



FAMILY & FOOD MATTERS TO PREGNANT WOMEN

How to Utilize the FFM-PW Toolkit

The Family and Food Matters to Pregnant Women (FFM-PW) Toolkit contains the manual, resource guides and information to assist you in hosting a group.

WHAT IS FFM-PW?

FFM-PW is a 4-week nutrition and wellness program that helps to decrease hunger and increase support. The manualized program has two components: 1) Wellness Focus: 2Rs & 2Ss that includes components of the evidence-based 4Rs & 2Ss for Family Strengthening curriculum and 2) Nutrition Focus that introduces information from the USDA 'MyPlate' and engages women in creating a healthy snack and/or smoothie.

OVERVIEW OF THIS TOOLKIT

The materials in this Toolkit are designed to promote nutritional education around MyPlate, the USDA Center for Nutrition Policy and Promotion nutrition guide. Awareness around how to incorporate nutrient-dense foods along with addressing challenges to putting enough food on the table and managing strains and stressors is done in a support group setting.

The following is a summary of the FFM-PW Toolkit materials and how they can be utilized:

FFM-PW Materials for Participants



Manual: The same manual is used by both participating women and facilitators to allow for complete transparency. It contains information for each of the 4 sessions including a weekly recipe. Throughout the manual, there are additional resources related to the 2Rs & 2Ss and the food groups.



Food for Thought: The front side includes nutrition information and contact information for assistance with food and pregnancy. The chart on the backside is used in between sessions to raise awareness of healthy food intake. It follows the recommendations from the USDA MyPlate for Moms and is intended to be used weekly as a method to recognize how much you are eating from the session's food group. We suggest the guide be laminated and a dry erase marker provided for weekly reuse. Otherwise, copies can be given for each session.



Sugar Content: How much sugar is there? This one-pager covers how to calculate sugar content in a way that's easy to understand.



Certificate: To celebrate the women's participation, a certificate is offered at the end of the program.

FFM-PW Materials for Organizations



Manual: As noted at left, the manual contains all the necessary content for the program.



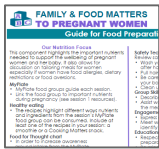
How to Talk to Pregnant Women About Eating Enough Healthy Food: This 2-sided guide has information and tips on how to speak with pregnant women on the sensitive topic of food concerns.



Implementation Guide for Organizations: This 1-pager describes the program. It also covers information when deciding to run a program, staff training and participant recruitment.



Guide for Facilitator: This back-to-back handout provides guidance to those implementing the program. The wellness focus and facilitation skills are reviewed.



Guide for Food Preparation Leader: This 2-pager reviews the food demonstration and supplies. It also highlights the reasons for becoming a Share Our Strength Cooking Matters at the Store tour leader. (Please plan in advance!)



Sugar Content: How much sugar is there? As noted on the left, this handout focuses on sugar.

Remember!

This is an opportunity to empower pregnant women around how to care for themselves and their babies (even before the baby arrives)!



This project was supported by a grant from Ample Table for Everyone (ATE), 2017.



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Implementation Guide for Organizations

About Family & Food Matters to Pregnant Women

Family and Food Matters to Pregnant Women (FFM-PW) is a 4-week strengths-based manualized nutritional wellness program that focuses on *decreasing* challenges around having sufficient and healthy food to eat and *increasing* support.



The goals include: increase overall access to and intake of appropriately nutrient-dense foods to maximize the development of the baby • discuss the 'MyPlate' food groups and food purchasing strategies • and strengthen internal and external resources that focus on the stresses and strains as they relate to pregnancy, motherhood, and economic hardship.

Wellness Focus: 2Rs and 2Ss

The first 50-60 minutes is content-oriented and centered on components from the 4Rs and 2Ss for Family Strengthening curriculum (specifically 2Rs & 2Ss: Respectful Communication, Relationships, Stress and Social Support) with a focus on food-related topics and includes group activities. These are the building blocks that contribute to maintaining and creating strong families.

