

## **Pine Falls Kids in the Kitchen**

### **Project Target Risk Factors:**

Healthy Eating

### **Target Population:**

School age (6 -12 yrs)

### **Project Leads:**

Sheena Millette and Lori Vialoux - Wings of Power

**Community:** Powerview - Pine Falls

**RHA:** North Eastman

### **Project Partners:**

Edgewater Recreation Commission, Ecole Powerview School

### **Project Details:**

A multiple event and ongoing project

### **Description:**

The Kids in the Kitchen is a 6 - 8 week program helping kids learn how to cook simple, inexpensive, tasty, healthy meals and snacks. Two staff people facilitate the overall program. We use four kitchens in the school. Each kitchen has one volunteer and 4-5 participants. Before starting the program, the kids have the opportunity to participate in some nutritional education activities. The activities are designed to be fun and give them a chance to use their creativity and thinking skills.

### **Time:**

We have about 2 hours of preparation each week when we offer the program. Using an existing program reduces our preparation time significantly. The program runs for 6-8 weeks once during the fall and once during the spring.

### **Objectives:**

- To produce a foundation of lifelong healthy eating
- To provide children with the opportunity to improve their food preparation skills
- To teach children healthy nutrition practices in a fun manner
- To improve social supports for children
- To encourage food security through promotion of affordable meal and snack ideas
- To provide children with a positive after-school program

### **Planning Supports:**

Learning how to cook and prepare healthy low-cost meals and snacks is more important than ever because of the advertising pressure of instant, high-fat, low-nutrition fast food. Learning how to cook is effective if we can start early in life and have fun doing it.

The Kids in the Kitchen program is being run successfully in surrounding areas. All the students that we talked to about the program showed great interest. Therefore, we used the Kids in the Kitchen program that was developed in Winnipeg to help guide us through our planning process.

### **Results:**

Our first program ran in the fall of 2010 with 24 students participating. The more the students heard about the program, the more students were inquiring if they would be able to join. Due to

limited amount of space in the kitchen, some students were placed on a wait list for our next program in the spring. The program runs with great attendance and there are always new people wanting to join. We now take a limit of 16 participants. Each session, a different recipe is tested with the help of a local nutritionist.

**What worked:**

The kids absolutely love playing games before starting to cook. Each kitchen is responsible for cooking their own meal using their own appliances, utensils and cooking supplies. The volunteer oversees what the participants are doing and making sure they are following the recipe. The volunteer guides the participants on how to properly cut and prepare the food if necessary. The student groups are picked randomly by the facilitators. Initially each kitchen had a "sous-chef" / a volunteer that directs the group in what they will be doing. All participants are responsible for cleaning their own kitchen before leaving for the day. At the end of the program, each participant gets a "Kids in the Kitchen Recipe Book" and a Certificate. The kids really seem to enjoy that.

**What didn't work and any changes made:**

Our first round of Kids in the Kitchen, we had "Celebrity Chefs" attend each session to give the kids something to look forward to. However, we quickly realized that it was difficult to find "Celebrity Chefs" that were willing to volunteer one night during the program due to other commitments.

Finding volunteers each week was a struggle, so we decided that when the kids sign up, their parents were asked to volunteer one evening during the program. The children really enjoyed having their parent volunteer as it gave them some quality time with their parent.

**Unexpected Outcomes:**

Having students show up unregistered to the program and wanting to participate

**Volunteers:** We had local volunteers from the community, along with staff members from Ecole Powerview School, Wings of Power staff and parents.

**Facilities:** Ecole Powerview School

**Equipment:** Home Ec. Room using their full kitchen including appliances, cookware, utensils, table, and chairs

**Total Costs:**

Each 6-8 week program costs approximately \$500. Each session costs approximately \$50-60. The primary cost is for the food. Printing the recipe books is another cost.

**Materials developed for your program:**

Website - <http://www.wingsofpower.org/page8.html>

**Contact Information:**

Community: Powerview-Pine Falls

Region: North Eastman

Contact person: Sheena Millette

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An alternate contact or for more information on other Healthy Together Now programs in this area please contact Michelle Berthelette - [mberthelette@neha.mb.ca](mailto:mberthelette@neha.mb.ca)