



# Celebrate Together

Adult Lesson (45 to 60 minutes)

## OVERVIEW

Celebrations are a time to connect with family and friends. Family meals can celebrate any number of things, from everyday events to the extraordinary events in life. Food often plays an important part in how we celebrate. Including a variety of food choices at family celebrations develops healthy habits for our families.

## ANCHOR

Celebrations provide families with an opportunity to bond, and to create family traditions and memories. Celebrations include holidays, special events, like birthdays or anniversaries, or festivities surrounding everyday events. Food is often a part of our celebrations. Celebrations are one way we pass food habits along to our children.



*Turn to the person next to you and share a story or memory of a family celebration that involved a meal. Reverse the interview.*

- What was the celebration?
- Think about the preparation that was involved. What are the tastes and scents you remember?
- What made the celebration memorable?
- Who were you with? What conversation occurred?



*Ask the group to share their stories about celebration. Write each celebration on a sticky note and place the note on a white board or paper with the following categories of celebrations: holidays, special occasions, everyday occasions, or family traditions.*

## ADD

We celebrate for a variety of reasons and in a variety of ways.

Creating healthy traditions and celebrations is a way to strengthen family bonds and promote healthy habits.

Some people enjoy planning elaborate celebrations. Celebration and bonding with family may happen with everyday events and can be as simple as honoring someone

at the meal or cooking a special meal together. What's important is spending time together as a family.

Involving the family in the process can be part of the celebration, from planning to preparing traditional recipes and setting the table. This is all part of the process.

Celebrations often become a time to over-indulge. Providing healthy options makes it easier for everyone to feel good about his or her choices.

Most of all, have fun and enjoy the time together.

**Note to Leader:** Write the following on poster paper or white board.

Some guidelines for creating healthy celebrations and traditions:

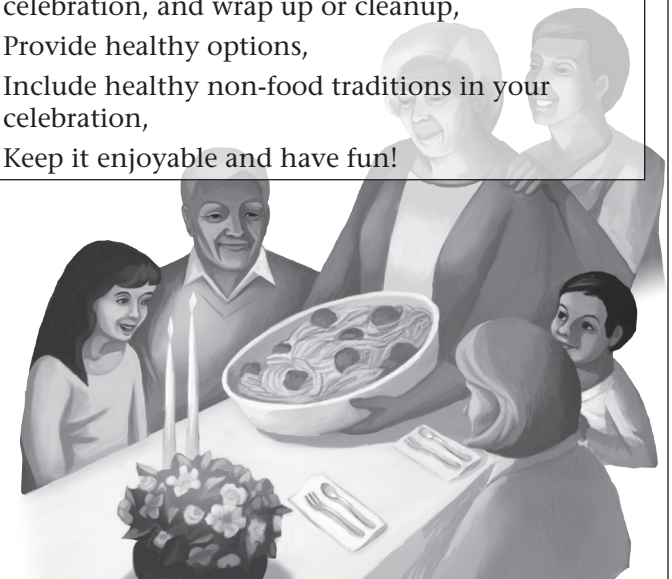
- Involve your family in planning, preparation, celebration, and wrap up or cleanup,
- Provide healthy options,
- Include healthy non-food traditions in your celebration,
- Keep it enjoyable and have fun!

By the end of this session, participants will:

- Identify how family celebrations and traditions influence the health and well-being of our children,
- Recognize that food is a very common and important aspect of celebrations,
- Identify healthy choices for family celebrations.

## MATERIALS

- White board or paper
- Sticky notes
- Markers
- White board or poster paper with categories of celebration: holidays, special occasions, everyday occasions, or family traditions.
- Guidelines for Creating Healthy Celebration (written on poster paper)
- Build on a Healthy Base poster (Publication no. F\$PM026; [pubs.wsu.edu/ListItems.aspx?CategoryID=236](http://pubs.wsu.edu/ListItems.aspx?CategoryID=236))



## HANDOUTS


- Celebrate Together recipe card
- MyPlate mini poster  
([http://www.choosemyplate.gov/downloads/mini\\_poster\\_English\\_final.pdf](http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf))
- Celebration Ideas for Healthy Habits worksheet

## APPLY

Let's think about how we celebrate.