Nutrition Focus

The last 30 minutes consist of nutrition education and a snack and/or smoothie preparation led by the food preparation leader. We recognize that energy, time and resources may be of concern for some women; therefore, we focus on healthy, inexpensive and easy to make recipes.

Deciding to Organize a FFM-PW Group

This program...

- is for organizations that service pregnant women.
- requires a private and comfortable area (with tables) to host the sessions, including access to a sink and refrigerator.
- is most effective if there are available staff to fill the facilitator and food prep leader roles. Co-facilitation is recommended.
- requires resources for printing, ingredients and supplies. (If possible, can be done in-kind or via donations).
- requires prep time before and after session.
- includes the very important *Share Our Strength Cooking Matters at the Store* tour.

Staff Training for FFM-PW

Facilitators have knowledge of:

- 2Rs and 2Ss
- Group core skills and techniques
- MyPlate guidelines

Food Preparation Leader* is familiar with:

- Safety and hygiene practices
- Step-by-step recipe preparation and ideas to adjust recipes if needed
- Nutritional information

Share Our Strength's Cooking Matters at the Store tour**:

- Teaches to shop smarter and use nutrition information to make healthier choices.
- To learn how to become a store tour leader visit www.cookingmatters.org/tour-leaders

**Note: It may be possible for one person to be both facilitator & food prep leader.*

***Note: Requires time, coordination and planning!*

Participant Recruitment

Keep these tips in mind:

- Schedule the group at convenient times for women to attend (consistent days/times help to increase attendance).
- Create a recruitment plan (e.g., identify recruiter, identify best times to speak to women).
- Create a recruitment flyer with clear program description and recruiter contact information.
- Document interested women's contact information (including best days/times for them to attend).
- Having 5 to 7 women is best but consider what is best for your site and staff.
- Ask about allergies/dietary concerns and document this.

Engagement Best Practices

The facilitator and food preparation leader work together throughout the sessions to help women with discussions, activities and meal preparation. If possible, having support staff is helpful (e.g., volunteers, family peer advocates)!



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Guide for Facilitators

Wellness Focus: 2Rs & 2Ss

Sessions provide time for women to discuss issues related to their pregnancy and food access. This includes learning about the food groups and nutritional benefits and making healthy snacks and smoothies. Sessions also reduce the stigma associated with hunger by normalizing each woman's' experience.



Sections of the evidence-based 4Rs & 2Ss Family Strengthening curriculum are included, with a focus on food-related topics.

This program introduces the 2Rs and 2Ss:

Respectful Communication is the foundation of quality family time.

- Foods, such as sugar, can affect how we communicate with each other. It's also important to consider how we ask for help.

Relationships represent how much families care for each other.

- Eating meals together is a way to strengthen family relationships and serves as a protective factor for children.

Stress gets in the way of seeing our strengths.

- Pregnancy can be a stressful time especially if there are concerns about having enough healthy food to eat.

Social supports that are positive and responsible sources are important.

- It is helpful to identify community resources (e.g., emergency food programs, SNAP, WIC).

Managing the FFM-PW Group



Trusting the group process is an important part of facilitating.

- Observe and adjust the pace and session components (e.g., discussion and cooking).
- Engage women to address group challenges as they arise. (Use the guidelines!)
- Manage any challenges in the group by assessing needs and redirecting the individual or by modeling appropriate responses (i.e., listening to feelings/needs, and establishing boundaries).

Core Skills of the Group

Group Skills and Group Cohesion Techniques

- Describe the session to let women know what to expect and to reduce anxiety.
- Review members experiences/knowledge of the topic and incorporate this into the session.
- Assist with connecting members with each other.

Engagement and Motivational Techniques

- Use reflective listening and empathic responding (focus on strengths).
- Meet women where they are and help them to identify any changes they want to make regarding nutrition or in the Rs/Ss.

Family Strengthening Techniques

- Reframe negative ideas or beliefs.
- Provide positive comments and feedback to each participant.
- Help participants to create positive ways for self-care and self- advocacy.

Educational/Teaching Techniques

- Respectfully assist members to stay on topic.
- Clarify ideas with relevant examples.

