Lifeskills in Food Education
Integrated and Intergenerational (LIFE-II) Intergenerational Programs

Melissah Gamido
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Purpose

To increase the awareness of nutrition and food management to limited income intergenerational families by utilizing various educational models
Semester Journey

- Literature Searches
- Shadowing EFNEP
- Interviews and Intergenerational Scholars
Food Demo

- Pancit
  - Ingredients
    - Pancit noodles
    - Chicken
    - Chicken broth
    - Carrots
    - Celery
    - Onion
    - Cloves of garlic
    - Soy sauce
    - Black pepper
Intergenerational Defined

- Any two generations interacting together
  - Interaction between an Adult and the Young
Intergenerational Family

- An Intergenerational family is considered a household consisting of a member of an older generation raising a member of a younger generation
  - Grandparent and Grandchild
  - Parent and Child
  - Relative and Child
  - Caregiver and Child
Intergenerational Family in Hawaii

- Common intergenerational families in Hawaii consist of a grandparent raising a grandchild.

- 28.5% of grandparents are responsible for raising their grandchild.

- 2.5 million grandparents are the primary caregivers for their grandchildren under the age of 18 in the U.S.

Research found on the U.S. Census Bureau
Currently programs are Mono-Generational

- Problems
  - Focus on the development of one generation
  - Everyone may not be able to learn

- Other problems
  - Children stereotyping
  - No benefit
Intergenerational Programs

- “Activities or programs that increase cooperation interaction or exchange between any two generations. They involve the sharing of skills, knowledge, or experience between old and young.”

- National Council of Aging
Intergenerational Programs

- “Bringing young and old together in various setting- to interact, stimulate, educate, support, and provide care for one another.”
  - Dr. Matt Kaplan, Penn State

- “The focus is usually on establishing connections between people.”
  - Dr. Matt Kaplan, Penn State
LIFE-II Objectives

1. Family Meals
   - To encourage families to build relationships through family meals and eating together in order to positively affect the overall well-being of the entire family.

2. Food Management
   - To enhance the skills families will gain that are necessary to build self-motivation on how to improve family eating behaviors in eating practices, selection, and preparation.
Family Meals Defined

- A family meal is considered a meal that is consumed by multiple members of a family in a central location.
The Importance of Family Meals

- Interaction between family members
- Families, who eat more than 5 meals together with their children per week, are less likely to have a teen that will abuse drugs or alcohol.
- Parents who make time to spend with their children are more likely to become more involved in their child’s academics, relationships and leisure activities.
- Sharing meals together builds relationships and positively affects the overall well-being of the entire family.
Food Management Defined

- Food management is a broad process that involves the proper oversight of food selection, preparation, presentation, and preservation.
Importance of Food Management

- To identify risky food management practices
  - To help families establish healthier nutrition plans and gain a greater sense of family value and food security.
The University of Hawaii Cooperative Extension Service LIFE-II Nutrition Educators

- Training Suggestions
  - Offer programs for all generations to work together
    - Follow activities from Dr. Kaplan’s FRIDGE curriculum
  - The focus should be open and nurturing to all intergenerational participants and educators
  - Monitor effective communication
  - Emphasize the importance of Family Meals and Food Management
- Statistics
Training Suggestions

- Kaplan, Kiernan, and James (2006)
  - Families prefer:
    - Availability of research-based information and skills on eating healthfully
    - Mandatory family meetings
    - Meetings with peers
    - Daylong workshops
    - Activities, such as preparing food and playing games that will recruit children to stimulate lessons about eating healthfully
    - Ability to share between participants, such as sharing “eating diaries” and cooking together
    - Other suggestions such as community-based and school-based programs on health are also recommended
Training Suggestions

  - Surveyed extension educators and other professionals on their preferences for constructive delivery format for intergeneration programs
    - Written curricula scored as the best method for delivery
    - Workshops and Web-based materials followed