



Favoring Fruit & Fun Over Frazzled Frantic Families

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Today's Families

Technology

Individual needs

Knowledge and Power

Diversity

Work & home

Loss of parent-child time

Shared authority

Separateness

Violent themes

Economic bind

Important Parenting skills

Safe & loved, Cues and clues, acceptance, strong values, constructive discipline, routines & rituals, parental involvement, "being there"

Emotional Intelligence – Parent types

Dismissive

Disapproving

Laissez-faire

Emotion coaching

Emotion Coach steps:

- *Be aware of the child's emotion*
- *Recognize the emotion as an opportunity to be close and teach.*
- *Listen and hear. Let children know it is ok to "feel."*
- *Help the child verbally label the emotion*
- *Set limits while helping the child problem solve.*

The steps include : 1) limit setting, 2) identifying goals, 3) thinking of possible solutions 4) weighing possible solutions for pros and cons 5) help child choose a solution.

How do family relationships relate to eating behavior?

- Today only 20% of adults "sometimes" sit down together at mealtime.
- See "What America Eats" handout
- Families influence the values children learn
- Role models are critical
- Paying attention in the early years is critical
- Higher frequency of TV → lower consumption of fruits and vegetables
- More connected families are → less alcohol, tobacco, marijuana use, less depression, better grades.

Activity Level factors

Mealtime messages

Conveying values - Family cohesion, It is what adults remember, Task and role assignment

Creating Family Mealtime

Add this to your toolbox

Introducing the Family Table Topper and Family Tracker

Summary

What, When, and Where America Eats

From: Liz Sloan's January 2006 article, "What, When, and Where America Eats", in Food Technology takes a look at America's extensive pallet and preferences.

- * While three-quarters of all adults ate last night's meal at home, the number of meals prepared at home continues to decline.
- * "Scratch" dinners prepared at home again are in decline and now account for only 32% of all evening meals.
- * Healthy and not-so-healthy foods exist side by side on the Top 10 lists of America's most frequently consumed restaurant foods, although burgers, French fries, and pizza still top the list.
 - * In 2005, only 20% of adults said they rarely sat down to a meal together at home, whereas 20% often eat frozen dinners and 20% eat store-made, pre-cooked meals (Mintel, 2005c).
 - * Four out of 10 dinners are prepared in 30 minutes or less (NPD, 2005a); stove-top cooking and roasting are the most common methods of meal preparation.
 - * Home cooking research shows households that outdoor grills and slow cookers are used more now than ever.
 - * Fresh is proving to be the most favorable food label claim, resulting in a jump in refrigerated side dishes like prepared salad and fruit.
 - * Meals in microwavable bowls ideal for on-the-go eating showed modest growth over other shelf-stable meals, while packed microwave dinners and prepared dry dinners rose slightly.
 - * Fresh supermarket take-out also continues to grow.
 - * After 14 years of decline, fresh fruit consumption is beginning to see promise, while fresh vegetable intake fell.
 - * Young adults and young children are showing the largest gains in fruit intake.
 - * Barbecue continues to be one of America's favorite flavors. Research also reflects the popularity of cooking with Cajun, Mesquite and Tex-Mex ingredients.
 - * Chinese restaurants in the U.S. outweigh McDonald's Wendy's and Burger King outlets combined.

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