This Family Fitness Values handout, developed as part of Penn State Cooperative Extension’s Family Fitness (child overweight prevention) Program, is a tool to help family members share their views and values regarding how their families function around food issues.

1. For each of the items in the left hand column, have youth, parents, and grandparents state how important they think these things are to them. Use the numbers 1–5, with 1=very important, and 5= not important.

2. Star the ones all agreed were very important.

3. Circle the top 3 family values.

<table>
<thead>
<tr>
<th>Rate the importance of:</th>
<th>Youth</th>
<th>Parents</th>
<th>Grandparents</th>
<th>How often do you do these things together</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating Meals Together</td>
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<td></td>
<td></td>
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<tr>
<td>Considering Everyone’s Food Preferences</td>
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<tr>
<td>Including a Variety of Fruits, Vegetables, Low-Fat Dairy &amp; Whole Grains at Each Meal</td>
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<tr>
<td>Limiting High Sugar, High Fat Foods</td>
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<tr>
<td>Preparing Foods Together</td>
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<tr>
<td>Trying New Foods</td>
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<tr>
<td>Eating Breakfast</td>
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<tr>
<td>Family Physical Activity</td>
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<tr>
<td>Maintaining a Healthy Weight</td>
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<tr>
<td>Feeling Healthier such as:</td>
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<tr>
<td>Add any others:</td>
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</tbody>
</table>
MyPlate Coloring Sheet

From the choosemyplate.gov website.
What is FRIDGE?

FRIDGE — A program to help families work as partners to achieve their healthy eating goals

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.
Who:
• Each FRIDGE program is run with 4–8 families, with each family represented by one or more youth (10–15 years of age), their parents, and if available, their grandparents and other relatives in caregiving roles.

What:
Take part in the FRIDGE Program.
• Learn more about eating healthfully.
• Learn how family communication about food and nutrition can be easier, more fun, and more effective.
• Learn how other families deal with food and health issues.
• Fun games and activities for the family.

The FRIDGE program was developed by educators at The Pennsylvania State University.

When:
The FRIDGE Program will begin on ............................................................
FRIDGE activities will take place on the following dates and times:
DATE:............... TIME: .................
DATE:............... TIME: .................
DATE:............... TIME: .................
other ...................................................
To Sign Up:
Contact ..........................................
Evaluation of the FRIDGE Program [for Program Participants]

Introduction: Thank you for participating in FRIDGE. Your answers to the following questions will help us to better understand how the FRIDGE program helped you and your family members to learn and communicate about issues related to food and nutrition and work together to meet your healthy eating goals.

Program Location (City, State) ................................................................. Date ........................................

Your family placement (check one): ☐ Child ☐ Parent ☐ Grandparent ☐ Other .................................................................

List the ages of participating family members without giving their names:
(For example, “an 8-year old boy”, “45-year old aunt”, and so on.) ........................................................................................................................................................................................................................................................................................................

1) What did you learn in the FRIDGE program? Give two examples. (Use back of form if necessary.)

2) Which of the FRIDGE activities or aspect of the program did you and your family like most, and why?

3) Did you make any changes in your behavior that are related to food (for example, the foods you buy, how you eat, when you eat, and with whom you eat) as a result of what you learned or experienced in this program? ☐ Yes ☐ No
   If yes, please list at least one change.

4) Did members of your family change the way they communicate with one another as a result of what you learned or experienced in this program? (Note things like changes in how often family members have conversations about food choices, the extent to which they listen to one another, and the extent of compromise and cooperation when having such conversations.) ☐ Yes ☐ No
   If yes, please note whether there is more or less communication and list at least one change.

5) Did your family make any specific plans to eat more healthfully? ☐ Yes ☐ No
   If yes, please give at least one example:

6) Do you have any recommendations for improving the FRIDGE Program? ☐ Yes ☐ No
   If yes, please share them here:

[To be filled out by the program facilitator]    Number of families ............... Number of participants .............

Note to FRIDGE program facilitator: Please share a summary of the evaluation results to: Matt Kaplan, Ph.D., Professor; Intergenerational Programs and Aging; Penn State University; 7A Ferguson Bldg.; University Park, PA 16802 (msk15@psu.edu)
FRIDGE
Making communication about food easier, more fun, and more effective for family members of all ages.