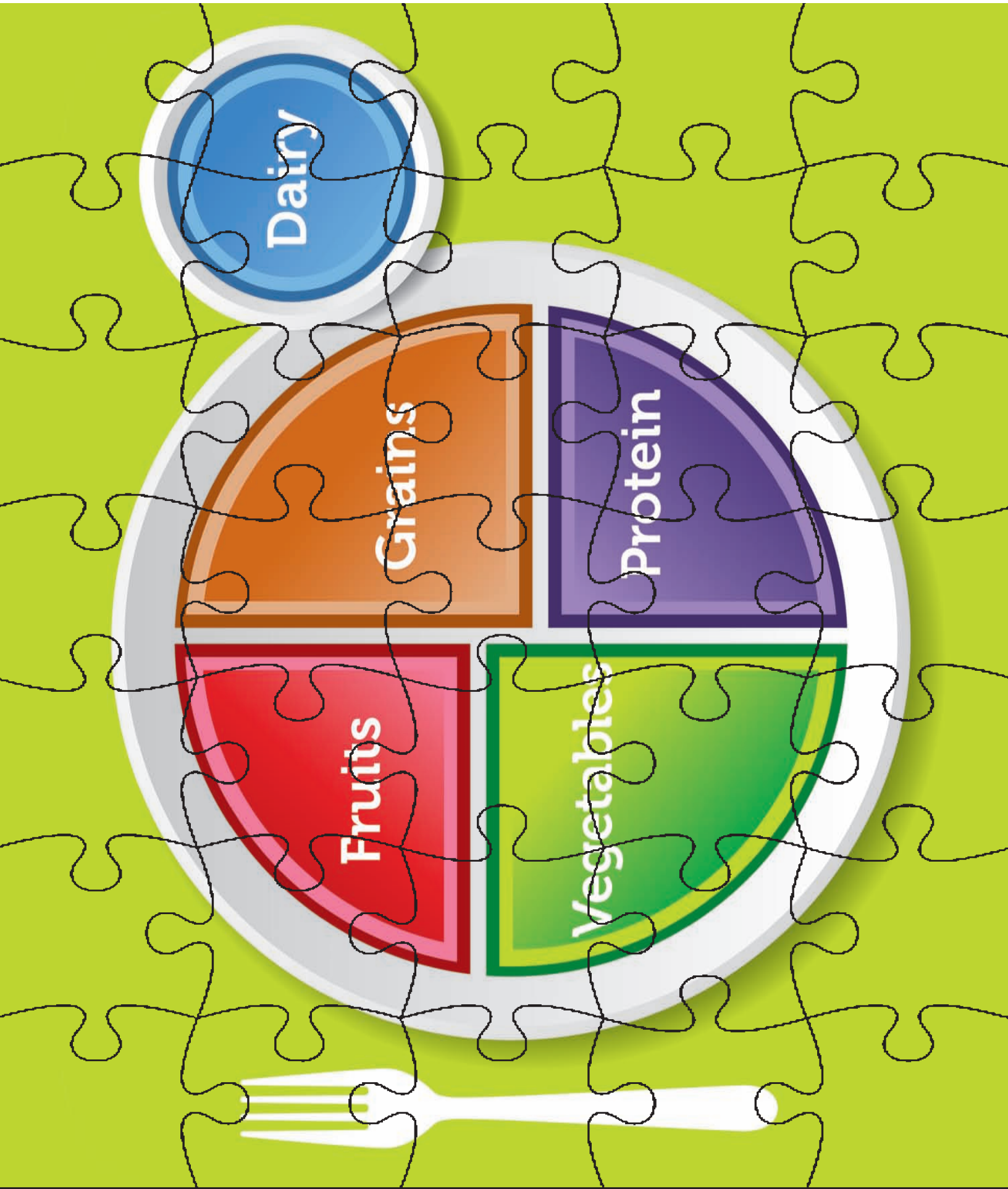


# Handouts for Section 3

# Family Food Puzzle



## Who Holds the Most “Power”?

Put your sticker next to the family member who you feel *holds the most power* in your family when it comes to making the 12 food-related decisions noted on the left column. More than one sticker can be placed in one box — For example, if all family members feel that the parent has the most power in deciding “What foods the family buys” then everyone should place their sticker under “parent.” If you feel that nobody has more decision-making power than others in the family for a particular category (e.g., what foods enter the house), then don’t put down a sticker for that item.

Food-related decision	Child(ren)	Parent(s)	Grandparents	Other adults with caregiving responsibilities
1. What foods the family buys?				
2. What foods enter the house?				
3. How food is prepared?				
4. Who prepares the food?				
5. Will the family eat a meal together (a “family meal”) or is it just “grab and go”?				
6. When does the family meal take place?				
7. How long do family meals last?				
8. Where are meals at home eaten?				
9. Who cleans up after meals?				
10. If the family goes out to eat, who decides where to go?				
11. What foods do family members snack on?				
12. What are the family snacking rules (if any)?				

# From Power to Partnership

Put your sticker next to your category if you would like to have more influence (or power) in making these decisions.

Food-related decision	Child(ren)	Parent(s)	Grandparents	Other adults with caregiving responsibilities
1. What foods the family buys?				
2. What foods enter the house?				
3. How food is prepared?				
4. Who prepares the food?				
5. Will the family eat a meal together (a "family meal") or is it just "grab and go"?				
6. When does the family meal take place?				
7. How long do family meals last?				
8. Where are meals at home eaten?				
9. Who cleans up after meals?				
10. If the family goes out to eat, who decides where to go?				
11. What foods do family members snack on?				
12. What are the family snacking rules (if any)?				

# Dinnertime poem

— by Mary Ann Hoberman

David asks for his dessert  
 Peggy wants to press her skirt  
 she has dance class and she's late  
 David says he cannot wait  
 Mike is giving him a ride  
 he'll just go and wait outside  
 Father tells him he will not  
 David mutters thanks a lot  
 Ann says she expects a call  
 Benjamin won't eat at all  
 Mother starts to serve the pie  
 Benjamin begins to cry  
 Mother asks him what is wrong  
 Father says the tea's too strong  
 Ann gets up to get the phone  
 Benjamin begins to moan

Peggy says her tights are torn  
 David says he hears a horn  
 Father says to finish first  
 David says that he will burst  
 Peggy says it isn't fair  
 Ann has on her other pair  
 now she will be late for class  
 Benjamin upsets his glass  
 David's taking tiny bites  
 Ann is taking off the tights  
 David says the crust is tough  
 Mother says she's had enough  
 Father says it's not too bad  
 Mother says she's going mad  
 David wiggles like a mouse  
 that is dinner at our house



"Dinnertime" was written by Mary Ann Hoberman and published in Little, Brown and Company in "Fathers, Mothers, Sisters, Brothers: A Collection of Family Poems" in 1991.  
 The illustration was developed by Stephen Carpenter.





# Drawing up an "Official" Food & Family Contract

## *Food & Family Contract*

We the ..... Family agree to:

- Follow the Family Visions (attached) we have developed for ourselves at the F.R.I.D.G.E. program.
- Do our best to communicate effectively about food related issues.
- Work hard at making our family a success in eating healthier!
- We further agree to the following:

When buying food .....

.....

.....

When preparing food .....

.....

.....

When eating food .....

.....

.....

Signed: ..... Date: .....