



FCS3-635FG

# Facilitator Guide

## PROGRAM GOAL

To increase knowledge and awareness of strategies that can be used to overcome mealtime ruts and prepare meals at home.

## PROGRAM OBJECTIVES

- Participants will be able to explain why it is important to prepare meals at home.
- Participants will be able to describe creative strategies that promote meals prepared at home.
- Participants will be able to name ways to reduce perceived barriers related to preparing meals at home.

## LESSON MATERIALS

- FCS3-635 How to Get Out of a Mealttime Rut
- PowerPoint Presentation
- Facilitator's Guide
- Retrospective Pre-and-Post-Evaluation Tool
- Word Scramble Activity
- Word Search Activity
- Marketing Flyer
- Social Media Graphic
- Leader Lesson Letter

## PREPARATION

### IN-PERSON

- Make copies of the publication, evaluation tool, and any other necessary handouts for activities.
- Read the section below titled Ideas for Additional Activities and decide which activities you will implement during the lesson.
- Gather pens and pencils for completion of activities and evaluations.



- Market the program through various channels (e.g., newsletter, newspaper, email, social media).
- Reserve a room and equipment needed for the program.

### **VIRTUAL**

- Develop plans for online implementation (e.g., Zoom, Facebook Live, Google Classroom).
- Market the program and share log-in information with interested and registered individuals.
- Email or mail the publication and any other necessary handouts.
- Establish whether an online survey is needed for the evaluation or if you will mail paper copies to be returned.

## **FACILITY AND EQUIPMENT REQUIREMENTS**

### **IN-PERSON**

- Handouts
- Evaluation
- Sign-in sheet
- Tables and chairs for participants
- Projector for PowerPoint presentation
- Materials for selected activities (e.g., tasting)

### **VIRTUAL**

- Computer and virtual lesson platform (e.g., Zoom)
- Webcam
- Internet connection
- Materials for selected activities (e.g., demonstration)

## **AUDIENCE**

Individuals who are primarily responsible for planning and preparing meals are ideal. Potential audiences include Homemaker groups and clubs, parenting groups, young adults, senior citizen centers, faith-based organizations, grandparent groups, and other health-related support groups. This lesson would work well in partnership with child care providers, school partners, local health-care clinics, health departments, WIC and SNAP offices, and other services that support families. Consider opportunities where parents are gathered for youth events, such as sporting events and practices.

## **POTENTIAL COMMUNITY COLLABORATORS**

Organizations or community partners with an interest in health and wellness programs might be potential collaborators. These partners probably have patients or clientele who are interested in preparing more meals at home or increasing food preparation and cooking skills. Examples include health departments, libraries, health coalitions, diabetes educators, support groups, and WIC coordinators.



## INTRODUCTION AND INTRODUCTORY ACTIVITY

Do you often feel you are preparing the same meals and snacks over and over? Do you wish it were easier to come up with meal ideas that both you and your family enjoy? Many people simply feel overwhelmed by the constant “chore” of choosing and planning meals. This lesson will emphasize the benefits of preparing homecooked meals even when we do not feel like being in the kitchen again. We will also talk through ways to add creativity and variety to your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

For a roll call or ice breaker, ask participants to each share the go-to meal they prepare when they do not feel like cooking.

**Note: There is no Pre-Evaluation Tool. There is one evaluation tool used at the conclusion of the program.**

## LESSON

Share the PowerPoint presentation or publication lesson material. Encourage discussion throughout the lesson about the information shared. You can find discussion questions and activity suggestions in the PowerPoint Notes section. You can deliver this program in 30 to 60 minutes, depending on selected activities and format. Provide activities that are appropriate for participants’ abilities, space, setting, or mode of delivery (see below).

## CONCLUSION

Answer any questions. Encourage conversation about creative ways to add variety and creativity in the kitchen when preparing meals and snacks. As a discussion question, ask each participant to share one thing they found interesting from the lesson or a strategy they plan to implement to add creativity to their cooking because of the program. Emphasize ways to overcome shared barriers to preparing meals at home. Complete the provided pre-and-post-evaluation tool or follow up with an electronic evaluation survey.