Group Session Layout: The ABCs

A: Announcements

- *Welcome*: Women are greeted.
- *Review Roadwork*: Women discuss their completed roadwork and problem-solve any issues; serves as a summary of the previous session.
- *Today's Topic*: Introduces the session's R or S
- *Let's Talk*: Includes a discussion on how the session's topic affects well-being and food experiences.

B: Bonding

- *Let's Share*: A discussion allows for women to see how the R/S plays a role in their life.
- *Let's Practice*: An activity helps with the R/S.
- *Let's Reflect*: Women end the section by focusing on strengths



Remember!

Participants are the experts on their own family; while facilitators are experts in the curriculum. This is an opportunity to support a healthy relationship between pregnant women and their growing baby.



FAMILY & FOOD MATTERS TO PREGNANT WOMEN

Guide for Facilitators (continued)

Session Activities

Before each session:

- Reminder phone call or text to participant
- Staff supervision to prepare for session together (e.g., call or meeting)
- Prepare and organize the room (e.g., tables, chairs, supplies for the session)
- Hang the *Group Guidelines* created in session 1

After each session:

- Clean up
- Conduct a staff debriefing to review what went well and what could be improved, as well as any lessons learned
- Review the necessary supplies for the next session and start preparing if necessary (e.g., collect magazines for the Vision Board)

Creating a Helping and Safe Space

Some women may be experiencing challenges not only around having enough food to eat but also having access to healthy foods. Conversations on this topic can be challenging due to concerns of judgement, shame, or privacy. However, creating a safe space for women to share their concerns, around food and any other areas in their life, is an important part of this program.

- Remember to use the provided resources. Refer to the *How to Talk to Pregnant Women About Eating Enough Healthy Food* resource to help you speak with women.
- Encourage other women in the group to share how they may address any similar concerns. This program follows a support group format which recognizes the strengths and skills of each participating individual. The front side of the *Food for Thought* handout and the *More to Think About Pages* have additional information.

Program Supplies Needed

Some materials are required in the first session. Plan the print order in advance (e.g., manual and Food for Thought)

- Group Guidelines (created in session 1)
- Copies of session and session activity supplies (Session 2- Store Tour; Session 3- Vision Board)
- Food for Thought* Handout
- Dry erase markers
- Food Ingredients for weekly snack and/or smoothie recipes (refer to manual for recipes)
- Preparation supplies for snack and/or smoothie (as listed in the manual's session) and plates, utensils, and napkins for participants
- Cleaning supplies (e.g., dishwashing detergent, hand soap, disinfectant spray, paper towels, napkins, etc.)

Week-by-Week Materials

Some sessions require additional materials:

Session 1

- Nametags
- Newsprint and markers to write down Group Guidelines
- New participant packet: Manual, Food for Thought laminate, dry erase marker
- Handout with all the session dates

Session 2

- Store Tour Information (from a Cooking Matters sponsoring partner)
- Sugar Demonstration supplies (juice, soda, and water bottles)

Session 3

- Vision board materials including stock board, scissors, glue sticks, magazines

Session 4

- Copies of "Certificates" (one per participant)



Remember!

Pregnancy is one of the most exciting and vulnerable times of a woman's life. It's a time where rapid changes and the immense responsibilities of motherhood may feel overwhelming. The overall well-being of pregnant women affects the development of her child; therefore, focusing on their nutritional needs; health and mental health needs, including and stress and support are very important.



This project has been funded by the Ample Table for Everyone (ATE) Foundation, 2017.



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FAMILY & FOOD MATTERS TO PREGNANT WOMEN

Guide for Food Preparation Leader

Nutrition Focus

This component highlights the important nutrients needed to support the wellbeing of pregnant women and her baby. It also allows for discussion on tailoring meals for women especially if women have food allergies, dietary restrictions or food aversions.

MyPlate

- MyPlate food groups guide each session.
- Link the food group to important nutrients during pregnancy (see session 1 resources).

Healthy eating

- The recipes highlight different ways nutrients and ingredients from the session's MyPlate food group can be consumed. Include at least one of the recipes in your session: a smoothie or a Cooking Matters snack.

