

# SNAP Session #7: Family Connected Meal Celebration Night



# 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.

Girls & parents must take time to appreciate and celebrate the efforts they have made to improve their health through SNAP!

# Today's activities

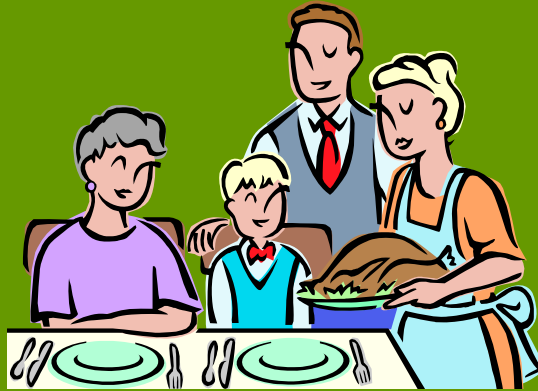
(time needed 60-90 minutes)

- ▶ **INTRO:** (5min) Discussion of what girls have done in Healthier Troops in a SNAP & cover discussion points below
- ▶ **PHYSICAL ACTIVITY:** everyone (parents, kids, leaders, siblings) goes for short walk & talk (10min)
- ▶ **NUTRITION:** Potluck dinner (20-30min), clean-up (5min)
- ▶ **Awards & recognition** (10min)
- ▶ **Discussion & assignment** (5min) The program is over, but the changes can last if the girls and parents make a commitment

# Objectives

Girls will:

- Review the target behaviors of our intervention
- Receive recognition for their accomplishments
- Be encouraged to continue healthy lifestyle habits after the program



# Discussion Points

## 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

# Discussion Points

Review health messages:

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

Need for social support from the family to keep the girls practicing healthy habits.

# Congratulations!



Completing this program has helped to foster healthier troops and families.