



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

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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

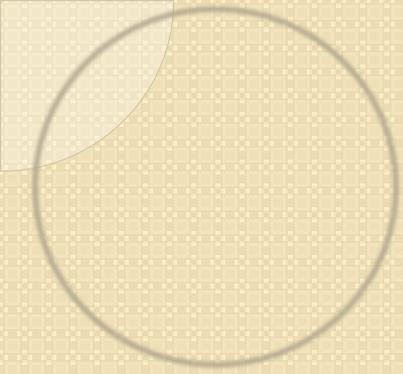
- ❑ A family meal is considered a meal that is consumed by multiple members of a family in a central location.

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

- Kaplan, Liu, and Radhakrishna (2003)
 - 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