## Handouts for Section 3

## 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

\author{

- 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.

## Sharing Visions - How We Work Together to Eat Healthfully

1. In our family, when it comes to deciding what foods to buy, we will display cooperation and teamwork in the following ways:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
2. In our family, when it comes to cooking and preparing meals, we will display cooperation and teamwork in the following ways:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
3. In our family, when it comes to cleaning up after meals, we will display cooperation and teamwork in the following ways:
4. In our family, when it comes to deciding what restaurants to go to when eating out, we will display cooperation and teamwork in the following ways:
5. In our family, to make sure that we have at least some meals together as a family, we will:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
6. To ensure that our family eats healthfully, we will adopt the following healthy traditions for: shopping, preparing food, and eating our meals:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
7. To make sure that all family members are able to have some input into decisions that are made regarding food selection and preparation, we will:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
8. Future generations of our family will feel $\qquad$
in knowing that our family communicates and works together on issues related to food and fitness.

## Food \& Family Contract

$\qquad$

- 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 $\qquad$
$\qquad$
$\qquad$
When preparing food $\qquad$
$\qquad$
$\qquad$
When eating food $\qquad$

Signed: Date: $\qquad$ Cooperative Extension

