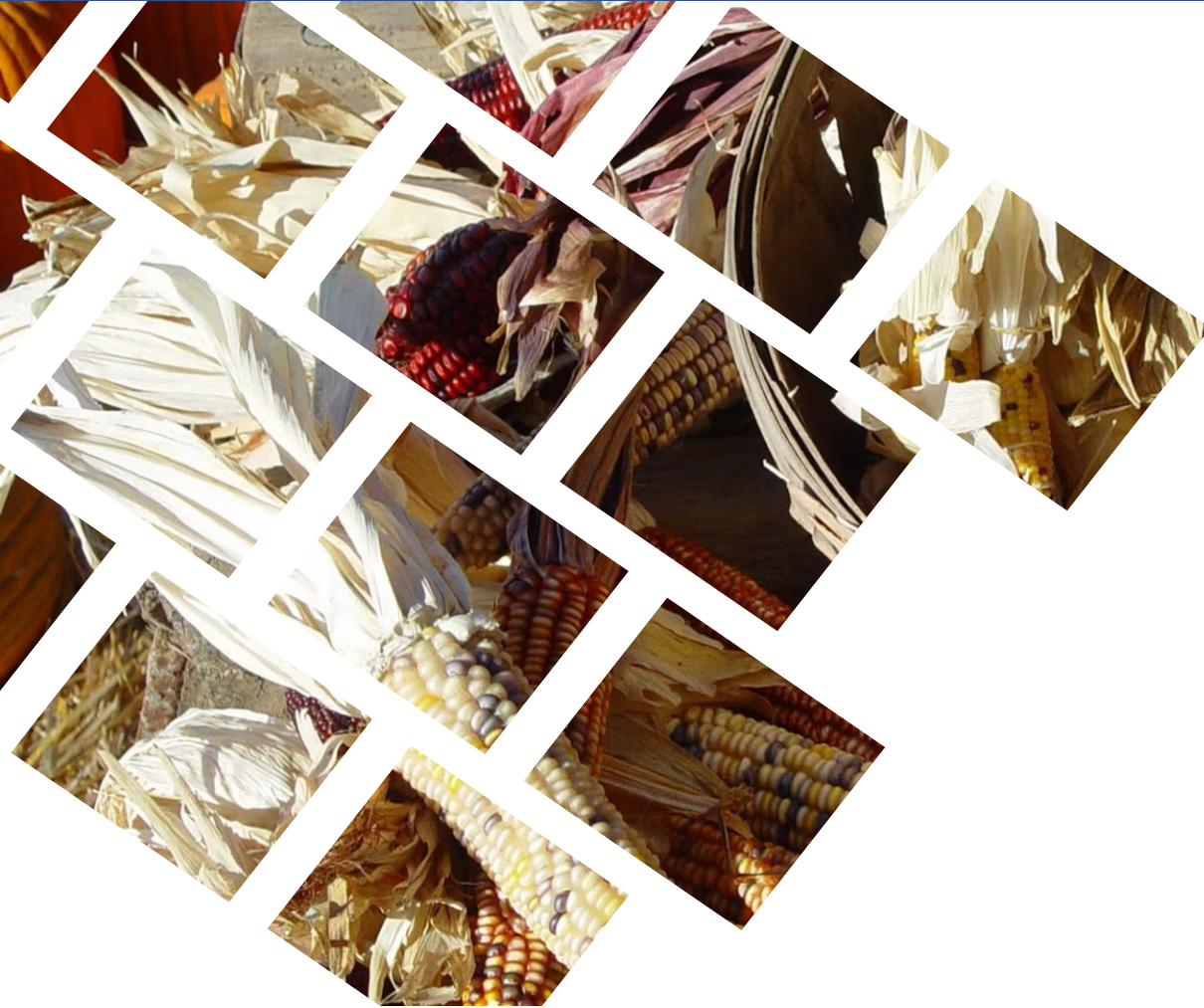


# WELCOME



## Nourishing Families, Honoring Culture



Head Start Regional TTA Network

# INTRODUCTIONS



Head Start Regional TTA Network

# SESSION OBJECTIVES

Build confidence in family conversations

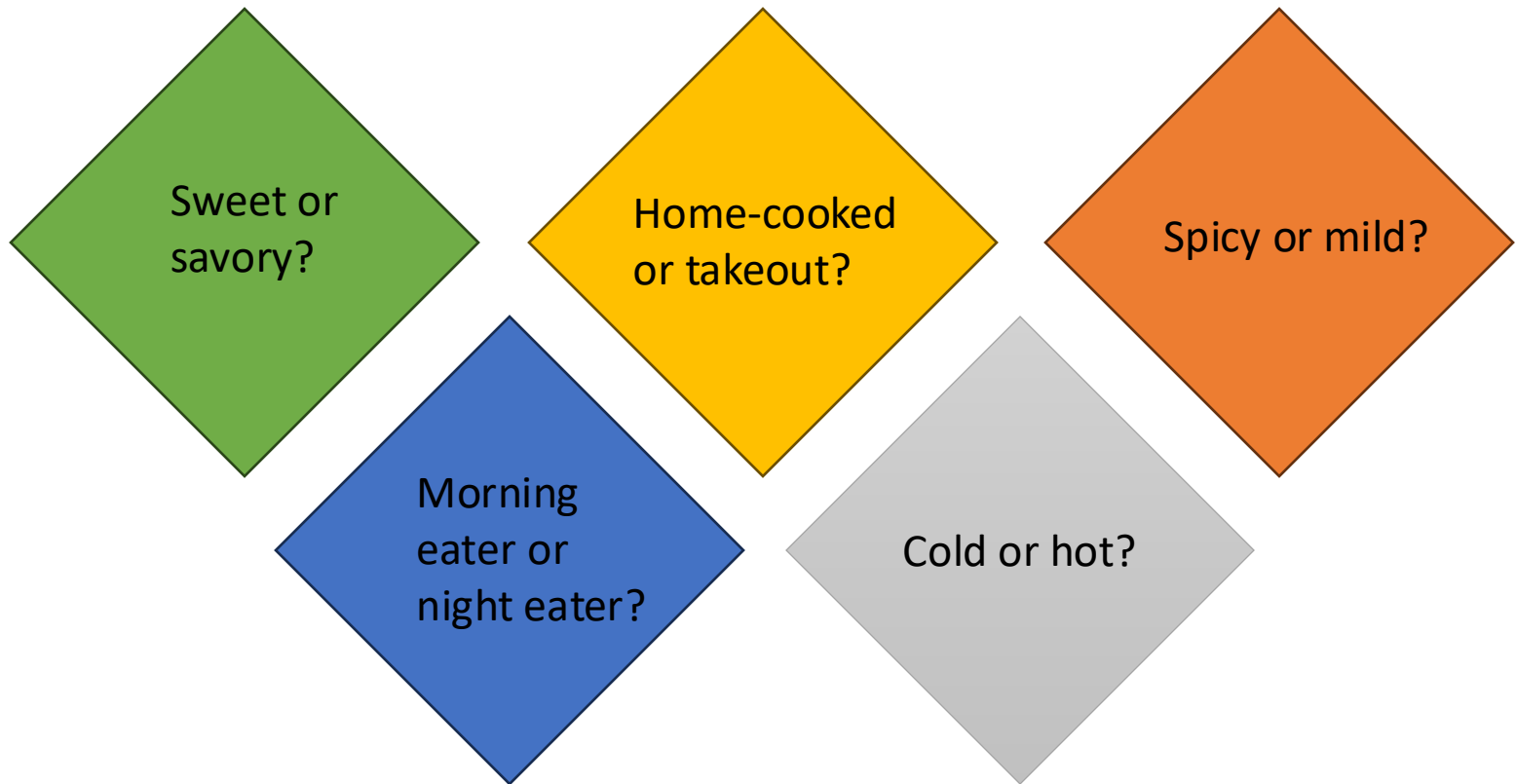
Leave with ready-to-use strategies

Use culturally grounded tools

Practice small, realistic, healthy swaps



## This or That: Food Edition



Healthy eating is about more than food — it's about family identity, traditions, and everyday choices.

Family Advocates are the bridge between culture and health.



