Good Grinding for Wise Dining
Celebration Foods
Lesson 24: Get Togethers
“Keep it simple and enjoy the people”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “Get Togethers” handout. Begin lesson when everyone receives a handout.

Read the following:
Hawaii is a melting pot of people with a variety of cultures, ethnicities, and of course, food. In Hawaii, we all have different reasons why we have get-togethers, parties, celebrations, events, and potlucks. No matter what the reason, we should celebrate with family, friends, food and fun. Today, we are going to talk about easy, healthy ways to enjoy our get-togethers. We want to keep it simple and enjoy the people.

Action: Everyone repeat with me, “keep it simple and enjoy the people.”

"Keep it simple and enjoy the people."

Action: Do any of us have a favorite time to get together with family and friends?
* Gently encourage people to participate. Thank participants for sharing.
Examples: Birthdays, Christmas, Graduations, Holidays.
Read the following:

In Hawaii, we often get together and enjoy “potlucks” where everyone brings something to share. Potlucks can help to simplify the planning and preparation process of a get together. It allows us to contribute by bringing food, supplies and/or a helping hand.

The host or the person organizing the get together can ask people to bring certain foods, or people can volunteer to bring something. To make our potlucks fun and healthy, it is ideal to have foods from all different food groups, such as fruits, veggies, protein, starches, and milk. At a potluck, we don't always have to bring food. Instead, we can offer to bring utensils, paper goods, supplies, drinks, and our helping hands, or maybe we can offer a gathering place. If family and friends offer to help or to bring something, let them.

If our get-togethers are not a celebration, special occasion, or special event, we could get together during our holidays. For example, if it is Thanksgiving, people can bring foods that are associated with that special day. Everyone could bring an item from each food group, like turkey, cranberries, green beans, a salad, rice or mashed potatoes, and serve a drink made with low-fat milk such as hot chocolate. We could even serve appetizers such as crackers, fruit and cheese, or veggie sticks with our favorite low-fat dip.

Action: Have participants repeat the following:

Everyone repeat with me, “keep it simple and enjoy the people.”

"Keep it simple and enjoy the people."

Read the following:

How about a get-together with a theme? We could bring foods based on a theme such as a type of culture, a location or place of interest, or an event such as a football game.
Read the following: How about having a sandwich bar for a sporting event? Different people can bring different parts of the sandwich. People could bring a variety of breads, meats, fruits, veggies, and cheeses. Everyone can assemble their own sandwich. Others could bring a salad with a variety of veggies, nuts, seeds, and a low-fat dressing.

We could also have get-togethers for no reason or occasion. It could be as simple as joining friends and family for a picnic, a day to play music or dance, a night to play cards or board games, or even as simple as taking a trip to the grocery store. It is an opportunity for us to try many different foods and to spend some quality time with family and friends. Remember to keep it simple and enjoy the people.

Action: Have participants repeat the following: Everyone repeat after me, “keep it simple and enjoy the people.”

Read the following: When we have our get-togethers we may want to make foods that we can prepare ahead of time and cook right before it’s time to eat. For instance, we can marinate foods overnight such as our meats, chicken, pork, fish, or veggies. We can put these foods in separate re-sealable plastic bags or containers and place them on the bottom shelf of the refrigerator. We put marinating foods on the bottom shelf of our refrigerator because if any of the marinade accidently spills, it will not spill onto our other foods.

Read the following: After we cook our marinated foods, we should not pour the leftover marinade over our cooked foods. Our marinade has raw meat juices with bacteria that can make us sick. The best thing that we can do is to make two sauces, one for our marinade and one to pour on top of our cooked foods.
Read the following: What shall we drink at our get togethers? Water is a great choice because it can keep us healthy, but it's not our only choice. When we want other choices besides water, what can we drink? How about low-fat milk, 100% juice, or water with a little lemon or lime? We can also eat foods that naturally contain more water than other foods, for example, fruits and vegetables. On a hot day, we could eat a fruit salad with watermelon, cantaloupe and pear, or a salad of zucchini, tomatoes and lettuce. We can eat and drink a variety of foods to help us consume water every day.

Read the following: Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to keep my meals simple so I can enjoy the people.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to prepare my foods safely so I don’t get sick.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to consume water through a variety of beverages and foods. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That is the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.