

Simple Suppers:

A novel approach to childhood obesity prevention

Purpose

Simple Suppers is a hands-on nutrition education and cooking program designed to teach parents and their preschool children positive food choices and eating behaviors. The program has been in the pilot test phase for the past several years at a low-income urban daycare center in Columbus, Ohio. Our curriculum is based on the 2010 U.S. Dietary Guidelines for Americans and consists of 10 X 90 min. lessons. The program is designed to be delivered over the dinner hour in the daycare setting.

Impact

Preliminary data demonstrate that children of families who participate in the program have improved food preparation skills (e.g., rinsing fruits and vegetables) and eating behaviors (e.g., increased fruit consumption, decreased consumption of sugar-sweetened beverages).

Also, participating parents demonstrate improved self-efficacy for instilling positive food choices and eating behaviors for their children and also an increased number of family meals prepared and shared at home.

Ohio State Colleges/Units Involved

College of Education and Human Ecology
Department of Human Sciences
College of Medicine
OSU Extension

Community Partners Involved

Schoenbaum Family Center
Nationwide Children's Hospital

Staffing and components

The staffing structure includes: Extension Educator (provides overall direction to the program and teaches parent nutrition education), preschool teachers (teach child nutrition education), and dietetic interns (staff the kitchen and dining room).

Session components include: nutrition education, family meal prep, group meal, and take-home educational materials.



Contact

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