# HSPPS & PFCE Alignment

## Partnering with Families Around Nutrition & Well-Being

### **HSPPS 45 CFR §1302.50 Family Engagement**

Build trusting and respectful relationships

Use culturally and linguistically responsive communication

Support family well-being and parent-child relationships

Partner with families to identify strengths and goals



# HSPPS & PFCE Alignment

## Partnering with Families Around Nutrition & Well-Being

### **HSPPS 45 CFR §1302.46 Family Support Services**

#### **Programs must:**

Partner with families to identify goals and strengths

Provide individualized support

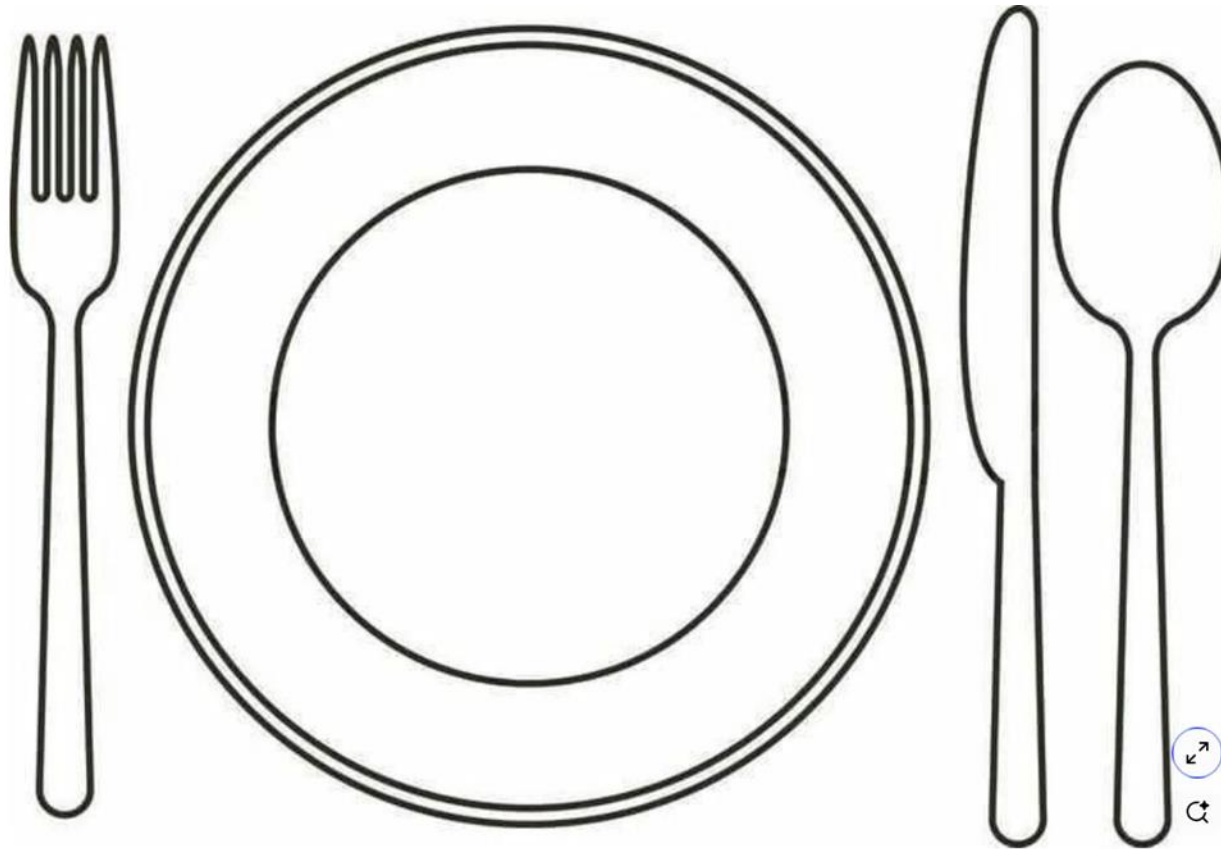
Connect families to resources

Nutrition goals can be part of family well-being goals



# ACTIVITY

## Culture on a Plate



# ACTIVITY

## Culture on a Plate



# ACTIVITY

## Healthy Swap Challenge

- Small groups choose a scenario
- Pick one realistic swap
- Share how to say it respectfully



# ACTIVITY

## Culture on a Plate



# ACTIVITY

## Role-Play

- One person = family
- One = advocate
- Use affirm → ask permission → offer choice → set goal



# ACTIVITY

## Culture on a Plate



# REFLECTION

What felt natural?

What felt challenging?

One strategy you will use this month



# CLOSING



Culture stays central. Small changes matter. You make a difference for families.



Head Start Regional TTA Network

## Healthy Goal-Setting Template

### Family Conversation Starter Worksheet

What foods are meaningful in your family?

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What healthy habits already exist in your home?

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One small change our family could try this week:

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### PFCE Framework Alignment

Family Well-Being	Promotes holistic health through culturally relevant nutritional conversations.
Positive Parent-Child Relationships	Encourages shared family meals and traditions.
Families as Lifelong Educators	Supports families in modeling healthy habits.
Families as Advocates and Leaders	Empowers families to make informed health decisions.

### Healthy Goal-Setting Template

Family Goal:

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Steps to Achieve the Goal:

1. 

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2. 

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3. 

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Support Needed:

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## Family Recipe & Weekly Meal Planner Worksheet

Use this worksheet to create a healthy recipe rooted in your family traditions and plan weekly meals that include family time together.