## IDEAS FOR ADDITIONAL ACTIVITIES

### **1. PLATE IT UP! KENTUCKY PROUD RECIPE DEMONSTRATION**

Recipes are included within the PowerPoint and listed below. Consider printing copies of the recipe for participants or distributing recipe cards.

- **Farmers’ Market Skillet Bake:** <https://fcs-hes.ca.uky.edu/recipe/farmers-market-skillet-bake>
  - This recipe is prepared in one pan to reduce the burden of cleanup, can be prepared in 45 minutes or less, and several vegetables can be prepped in advance. This recipe is an example of “Explore the Store or Farmers’ Market” featured in the PowerPoint presentation.



- **Tomato Corn Pesto Pizza:** <https://fcs-hes.ca.uky.edu/recipe/tomato-corn-pesto-pizza>
  - You could prepare this recipe with frozen corn to reduce preparation time, could make it with a pre-made pizza crust, and can prepare it in less than 45 minutes. Use this recipe for a Pizza Night, which is an example of a “Themed Dinner Night” featured in the PowerPoint presentation.
- **Fresh Green Bean Stir-Fry:** <https://fcs-hes.ca.uky.edu/recipe/fresh-green-bean-stir-fry>
  - You can substitute frozen vegetables in this recipe to reduce preparation time. In addition, stir-fry dishes tend to have a quick cooking time and are prepared in one dish for minimal cleanup. Purchasing a bottled stir-fry sauce could save time and provides an example of “Sauce it up” featured in the PowerPoint.
- **Broccoli Brunch Casserole:** <https://fcs-hes.ca.uky.edu/recipe/broccoli-brunch-casserole>
  - Casseroles tend to be family-friendly and are baked in one dish for minimal cleanup. This recipe would provide several meals and is an example of “Breakfast for Dinner” featured in the PowerPoint.

## **2. COOKBOOK ACTIVITY**

Encourage participants during recruitment and/or registration to bring a cookbook from home, preferably one they enjoy and find useful. At the end of the program, have participants share their favorite recipe from their cookbook or explain why they enjoy that specific cookbook. Provide blank recipe cards, if available, for participants to write down recipes they would like to try at home. An alternative activity would be to host the program in conjunction with your local library and encourage participants to check out a cookbook to use after the program. This activity is intended to show how and where to find inspiration to get out of a mealtime rut. Encourage use of the cookbook index when trying to decide how to use a particular item they already have on hand.

## **3. WORD SCRAMBLE AND SEARCH ACTIVITY SHEETS**

Distribute the word scramble or word search activity sheets that include key words pulled from the publication and PowerPoint presentation. You could use this before or after the lesson begins or send it home as a reinforcement tool.

## **4. CELEBRATE FOOD HOLIDAYS**

Assign participants a random food holiday. Allow each participant to share what they would prepare or how they would celebrate the food holiday. For inspiration, visit: <https://nationaltoday.com/food-beverage-holidays>.

## **5. SHOP YOUR OWN KITCHEN**

Hand out cards with names of random pantry items (e.g., macaroni-shaped pasta, black beans). Encourage participants to build a creative meal, using MyPlate as inspiration, which incorporates that specific pantry item and allow participants to share. This provides practice for using what seems like an ordinary item in a creative way.



## MARKETING

This program includes a marketing flyer you can distribute to community partners and/or post to social media accounts.

### **NEWSPAPER/NEWSLETTER/PSA**

Do you often feel you are preparing the same meals and snacks over and over? Do you wish it were easier to come up with meal ideas that both you and your family enjoy? Many people simply feel overwhelmed by the constant “chore” of choosing and planning meals. With a little creativity and excitement, boring meals can become exciting and engage the entire family.

The \_\_\_\_\_ County Extension Office will be hosting a workshop titled How to Get Out of a Mealtime Rut at INSERT TIME, DATE, and LOCATION and ADDITIONAL DETAILS IF OFFERING THE CLASS VIRTUALLY. Join us for a fun and interactive lesson that emphasizes the benefits of preparing homecooked meals and ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut! You will not want to miss this informative lesson that will include recipes and other engaging activities. Call PHONE NUMBER or email AGENT NAME at EMAIL ADDRESS to register. (PROVIDE ANY DETAILS ABOUT COLLABORATORS, ACTIVITIES, ETC.)

