

# Public Health Nutrition Framework for Action 2012-2016: CHEFS! Toolkit Workshop Case Study

<b>Project Name:</b>	CHEFS! Toolkit Workshop		
<b>Public Health Organization/ Zone:</b> <i>(Vitalite, Horizon, OCMOH)</i>	Horizon Health Network		
<b>Partner Organizations:</b>	Department of Healthy & Inclusive Communities		
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<b>Priority area for action:</b>	<input type="checkbox"/> Food Security	<input type="checkbox"/> Healthy Environments	
	<input type="checkbox"/> Prenatal and early childhood	<input type="checkbox"/> Breastfeeding	
	<input checked="" type="checkbox"/> School-aged children and youth		
<b>Scope:</b> <i>(e.g. province-wide, health network, zone, school district)</i>	Saint John Area (includes Saint John, Charlotte County & Sussex)		
<b>Target audience</b> <i>(e.g. general population, local community, low-income group, 3<sup>rd</sup> graders)</i>	Anyone who is interested in using the CHEFS! Toolkit to run a cooking program for children. Examples: Community School Coordinators, Community Health Centre staff, Community Food Mentors, after school program/daycare staff, community volunteers etc.		
<b>Dates</b>	<i>Initiated:</i> Summer 2013		<i>Completed:</i> N/A
	<i>Case study submitted:</i> October 2014		
<b>Level of completeness</b>	<input type="checkbox"/> Planning stage	<input checked="" type="checkbox"/> Ongoing	<input type="checkbox"/> Terminated
<b>Goals and Objectives:</b>			
<b>Goal:</b> To increase cooking skills and nutrition knowledge among school-aged children by promoting the use of the CHEFS! Toolkit in the Saint John Area.			
<b>Objectives:</b>			
<ul style="list-style-type: none"> <li>• Promote the CHEFS! Toolkit to community members and partner organizations</li> <li>• Provide a workshop to interested community members on how to use the CHEFS! Toolkit</li> <li>• Increase partnerships and encourage networking among cooking program facilitators</li> <li>• Provide ongoing support and resources to facilitators of cooking programs in the Saint John Area</li> </ul>			

**Underlying problem and evidence:**

*What was the motivation behind this initiative? What evidence was used to inform this initiative? If applicable, provide links to relevant literature, documents, and other resources used to inform this initiative.*

**N.B. Public Health Nutrition Framework for Action:**

Promoting nutritious foods and supporting healthy eating behaviours wherever children and youth live, learn, work and play is one area where many individual and organizations, including Public Health are focusing their efforts. The 2012-2016 Framework identifies school-aged children and youth as a priority area for action.

**Current Issues:**

Canadians are cooking less at home than a generation or two ago. Busy schedules mean that families are increasingly choosing to use more convenience foods and eat out at fast food chains more often. This has resulted in negative implications for nutrition and overall health, specifically, increases in diet-related chronic diseases and conditions such as obesity.

Lack of cooking skills affects food choices, food security and long term health. Learning basic cooking skills builds self-esteem and confidence, increases willingness to try new foods, gives children an important lifelong skill, provides the skills to eat a healthier diet and teaches math and reading skills, along with added value knowledge about different cultures and where food comes from.

**Existing Resource:**

The CHEFS! Toolkit was developed by the Healthy Eating Physical Activity Coalition of New Brunswick (HEPAC) and the province of New Brunswick to teach children and youth about healthy eating and physical activity while learning the fun of cooking. Public Health dietitians wanted to spread the word about this existing resource and increase its use in our community.

**Research & Reports:**

Health Canada: [Improving Cooking and Food Preparation Skills: A Synthesis of the Evidence to Inform Program and Policy Development](#)

## Description of the initiative:

*What was your initiative? Who was involved? What was public health's involvement or role? Report on your unique context.*

### Target Audience:

Anyone who is currently involved or would like to be involved in facilitating cooking programs for children.

### Workshop Design:

Public Health dietitians developed CHEFS! Toolkit workshops that were 1½ - 2 ½ hours in length, depending on the size of the group. The workshop included an introduction, exploring the toolkit, tips for getting started and how to evaluate your program. Two games from the toolkit were used as ice breakers to highlight activities from the toolkit (“mystery food can” & “bean bag toss”). In small groups, participants were given the opportunity to work through the steps of planning a CHEFS! session to apply what they had learned.

### Advertising:

The workshops were promoted through emails to community partners such as community school coordinators, daycares, community centres, churches. The email contained a description of the workshop, a poster, and a registration form.

### Resources Developed:

- Poster and registration form - to promote the workshops and recruit participants.
- PowerPoint presentation - to guide the workshop but was used minimally.
- Example of a CHEFS! Session Activity handout
- Workshop evaluation form - to get feedback from the participants on the workshop.
- Post workshop evaluation form - to determine 2-3 months after the workshop, if participants had used the toolkit and find out if they needed more support.