### Part 1: Create Your Own Family Recipe

Recipe Name: \_\_\_\_\_

Ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Materials Needed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Instructions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Part 2: Weekly Meal & Family Time Planner

Use the table below to plan meals and family activities for the week.

Day	Planned Meals	Family Time / Activities
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

✦ Tip: Include at least one traditional food in your week and schedule family mealtime together!

# Healthy Swap Activity

## Traditional Food or Habit

Describe the food or habit that is meaningful to your family or culture:

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## Why This Matters to Our Family

What makes this food or habit important?

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## Small Healthy Swap (Respecting Culture)

Instead of removing the tradition, what is one small change we can try?

Traditional choice: \_\_\_\_\_

Healthy swap idea: \_\_\_\_\_

## Family Strengths & Supports (PFCE Lens)

What strengths or support will help us reach this goal?

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## 5. Our Family Action Plan

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

## 6. Reflection & Celebration

How will we celebrate progress?

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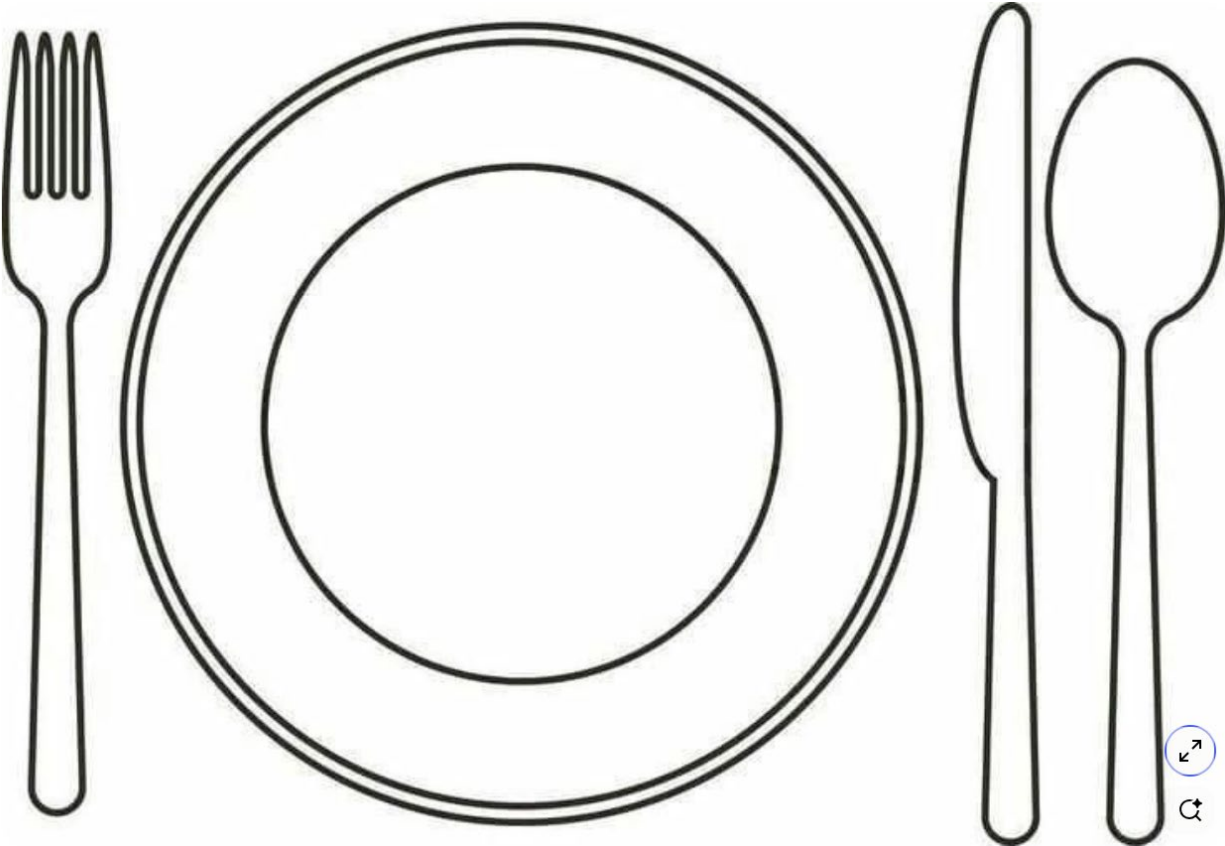
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# Culture on a Plate

Instructions:

Think about a traditional or meaningful dish in your family or community,

Describe and/or draw the dish and its cultural meaning.



Name of Dish: _____	
Cultural or Family Meaning:	
Main Ingredients:	
What makes this dish special?	