

Family Learning

Glasgow's Improvement Challenge

PROGRAMME DESCRIPTOR: Family Fun with Food

The Family Fun with Food programme provides health and wellbeing activities for parents and children to interact and work together learning about healthy snacks and then taking the healthy snack ideas into the home environment, planning and shopping and making the snacks together. This programme has often been used as an engagement tool with families, as it is very informal and fun and provides teachers and other practitioners with an opportunity to get to know families in a relaxed setting, building relationships and beginning the consultations and discussions around family learning and support needs.

Curricular Area – Health & Wellbeing
Literacy
Numeracy

Target Audience



- Early Years
- Early Primary
- *Parents/Carers of children aged up to 7 years

Resources:



- **Family Learning Lead** - to promote and engage families into the programme via social media, school app, flyers, schools gates, phone calls and texts.
- **Staff** – At least one member of staff to deliver the programme 1 hour per week
- **Time** – Programme facilitator will require time to continue to engage families week to week with reminder texts, phone calls and school gates interaction. Time will also be required to follow up on evidence and outcomes of the programme and follow through on identified learning and support needs of families
- **Material** – Food and other items (for example paper plates, kebab sticks, kitchen utensils) for each week's session with sufficient ingredients for each family to take and remake at home (this is not essential but recommended). Food bags for families to take home ingredients
- **Budget** – Small budget of £5 per family per week for 6 weeks – this would cover tea/coffee/juice and a snack on welcoming parents into the school, ingredients for the session and to take home
- **Other resources:** Creche or play facility for younger siblings
- **Venue** – This programme can be delivered in any setting e.g. nursery, school, community facility as long as a quiet room/space is available that accommodates up to 10 or 12 parents and children. Hand washing and washing up facilities are required

Planned Outcomes:



Intended outcomes for children:

- Improvements in child's eating habits
- Increase in child motivation for learning by seeing parent in school or nursery setting
- Child receives top up learning and interaction with parent in the home and community
- Child will develop literacy and numeracy via shopping lists, supermarket shopping and counting costs of ingredients

Intended outcomes for parents:

- Parents feel welcomed into the school or nursery
- Parents learn simple ways to support their child's development
- Parents build a relationship with school or nursery staff
- Increase in parent's confidence in supporting their child's learning
- Increase in communication between parents and school
- Increase in uptake of parental engagement and family learning

Intended outcomes for schools:

- Increase in parental engagement in the school or nursery
- Strengthening of relationships between the school and parents

Partners:



- Third Sector Health Funded Organisations
- NHS
- Glasgow Life Family Learning Team

Aims & Objectives:



- Provides an opportunity for parents to be welcomed into the school or nursery
- Providing activities that parents and children can do together to stimulate the home learning environment
- Provide learning for parents to support their children to make healthy food choices
- Create time and space in an informal and fun setting to build relationships with families
- Provide an opportunity for practitioners to consult with families on learning and support needs
- Provide opportunity for practitioners to signpost families to other partners and services based on need

Method:



Family Fun with Food is designed for parents and children to learn about, preparing and enjoying healthy snacks that can be made at home. Enjoying a fun activity together and providing a sense of achievement. It is aimed at parents and children up to age 6 or 7 to interact together, try different healthy foods, plan shopping lists at home and go to the supermarket together to look for and purchase ingredients to re-make the healthy snack ideas at home. It also provides parents with an opportunity to meet and chat about their tested ways of introducing a variety of food groups to "picky" eaters. The programme is delivered over 6 weeks:

- Week 1: Making a healthy sandwich
- Week 2: Fruit kebabs
- Week 3: Healthy dips and dippers
- Week 4: Nom nom nachos
- Week 5: Apple doughnuts
- Week 6: Humous and veggie sticks

Monitoring and Evaluation

- Pre, mid point and post evaluation can be done during and after sessions using the Family Learning Planning, Monitoring and Evaluating pack

Progression routes:

- Food safety REHIS (parents)
- Cooking on a budget
- Cooking for health
- Making fakeaways
- Producing a recipe booklet
- Whole school food get-togethers
- Planting and growing our own food

COVID Adaptation

Families are provided with vouchers for a specific shop to buy ingredients and then participate in an online cooking demonstration / cook along via MS TEAMS or school app.

Useful Links:

<https://www.communityfoodandhealth.org.uk/2019/food-for-life-get-togethers-in-scotland-bringing-communities-closer-resources-available/>
<http://www.goglasgow.org.uk/Pages/Show/2213>
<http://www.goglasgow.org.uk/Pages/Show/2219>
<https://www.urbanroots.org.uk/>