Food for Thought chart

- In order to increase awareness around intake from the MyPlate food groups, encourage women to keep track using the chart.

Food Group	Key Nutrients	Health Benefits
Grains	Whole grains, fiber, B vitamins	Supports energy, digestion, and heart health.
Vegetables	Vitamins, minerals, fiber	Supports immune system, digestion, and overall health.
Fruits	Vitamins, minerals, fiber	Supports immune system, digestion, and overall health.
Protein	Protein, B vitamins, iron	Supports muscle growth, energy, and overall health.
Dairy	Calcium, protein, B vitamins	Supports bone health, muscle growth, and overall health.

Food Demonstration

How should I conduct the demonstration?

- The goal on this hands-on experience is for participants to familiarize themselves with the preparation so they can replicate the recipes at home.
- Begin by following the preparation steps. Ask if anyone has questions.
- Invite participants to now follow the steps.* Assist them as needed.

*Note: The exception to participants making the recipe is the smoothie as all ingredients will go into one blender. Here, you can name all the ingredients and load them into the blender in front of participants. Or, you can have a different participant each session to assist you.

Core Skills of the Group

Safety Techniques

Review safety practices in the kitchen, such as:

- Wash your hands and wear gloves before and after handling food
- Pull hair back and wear closed-toed shoes
- Be careful with sharp edges and cut away from your body when using a knife
- Clean up spills immediately and wear an apron

Group Skills and Cohesion Techniques

- Describe the sessions recipe
- Assist women's connection with each other in the meal preparation

Engagement and Motivational Techniques

- Express appreciation for participants' efforts
- Meet women where they are and help them to identify changes to make in food intake

Educational/Teaching Techniques

- Respectfully assist members to stay on the meal preparation but remain flexible
- Be mindful that individuals learn differently
- Use questions to encourage participation

Group Session Layout: The ABCs

C: Cooking

- *Let's Focus:* Presents the weeks food group.
- *MyPlate:* Introduces the benefits of the food group.
- *Let's Review:* Highlights the benefits specific to pregnancy.
- *More to Think About:* Additional resource pages for the week's topic and food group
- *This Week's Roadwork:* Provides women the opportunity to focus on food intake from the MyPlate food group of the week (by use of the Food for Thought chart) and practice the R/S of the session at home to continue positive changes during the week.
- *Let's Cook:* Food prep leader demonstrates how to make the snack and/or smoothie recipes.



Remember!

This is an opportunity to not only provide nutritional information to pregnant women but to also provide support on ways to eat healthy with budget friendly ingredients. Some common challenges with healthy eating include unfamiliarity with ingredients and/or recipes.



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Guide for Food Preparation Leader (continued)

Session Activities

In advance of each session:

- Review the recipe and ingredients you will need. Schedule your shopping day.
- Plan recipe changes based on any allergies/dietary restrictions or budget.

Before each session:

- Prepare work stations by setting up your station and participants with all necessary supplies for the week's recipe (e.g., bowls, cups, measuring spoons). Refer to the manual for detailed information.
- Familiarize yourself with the steps.
- Prepare food ingredients to save time. This can include pre-washing, thawing, cutting.

After each session:

- Clean and sanitize workstations and kitchen supplies. (Launder soiled aprons, if used).

Cooking Matters at the Store Tour

Many pregnant women may struggle with having affordable healthy foods. In session 2, we include the store tour to attend to this.

- This tour teaches how to buy nutritious foods on a limited budget, read food labels and select healthy foods. The pop-up format is used whereby food props are used.
- In order to conduct the tour you need to work with a Cooking Matters implementation partner. **This will take some preparation time so please plan in advance.** We highly recommend you incorporate this invaluable information by bring the store to women!
- Visit: www.cookingmatters.org/tour-leaders

Sugar Content Demonstration

It is helpful to have a hands-on demonstration using aides: Give participants a soft drink bottle and ask them to calculate the number of sugar packets per serving. Search online for ideas on presentation and use the **Sugar Content** handout for additional info.

