

RELATED FOUNDATIONS:

- Social & Physical Environments
- Student Engagement
- Home, School & Community Partnerships

RESOURCES:

- [Public Health Nurse](#)
- Health Unit Dietitian

#FOOD4THOUGHT

ACTIVITY GOAL: To bring together caring adults and female identified students in the school community to foster the development of trusting relationships.

PROGRAM OVERVIEW:

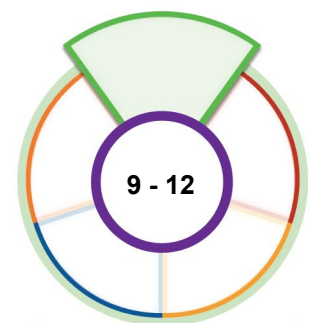
- #Food4Thought is a 4-6 week program that allows students to come together, prepare a meal and share what they have prepared with caring adults. More importantly, the program encourages the participants to engaged in conversations with caring adults about topics that are important to them (e.g., healthy relationships).
- #Food4Thought uses cooking and food preparation as an avenue for the participants collaborate and develop relationships not only with one another, but the caring adults running the program. The program and uses a “conversation box” to gather anonymous thoughts and questions for discussion topics. As the group develops rapport and trust these conversations may happen naturally while sharing the meal.

HOW TO RUN THIS PROGRAM IN YOUR SCHOOL:

1. Talk with your school principal about running the program, potential locations and funding necessary to run it.
2. Identify trusting adults to be trained and participate.
3. Speak with your public health nurse about training opportunities.

Curriculum Connections

- Grade 9: C 2.2 Relationships – skills and strategies
C 3.4 Social Influences; decision making and communication skills
- Grade 10: C 1.1 Mental Health – factors that enhance
- Grade 11: C 3.4 Skills for stressful situations
C 3.5 Mental illness – reducing stigma
- Grade 12: C 2.3 Developing resilience, making healthy choices





#FOOD4THOUGHT

COOK.EAT.CHAT



OBJECTIVE

To provide a safe space for female identified students to build relationships with caring adults including teachers, social worker, and Public Health Nurses and Dietitians.

Supports:

Middlesex London Health Unit

- Public Health Nurses
- Public Health Dietitians

School Supports:

- Teachers and /or Administration
- School Social Worker
- Student Success Teachers



#Food4Thought allows student to come together, prepare a meal and share what they have prepared with caring adults. More importantly, the program encourages the participants to engage in conversations with caring adults about topics that are important to them (e.g., healthy relationships). **#Food4Thought** uses cooking and food preparation as an avenue for the participants collaborate and develop relationships not only with one another, but the caring adults running the program. The program and uses a "conversation box" to gather anonymous thoughts and questions for discussion topics. As the group develops rapport and trust, these conversations may happen naturally while sharing the meal.

#Food4Thought Program:

- A 4-6-week program. All recipes are non-cook or can be made in a skillet. Recipes include a vegetable or fruit and often a plant-based protein.
- Recipes, equipment and shopping lists needed to run the program are provided.
- 1/2-day training will be provided at your location for all facilitators who will be involved with the program (e.g., social worker, teachers, administration, etc...).
- Equipment list to facilitate the program is provided. The cost of the equipment is estimated at ~ 215.00.
- The average weekly food cost is ~\$20. Total food cost for 6 weeks is ~\$120.00.