

NEAFCS – Montana Affiliate Peer Reviewed Mini Workshop 2008

Name of Program: Take Back Family Mealtime

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Type of Presentation: Mini Workshop

Mini Workshop Proposal

1) **Program Title:**

Take Back Family Mealtime

Multi-disciplinary (Food/Nutrition and Health & Human Development)

2) **Issue and Situation:**

Today families are not sitting down to meals together. Some reasons for this may be due to dual income families, increased after-school activities, and teens being more mobile. United States government figures show that only about one-third of children are getting enough fruits, vegetables, grains and milk, that their diets are too high in other areas, such as sugar, and that childhood obesity has doubled and adolescent obesity has tripled. (CYFERnet, Jan 2008)

Studies indicate that the more often youth eat with their parents, and the happier, more structured these mealtimes are, the more they benefit from them. The benefits include: better nutrition, better language and literacy, less disordered eating, and fewer risky behaviors. (Dianne Neumark-Sztainer of the University of Minnesota Division of Epidemiology and Community Health)

Due to the research that has been done there is a need to assist families as they strive to improve their family's nutrition and reduce teen risk behaviors.

3) **Stakeholders & Input:**

Audience was parents and daycare providers. Two hour class offered thru adult education and daycare association. Daycare providers were offered two hours of continuing education for attending the class.

4) **Program Description:**

Program included two hour class and articles in the extension newsletter and local newspaper. The two hour class participants learned the benefits of eating together as a family. Participants also learned quick and simple dinner ideas thru instructor discussion and sharing of ideas with other class participants.

Objectives:

- Participants learned that spending more time together as a family will affect their child's academic success
- Participants learned that spending more time together can reduce teen risk behaviors
- Participants learned simple ideas for family meals

Resources used include:

- Take Back your Family Mealtime Video by University of Minnesota
- Montguide MT200403 "Family Mealtime"
- Others available thru extension and Food Stamp Nutrition Education

5) **Program Impact:**

Evaluation was completed following the two hour class with questionnaire. One hundred percent stated that the above objectives of the class were learned.

Seventy two percent of the participants stated that they planned to have a family meal at least four times a week.