Program Supplies Needed



The food ingredients and kitchen supplies needed depends on the session's recipe. However, there are some supplies you will need throughout the program that can be purchased from online sources. Budget for ~\$150 in kitchen supplies. Food ingredients will vary weekly.

- Food Ingredients** for weekly snack and/or smoothie recipes (refer to manual)
- Kitchen supplies** for weekly snack and/or smoothie preparation (refer to manual; if you decide to do smoothies don't forget a blender!)
- Participant supplies:** bowls, utensils, placemats, napkins, gloves, apron (optional)
- Cleaning supplies:** dishwashing detergent and sponge, hand soap, disinfectant spray, paper towels, dish drying rag
- Container** to store all supplies
- Misc:** First aid kit; Mason jars



Week-to-Week Materials

Some sessions require additional materials.

Session 2:

- Store Tour materials: Booklets, surveys, etc. if working with a Cooking Matters implementation partner. Also props* to enhance learning (e.g., empty milk or yogurt containers, cereal boxes, canned goods; unit pricing labels

*Note: this can also be printouts

- Sugar Content Demonstration: several popular soft drinks (e.g., soda, fruit juice, water), sugar packets in ziplock bag (to avoid spills) and the Sugar Content: How much sugar is there? handout for each participant.

Session 4

- "Who are Our Supports" activity: grapes
- Overnight Oats activity (if selecting this as food demonstration): mason jars



Remember!

This is an opportunity to introduce new and healthy meals with the most important nutrients during pregnancy for both mother and baby-to-be!



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How to Talk to Pregnant Women About Eating Enough Healthy Food

Tips for Service Providers on Having a Meaningful Conversation About Food Access



How are pregnant women affected by having less access to quality food (food insecurity)?

PREGNANT WOMEN AND FOOD INSECURITY

Pregnant women require **nutritious** and healthy food to support the healthy development of their baby in utero. However, pregnant women who experience food insecurity are at greater risk for a whole host of physical and mental health effects, including gestational diabetes, obesity, depression, and anxiety.

Food insecurity is defined as the limited or inconsistent access to healthy foods at all times (Anderson, 1990). The lack of appropriate **quantity and quality** of foods for mothers-to-be can impact both her health and the health of her developing baby.

Service providers have a unique opportunity! By discussing challenges in obtaining health and sufficient foods they can increase the chances for a healthy pregnancy. This discussion is not always easy. Mothers-to-be may not be able to share their struggles around food but there are certain things you can do to make them feel comfortable and encourage them to have a **meaningful conversation**.



Why wouldn't she tell me she doesn't have enough food to eat?

BARRIERS TO TALKING ABOUT FOOD

Asking anyone if they have enough food to eat can be a sensitive topic, and this is especially true for pregnant women. They may not tell you they are experiencing difficulties getting enough healthy foods for a variety of reasons, including:

Feeling judged or shame

If a pregnant woman is not eating the quality and quantity of food recommended for a healthy pregnancy, she may not feel comfortable telling anyone. She may be concerned that others will criticize or shame her. Not having enough quality and quantity of food is closely linked to financial hardship. Unfortunately, there are misconceptions about people who are struggling with food insecurity and poverty. To avoid feeling judged or shame, the woman may not share her struggles with those who can help.

Feeling scared

Some women may think there will be negative consequences to saying they struggle with getting enough food. They may fear an involuntary referral to another agency or feel afraid of losing services or benefits, or they may even feel other fears that are triggered from past experiences.

Feeling uncertain about who she can trust

Sometimes a pregnant woman's past experience may prevent her from reaching out for help or talking about not having enough food to eat. One thing that can help is creating a safe and warm environment for her to share her experiences and real concerns.

How to Talk to Pregnant Women About Eating Enough Healthy Food

Tips for Service Providers on Having a Meaningful Conversation about Food Access



What can I do to begin a conversation around food concerns?

COMMUNICATION TECHNIQUES

To minimize the barriers to talking about food you can:

Use transparency

Explain why you are talking about having enough food to eat: “You and your developing baby have unique nutritional needs that are important for a healthy pregnancy. I want to ensure this is happening for you and your baby.”