### Workshop Summary for the Saint John Area:

5 workshops were held from September 2013 – March 2014

- 3 - Saint John
- 1 - Charlotte County
- 1 - Sussex

Total number of participants trained: 63

- 40 - Saint John
- 16 - Charlotte County
- 7 - Sussex

<b>Describe the extent to which your intervention integrated the strategic directions identified in the New Brunswick Public Health Nutrition Framework for Action 2012-2016</b>	
<b><i>Capacity-building</i></b>	<ul style="list-style-type: none"> <li>• Increase skills and knowledge needed for facilitating cooking programs for children among community members and organizations.</li> <li>• Increase cooking skills and nutrition knowledge among children.</li> <li>• Increase program planning skills and knowledge among Public Health Area Dietitians.</li> </ul>
<b><i>Partnerships and collaboration</i></b>	<ul style="list-style-type: none"> <li>• Partnership between Saint John Area Public Health dietitians and the Department of Healthy &amp; Inclusive Communities, specifically the Regional Wellness Consultant.</li> <li>• Established partnerships through the workshops with various community organizations such as the Boys &amp; Girls Club, P.U.L.S.E. Inc., Community School Coordinators, O.N.E. Change Inc., the Saint John Early Learning Centre, Education &amp; Early Childhood N.B. and many more.</li> <li>• Collaboration and ongoing support has been provided to CHEFS! facilitators since the training.</li> </ul>
<b><i>Knowledge management and communication</i></b>	<ul style="list-style-type: none"> <li>• Increase awareness of the CHEFS! Toolkit among community members and organizations working with children.</li> <li>• Share the workshop materials developed and the experience with others so these workshops can be facilitated across N.B.</li> </ul>
<b><i>Comprehensive approach</i></b>	<ul style="list-style-type: none"> <li>• Part of a larger strategy to address the concern of childhood obesity which includes: the Healthy Learners in School Program, Policy 711, Farm to School, N.B. Wellness Strategy, healthy eating policies in recreation facilities, and the provincial health curriculum, among others.</li> </ul>
<b><i>Policy</i></b>	<ul style="list-style-type: none"> <li>• Supports and influences healthy eating policies within daycares and after-school program settings.</li> <li>• Encourages change in personal policy among facilitators, children and their families as result of learning how to cook and being introduced to new foods.</li> </ul>
<b><i>Surveillance, monitoring, evaluation</i></b>	<ul style="list-style-type: none"> <li>• A workshop evaluation form was completed by participants.</li> <li>• A post program evaluation was sent out by email 2-3 months after each workshop to determine the use of the CHEFS! Toolkit.</li> <li>• Ongoing, informal monitoring of requests for children’s cooking programs.</li> </ul>

**Outputs:**

*Please share links to any resources, reports, or other materials emanating from this initiative. Please indicate if you have already shared this initiative with others or provide links to any presentation, articles, or other materials you used to share your work.*

**Link to the CHEFS! Toolkit:**

<http://www2.gnb.ca/content/gnb/en/departments/dhlc/wellness/content/chefs.html>

**Workshop Materials:**

To obtain copies of the workshop materials developed contact the Saint John Area Public Health dietitians.

**Communication:**

This initiative has been shared with the Department of Healthy & Inclusive Communities. The materials that were developed by the Saint John Area dietitians are being reviewed and translated for use in French.

The workshop materials were shared with the Horizon Public Health Nutrition Framework for Action Team.

**Resources required:**

*Describe the resources that were required (human and capital) and who provided them.*

**Human Resources:**

1-3 dietitian facilitators participated in each workshop, depending on the size of the group.

**Print Materials:**

25 toolkits were printed by the Department of Healthy & Inclusive Communities for participants to use during the workshops. The toolkits were shared among the Saint John Area dietitians for each workshop. Participants were directed to the download and print the toolkit available online for their own use.

**Other Materials:**

Workshop games required the following items: 2 balls, a coffee can, a sock, and vegetables.

**Space:**

A large meeting room with tables that accommodates AV equipment and is conducive to group discussions was needed.

**Refreshments:**

Coffee, tea, water and juice were provided but not required.

**Outcome measures, indicators, and evaluation:**

*Describe the outcomes of the initiative and the results of any evaluations completed to date. If outcomes or evaluation data are unavailable, describe any plans for evaluation, and outcome and indicators you plan to monitor.*

**Evaluation results:**

The results from the workshop evaluations indicated that overall, participants were very satisfied with the workshop and found that it provided them with the information needed to start a CHEFS! Program.

Other feedback included:

- “Information was very clear and explained very well”
- “Great resource, thanks for sharing”
- “Nice to meet community partners”
- “My confidence is much higher”

The results from the post program evaluation indicated that overall participants found the CHEFS! Workshop helpful in getting them involved with a CHEFS! Program.

- “Made connections with some great volunteers through the workshop”
- “I felt more confident to do this role”
- “Without having attended the workshop I would not have known about the CHEFS! Program”

Suggestions for future workshops:

- More hands-on activities
- Provide more time for participants to brainstorm and share ideas
- Include cooking skill demonstrations and/or provide video clips of actual CHEFS! sessions

**Lessons learned:**

*What lessons have you learned? What are your impressions of why the initiative succeeded or failed?*

- Public Health dietitians are well positioned to facilitate programs and share resources such as the CHEFS! Toolkit to the intended audience at a grass roots level.
- Valuable partnerships are formed through initiatives such as this.
- Early and wide reaching advertisement is essential to a well attended workshop.
- Expect a wide variety of backgrounds and literacy levels among workshop participants.
- When advertising the workshop, be clear that the purpose is to educate participants about how to use the CHEFS! Toolkit; it is not a cooking program for children.

**Recommendations and next steps:**

**Recommendations:**

- Explore the possibility of a CHEFS! Toolkit that can be adapted for use with other age groups such as preschoolers, adults, and seniors.
- Suggestions for future revisions to the CHEFS! Toolkit were sent to the Saint John Area Regional Wellness Consultant.

**Next Steps:**

- Provide future CHEFS! Workshops in the Saint John Area as requested.
- Provide support to other dietitians interested in hosting CHEFS! Workshops in their community.