

# What are Your Family Fitness Values?

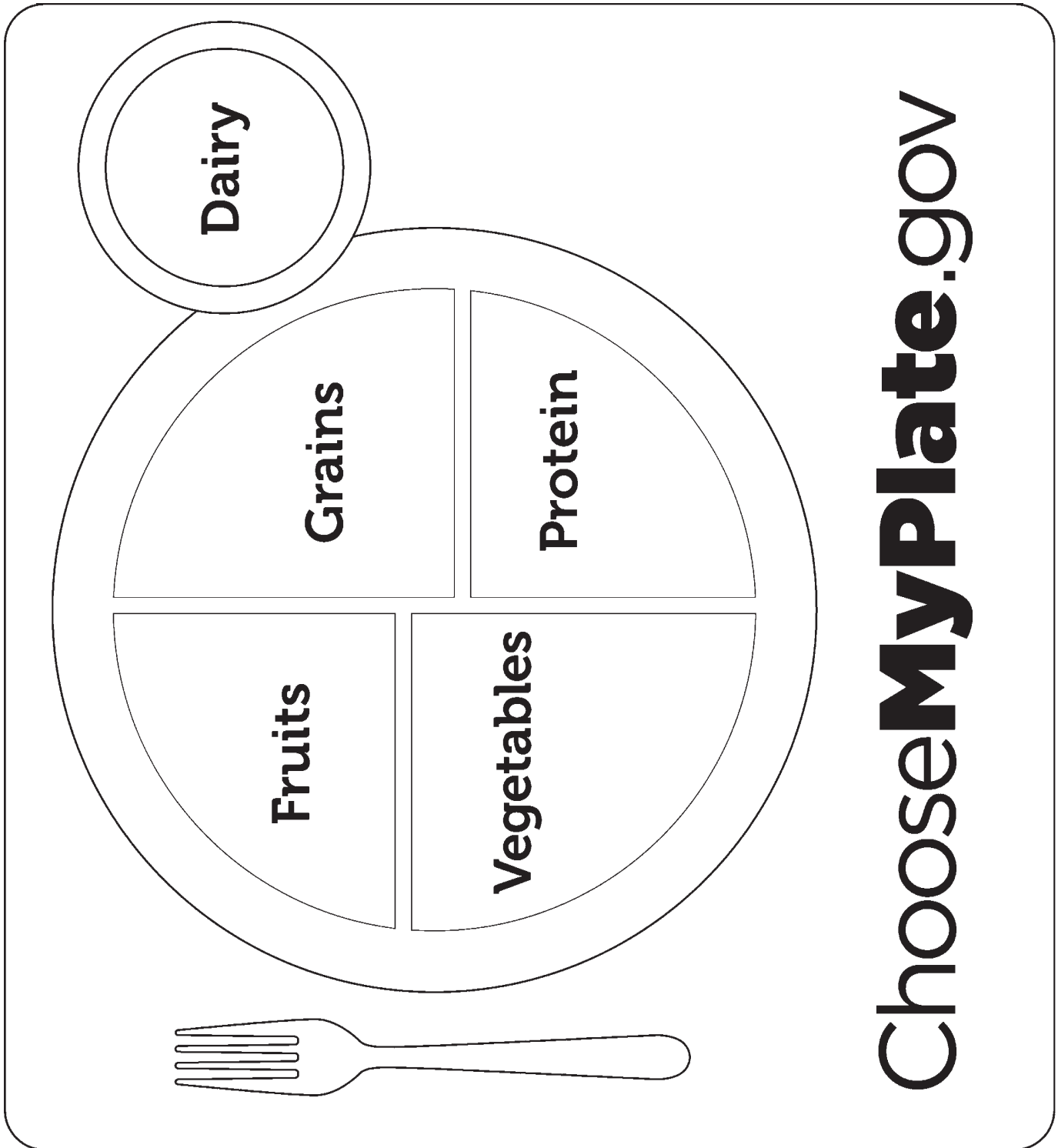
This Family Fitness Values handout, developed as part of Penn State Cooperative Extension's *Family Fitness*, (child overweight prevention) Program, is a tool to help family members share their views and values regarding how their families function around food issues.

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.

Rate the importance of:	Youth	Parents	Grandparents	How often do you do these things together
Eating Meals Together				
Considering Everyone's Food Preferences				
Including a Variety of Fruits, Vegetables, Low-Fat Dairy & Whole Grains at Each Meal				
Limiting High Sugar, High Fat Foods				
Preparing Foods Together				
Trying New Foods				
Eating Breakfast				
Family Physical Activity				
Maintaining a Healthy Weight				
Feeling Healthier such as:				
Add any others:				
_____				
_____				
_____				

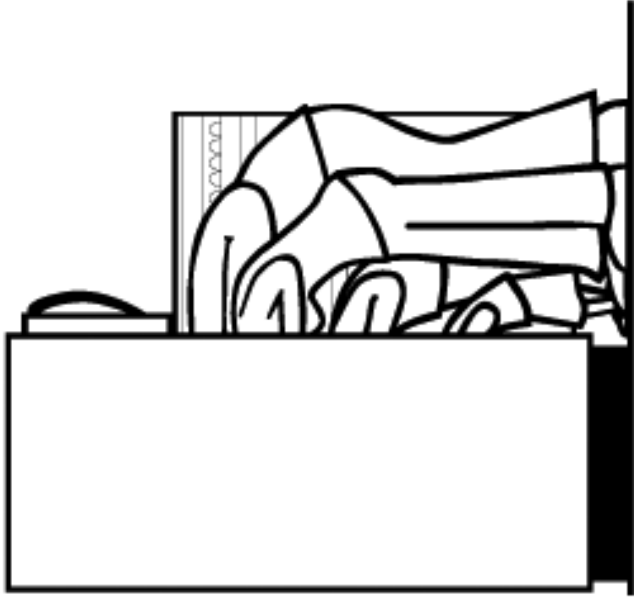
APPENDIX 7

# 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

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Funded by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

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## 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 .....

*"This program opened our family's eyes so we look at nutrition labels and figure out healthier food choices."*

— A parent

*"Can we just go home instead of eating fast food? I really want to make that stir fry [recipe from FRIDGE session]."*

— 14-year old boy  
speaking with his grandmother



# 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.

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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.)

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

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

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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.*

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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.*

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5) Did your family make any specific plans to eat more healthfully?  Yes  No

*If yes, please give at least one example:*

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6) Do you have any recommendations for improving the FRIDGE Program?  Yes  No

*If yes, please share them here:*

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[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.



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