Normalize the situation

State that the concern around food is a universal experience shared by pregnant women: “Many women worry about not having enough food to eat during their pregnancy.”

Address confidentiality concerns

Identify any concerns by reminding them you have their best interest and will work with them: “I am here to help. I will keep your concerns private unless you don’t want me to or unless I’m concerned about you being hurt or hurting others.”

Invite them to ask you

Switch up the roles and suggest they ask you questions: “Do you have any questions for me?”

Provide resources to all

Because some pregnant women may not feel ready or comfortable sharing struggles around food you should give resources to all: “Here are some places and phone numbers for assistance with food that I give to everyone.”

Request to ask questions

Reduce any barriers: “If it’s okay with you, I’d like to talk about possible concerns pregnant women have. In the last 30 days have you worried about eating enough healthy food?”



How can service providers help pregnant women?

ENGAGE! Work toward building a trusting relationship by showing interest in them.

RESPECT! Treat everyone you meet with respect. This will help to develop a genuine relationship.

LISTEN! Use reflective listening to be sure you are understanding them.

VALIDATE! Offer support by expressing empathy and understanding.

CONNECT! Let her know that you are there to help. And, offer to link her to other helpful resources including farmer’s markets or food pantries, if she is interested.



Additional Resources for Service Providers

Feeding America: feedingamerica.org

No Kid Hungry: nokidhungry.org

Food Research and Action Center: frac.org

Food Bank Association of New York State: feedingnys.org

Find your Regional Food Bank in New York State: health.ny.gov/prevention/nutrition/hpnap/regional_foodbank_map.htm

Food Pantries in New York State: foodpantries.org/st/new_york

Hunger Free America: hungerfreeamerica.org

New York Food Banks and other assistance: needhelppayingbills.com/html/new_york_foodbanks.html

New York Emergency Food Programs: homelessshelterdirectory.org/foodbanks/NYfoodbanks.html

Food for Thought (and for Baby!)



Nutrition

- ✓ Eating foods with iron and folic acid during pregnancy helps protect you and your baby. Breakfast cereals with added vitamins and minerals as well as cooked spinach are both great sources of iron and folic acid!
- ✓ Protein helps build your muscles and is important during pregnancy. It allows your baby to grow and also increases blood flow to the baby.
- ✓ A healthy diet reduces the risk of high blood pressure and problems with delivering your baby.
- ✓ Limit how much caffeine you drink/eat (such as tea, soda, and coffee) during pregnancy. Too much can make your heart beat too quickly and affect your baby.
- ✓ For more information, talk to your medical provider.

Access

- ✓ Visit foodhelp.nyc to apply for the Supplemental Nutrition Assistance Program (SNAP), locate food pantries, or access emergency food assistance.
- ✓ Visit hungerfreenyc.org/food-map to locate food providers in all NYC boroughs.
- ✓ Visit hungerfreeamerica.org/food-assistance-guides for an overview of food assistance available in all five boroughs of NYC.
- ✓ Call USDA National Hunger Clearinghouse for referrals to food providers in your area: (866) 348-6479

Resources

- ✓ Text BABY (BEBE for Spanish) to 511411 and get FREE text messages on your cell phone to help you through your pregnancy and your baby's first year.
- ✓ The HRSA Maternal and Child Health Bureau can help you learn about medical care and support and offers advice for pregnant women in your state: (800) 311-2229
- ✓ Check out Centering Healthcare Institute at centeringhealthcare.org
- ✓ Check out these apps! Babycenter, What to Expect, Ovia Pregnancy Tracker, Babybump Pregnancy Pro, Fresh EBT, FarmSquare, Coeffective
- ✓ For more information on additional programs, call 311 or visit nyc.gov/311

Post baby

- ✓ There are additional resources once your baby arrives. Speak with your medical provider for any needed assistance or referrals.
- ✓ If you choose to breastfeed your baby, check out some of these websites for helpful information: www.womenshelth.gov or www.bestforbabes.org.
- ✓ Helpful information for emotional wellness can be found on many sites including March of Dimes and Postpartum Health Alliance. Be sure to talk to your medical provider.












