



SNAP Session #6: Keep on SNAPping

Background

Once families have been successful in changing their surroundings and altering their behaviors toward better health, the big challenge can be sustaining those changes over time. By the end of this program, girls will be equipped with many skills that can be used to shape their surroundings and sustain healthful behaviors.

Some effort will be necessary so that old habits do not replace what has been practiced and learned in SNAP. Making changes to the home environment such as family rules, routines, customs, social support, and placement of food (out of sight, out of mind) and furniture (promoting activity or promoting sedentary) can help sustain good habits.

Today's activities

(time needed 30-90 minutes)

**These are the most essential parts: everything else is optional and at leader discretion

▶ **INTRO:** (5min) Remind girls of upcoming potluck & cover all discussion points below

▶ **PHYSICAL ACTIVITY: Girls' choice of Active Games, Chance to Dance, or Walk & Talk, or have parent and girl lead an activity (15min). Shoot for at least 1500 steps for all girls.

Today's activities

- ▶ How am I doing check-up? (5min)- Read it aloud, and discuss briefly as you go.
- **▶ NUTRITION: Salad & water snack preparation (10-15min) practicing a family meal (5-10min), clean-up (5min)
- ▶ Discussion & assignment (5min) remind girls of all SNAP target behaviors; discuss ways they can keep those up, even after SNAP ends. Assignment is to make a potluck dish (FOCUS ON FRUITS & VEGETABLES!) for next meeting.

Objectives

Girls will:

- Review the target behaviors of our intervention.
- Review one or more enjoyable ways to take steps together for fun and health with a parent.
- Practice kitchen skills, asking skills and good manners.
- Further plans for family-connected meal celebration night (next session)

Discussion Points

Remember what we have done in Healthier Troops in a SNAP

- Physically active meetings led by visiting parents and girls
- Making fruit and vegetable snacks led by visiting parents and girls
- Taking healthy steps, drinking water, and having family-connected meals at home too

Girls get to practice courage, confidence, & character by working with parents to improve health

Remember our SNAP health messages:

- 1) *Water is a wonderful choice.*
- 2) *Take steps for fun and health.*
- 3) *Make family connections through mealtime.*

☐ Complete the “How am I doing check-up” sheet with girls.

Discussion Points

What are some good table manners for our potluck?

Sit up straight, Don't speak with your mouth full of food, Chew quietly, and try not to slurp, Keep bites small, Eat at a leisurely pace, Don't wave utensils in the air, Keep your elbows off the table, Don't Reach, Don't forget please and thank you, Excuse yourself when leaving the table, Compliment the cook, Wipe your mouth before drinking.
Others?

Troop family-connected meal celebration night (Session 8)

- Each girl scout will help her family make a dish to share in a potluck dinner
- Assign girls to categories (Main dish, vegetables, fruit salads, desserts, breads, etc.)
- Focus on fitting in FRUITS & VEGETABLES for all dishes
- Girls earning the SNAP badge will receive recognition that night

How am I doing check-up?

Child version- to do as group discussion

For the following questions, please raise your hand to answer what you did last week.
(Leader should praise the girls' efforts, help them to find ways to improve.)

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

- A) All the meals
- B) Some of the meals
- C) None of the meals

4. How often did you have a fruit AND a vegetable during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

5) How often did you have water instead of soda/pop or soft drinks during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?

- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:



Each girl should pick one of the six areas above to improve for next time.

What is your goal for next time?

How am I doing check-up?

Parent version- to fill out at drop-off or pick-up.

For the following questions, please raise your hand to answer what you did last week.

1. How many times did your family sit down together at home to eat a meal this past week?

- A) Three or more times
- B) Once or twice
- C) Never

2. How often did you have the TV turned off during meals at home?

- A) All the meals
- B) Some of the meals
- C) None of the meals

3. How often did you help your parents prepare the meal and clean up afterwards?

- A) All the meals
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4. How often did you have a fruit AND a vegetable during meals at home?

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5) How often did you have water instead of soda/pop or soft drinks during meals at home?

- A) All the meals
- B) Some meals
- C) None of the meals

6. How often did you take steps together (walking or being active) with your mom or dad?

- A) Three or more times
- B) Once or twice
- C) Never



Goal Setting:

Each parent should pick one of the six areas above to improve for next time.

What is your goal for next time?



Session 6: Salad & Juice Family Meal Practice

Or substitute any fruit and vegetable snack recipe for girls to prepare and eat.

Objective:

The girls will practice food preparation, table setting, asking skills, & good manners.

Time: 15-30 minutes
(preparation & eating)

Follow-up/ Assessment:

Girls should practice good manners & asking skills throughout the preparation and meal



Session 6: Salad & Juice Family Meal Practice

Materials:

- Large bowls
- Various types of lettuce/cabbage
- Shelled sunflower seeds
- Raisins
- Shredded low-fat cheese
- Canola Oil
- Balsamic Vinegar
- Ground pepper
- Pitchers
- Various 100% juice or concentrate
- Napkins
- Paper plates
- Cups
- Flatware (forks)



Session 6: Salad & Juice Family Meal Practice

Procedure:

- Girls wash hands, tables, food, and equipment. Girls are assigned jobs for salad, juice, and place setting. When all food is prepared, girls set tables and sit down to meal together.
- Salad- tear up heads of lettuce and cabbage by hand to pieces no bigger than two inches in diameter. Add raisins, cheese and seeds, then toss. For dressing mix two parts balsamic vinegar to one part oil, and lightly season with pepper.
- Prepare juice and put in pitcher. Cut strength of juice down by adding water to juice in one-to-one ratio.
- All girls should participate in clean-up after the meal.

Healthier Troops in a SNAP: Session 6 Scout Homework



**Prepare for session 7
celebration and potluck
family & troop meal.**