We pass traditions to our children when we celebrate. Food is a common part of our celebrations. Our culture and family traditions influence our celebrations. The foods we choose to serve during a celebration build upon our traditions and help our children form habits and traditions of their own. Offering a variety of foods that include healthy choices is an important step toward healthy habits. Let the food be just one part of the celebration. Think about other non-food traditions that are part of your celebration.

Think about one of your recent celebrations. On sticky notes, write the foods you served. Place the sticky notes with the foods listed on the Build on a Healthy Base poster.


 Ask participants to work in small groups to discuss and share their ideas for including healthy options.

- What food group does it belong to in MyPyramid?
- Do these foods have added fat, sugar, or salt?
- Place the food at the bottom, middle, or top of MyPyramid based on how much added fat, sugar, and salt they have.
- What foods are important to your family tradition or culture that you want to pass on to your family?
- What foods could you include to make healthy options part of your celebration?

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.


This institution is an equal opportunity provider and employer.

- What non-food traditions could you add to the celebration? (For example, storytelling, music, dancing, games, or other activities.)

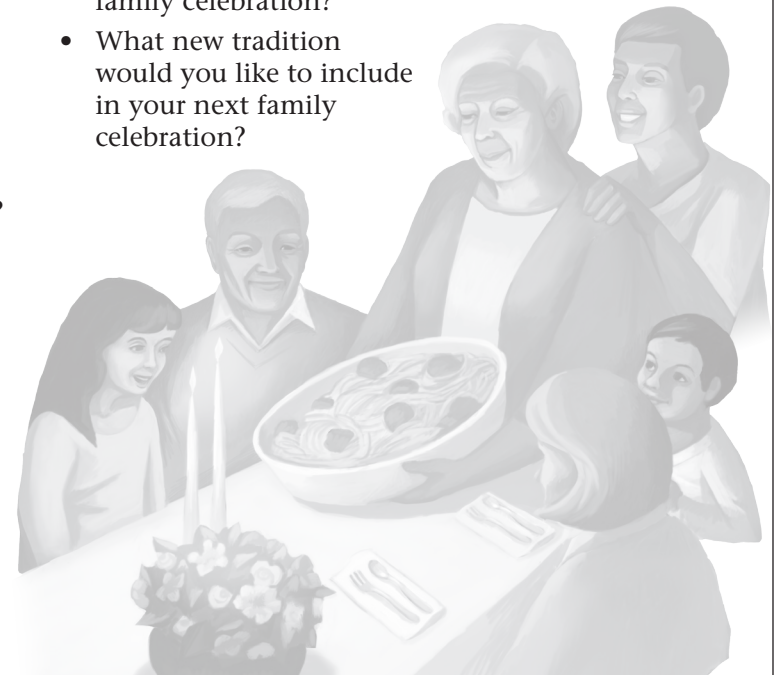
 Ask each group to share ideas; write the ideas on the board.

Suggestions might include: offer fruit and vegetables as snacks, lower-fat snacks, adjust recipes to decrease fat or salt, offer fewer high-fat foods, include physical activity as part of the celebration. Note there may be some family or cultural traditions that people are not willing to change; remind them they can balance these choices with other healthy options. Start with small changes.

## AWAY

 Write down ideas you've learned today that you will try with your family.

- What healthy options will you try at your next family celebration?
- What new tradition would you like to include in your next family celebration?



# Celebration Ideas for Healthy Habits

## SOME IDEAS FOR HEALTHY FOOD CHOICES

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

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9. \_\_\_\_\_

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11. \_\_\_\_\_

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13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

## SOME IDEAS FOR NON-FOOD TRADITIONS & ACTIVITIES

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