### **SOCIAL MEDIA**

Do you often feel you are preparing the same meals and snacks over and over? Do you wish it were easier to come up with meal ideas that both you and your family enjoy? Join us at the \_\_\_\_\_ County Extension Office at INSERT TIME and DATE for a fun and interactive lesson that emphasizes the benefits of preparing homecooked meals and ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut! Call PHONE NUMBER or email AGENT NAME at EMAIL ADDRESS to register.

## EVALUATION

Distribute the one-page evaluation tool at the completion of the program. The results will inform the success story below. If you need a Qualtrics link for the evaluation, please contact Heather Norman-Burgdolf at [heather.norman@uky.edu](mailto:heather.norman@uky.edu).

## SAMPLE SUCCESS STORY

Research shows that people who prepare and cook meals at home are more likely to eat the recommended fruits, vegetables, lean meats, and whole grains needed in a balanced diet. Often, cooks find themselves in a mealtime rut and feel overwhelmed with making decisions around meals and snacks for themselves and their family. Building skills and cooking knowledge as well as adding variety and creativity into meal preparation increases the likelihood that people choose to prepare homecooked meals.

To encourage more nutritious and balanced home-prepared meals, the \_\_\_\_\_ County Extension Office hosted the workshop How to Get Out of a Mealtime Rut. The goal of this



program is to increase knowledge and awareness of strategies that can be used to overcome mealtime ruts and prepare meals at home. This program focused on the benefits of home-prepared meals, creative strategies for overcoming cooking ruts, and overcoming barriers to preparing meals at home. Emphasis was placed on making homecooked meals fun and flavorful. \_\_\_\_ people participated in the workshop (add information about location/partnership/demographics here).

Of those surveyed, \_\_\_\_ % reported an increased understanding of why it is important to prepare meals at home. In addition, \_\_\_\_ % said they could describe creative strategies to increase meals prepared at home, and \_\_\_\_% expressed they could name ways to overcome barriers related to preparing homecooked meals. Further, \_\_\_\_ % expressed the intention to try a creative strategy shown in class to overcome a cooking rut at home, while \_\_\_\_ % expressed the intention to increase the variety of foods that are used and prepared in homecooked meals.

Insert any personal testimony or comments from participant(s) as a conclusion.

## ADDITIONAL EXTENSION RESOURCES

### **RELEVANT EXTENSION PUBLICATIONS AND HANDOUTS**

- FCS3-610 Meal Kits: Are They Worth It?
- FCS3-552 Family Mealtime: A Wealth of Benefits
- FCS3-553 Family Mealtime: Make It Happen
- FCS3-554 Family Mealtime: Nutrition for Busy Families
- FN-HB.900 Stocking and Using Pantry Staples Daily Meal Ideas Handout
- FN-HB.900 Stocking and Using Pantry Staples Weekly Meal Plan Handout
- FN-HB.900 Stocking and Using Pantry Staples Kitchen Staples Handout

### **PODCAST EPISODE**

**Breaking the Mealtime Rut:** <https://ukfcsext.podbean.com/e/breaking-the-meal-time-rut>

### **RELEVANT INFORMATION RELEASES**

- **Planning Meals Can Save Money, Time, and Headaches (2021):** <https://fcs-hes.ca.uky.edu/content/planning-meals-can-save-money-time-and-headaches>
- **Make Family Meals that Work for You (2021):** <https://fcs-hes.ca.uky.edu/content/make-family-meals-work-you>
- **Leftover Refresh (2020):** <https://fcs-hes.ca.uky.edu/content/leftover-refresh>
- **Simple Strategies to Get Dinner on the Table (2020):** <https://fcs-hes.ca.uky.edu/content/simple-strategies-get-dinner-table>
- **Family Fun Night with Pizza (2020):** <https://fcs-hes.ca.uky.edu/content/family-fun-night-pizza>
- **Healthy Lunches on the Go (2020):** <https://fcs-hes.ca.uky.edu/content/healthy-lunches-go>

Copyright © 2022 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice. Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

