Post-It, share how you can reduce the sugar, fat, and sodium in the foods you provide in your feeding program?***

PHYSICAL ACTIVITY: Stretching with the DynaBands; Balloon Toss

BREAK: 5-minutes

RECIPE MODIFICATION: *(in the interest of time for food preparation, this part may be modified to be done after the food preparation)*

ANCHOR: ***Describe the meals that you usually prepare/serve in your congregation.***

ADD: ***You are already doing a great service to your community through this feeding program. Cornell University Cooperative Extension is a resource and partner to help you in your mission to improve the health of your congregation. We would like to be a continuous source of support to you in your goal to make your meals more nutritious.***

As a part of your Wellness Initiative, we would like to help you look at your program's menu for:

- ***Portion Size***
- ***Food Group Balance***
- ***Sugar, Fat, and Sodium Content***
- ***Safe Food***

APPLY: ***Let's prepare some of these modified recipes, serve them in the recommended portions, and taste them. Before we continue, let's review how to prepare food safely.***

- ***Hand-washing***
- ***CLEAN: Cleaning surfaces with warm soapy water***
- ***SEPARATE: Separate raw meats from vegetables and ready-to-eat foods.***

- **COOK:** Cook to proper temperatures using the meat thermometer.
- **CHILL:** Chill foods within 2 hours of preparation.

Delegate responsibilities in the kitchen BEFORE you start the food preparation.

AWAY: Let's enjoy this meal and talk about the following:

- **How do you like the modified recipes?**
- **What food groups do you see in this meal?**
- **What foods groups are missing from this meal? How might you add food groups to this meal?**
- **What would you add/change to this meal?**
- **How can you make this recipe more low cost /cost-effective?**
- **What types of low sodium spice blends can you use instead of salt?** Refer to NFS recipes.

Distribute the Recipe Modification handout and describe it as a useful tool for them to modify other recipes.

FINAL DISCUSSION:

How can you apply the ideas we talked about today to other foods that you serve at your church?

Let's look at your list from the beginning of this workshop. What have we talked about and what have we not talked about?

Have the participants write down responses on post-its to post on flip-chart paper. Let them know if some of the topics not discussed will be a part of the 8-week series.

MATERIALS LIST:

- MyPyramid poster
- Fight BAC poster
- Flip-chart paper (a few pieces)
- Index Cards (Name Tag)
- Markers
- Masking Tape
- 20 Year Difference cards
- Sugar in Beverages Kit (from Lesson Plans)
- Fat in Foods Kit (NEW – from the Fat LIB)
- Sodium in Foods Kit (from Lesson Plans)
- Sample Diagnostic Report
- Physical Activity equipment – DynaBands, balloons.
- Copies of Recipes

- Copies of current menu
- Food and cooking equipment for the Food Preparation (some of the food may be purchased by the FBO if arranged ahead of time).
- Pens
- Post-Its
- Meat thermometer
- Aprons for cooking (not as an incentive)
- Hairnets
- Gloves
- Plates, Knives, Forks, Cups, Spoons, Napkins (arrange to have these provided by the contact)
- Red Tablecloths
- Name Card with e-mail address/ Business cards
- Photo Consent forms (ask contact ahead of time if this all right)
- Workshop Request forms
- Sign-up Sheet
- Mini MyPyramids
- Allergy Poster (For Agency)
- Hand Washing Poster (For Agency)

QUESTIONS TO BE SURE YOU HAVE RESPONSES TO BEFORE LEAVING THE WORKSHOP:

Before the Workshop:

1. What would you like to get out of this presentation/session?

Portion Size: The Twenty-Year Difference:

2. What foods do you usually offer more often?
3. What foods do you offer less often?
4. What strategies do you use to control portion size?

Introduction to MyPyramid:

5. What strategies will you use to reduce sugar/fat/sodium in your feeding program?

Recipe Modification:

6. What are some ways you can apply recipe modification to your feeding program recipes?
7. What did you like about the recipes?

After the Workshop:

8. Something you learned that you did not know before?
9. How will you apply the info you learned in this workshop to your FBO/family/your life?