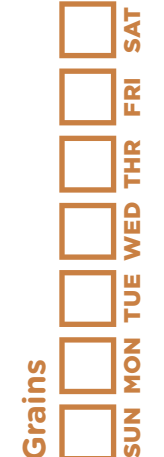



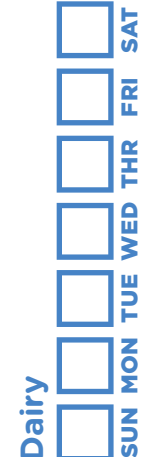



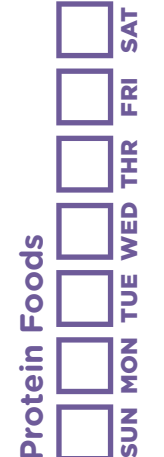


Photo: Philippe Poul, inredair.org

Food for Thought: Chart

The **Daily Meal Plan** for pregnant moms shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general plan, and you may need more or less.* Eating well is always important, especially during your pregnancy.

Use the table below to check if you've had the suggested amount from each food group through the week. Each week is an opportunity to try eating from all 5 food groups. If you have any challenges getting enough to eat, speak to someone at your local food assistance sites (e.g., WIC, SNAP).

Food Group	Eat this much daily...		What counts as 1 cup or ounce?	Remember:	Did I get enough?
	during the 1st trimester	during the 2nd or 3rd trimesters			
 Vegetables	 2½ cups	 3 cups	1 cup raw or cooked vegetables <i>or</i> 1 cup 100% juice <i>or</i> 2 cups raw leafy vegetables	Make <i>half</i> your plate fruits and vegetables. Choose a variety: look for dark green, red or orange vegetables. And don't forget beans and peas!	
 Fruits	 2 cups	 2 cups	1 cup fruit <i>or</i> 1 cup 100% juice <i>or</i> ½ cup dried fruit		
 Grains	 6 ounces	 8 ounces	1 slice of bread <i>or</i> 1 ounce of ready-to-eat cereal <i>or</i> ½ cup cooked pasta, rice or cereal	Choose whole grains instead of refined grains: make at least <i>half</i> your grains <i>whole</i> .	
 Dairy	 3 cups	 3 cups	1 cup of milk <i>or</i> 8 ounces of yogurt <i>or</i> 1½ ounces of natural cheese <i>or</i> 2 ounces of processed cheese	Replace higher fat milk and milk products with fat-free (skim) or low-fat options.	
 Protein Foods	 5½ ounces	 6½ ounces	1 ounce lean meat, poultry or seafood ¼ cup of cooked beans <i>or</i> ½ ounce of nuts <i>or</i> 1 egg <i>or</i> 1 tablespoon of peanut butter	Mix up your protein choices. Include beans, peas, seafood, nuts and seeds (unsalted).	

*If you are not gaining weight or gaining weight too slowly, you may need a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of “empty calories” you are eating. Talk to your doctor with any concerns about your diet and weight gain during pregnancy.



FAMILY & FOOD MATTERS TO PREGNANT WOMEN

Sugar Content: How much sugar is there?

✓ **Materials needed:** drink bottles (e.g., soda, juice, water, etc) and sugar packets in a ziplock bag. Hand a bottle to each participant.

Too much sugar consumption is not healthy for anyone and this is especially true for pregnant women. Sugar can also affect the body (e.g., it can make our systems over react). In this hands-on activity we practice reading nutrition labels in order to understand what the numbers mean to for your health. Let's start with thinking about how much sugar we use.

*For those of you that drink coffee, how many sugar packets do you use in 1 cup?
Select the number of sugar packets to represent how many you put in your coffee.
Would you consider using more sugar? Why or why not?*

How can we tell the amount of sugar in what we eat or drink?

There is sugar in almost everything we eat and drink. Knowing the sugar content will help us make informed decisions on what we purchase and put into our bodies.

In order to find out how much sugar is in a drink (or food) look at the nutrition label and focus on:

- **Serving size:** this is the portion size one person should eat or drink
- **Servings per container:** let's you know how many portions there are
- **Total carbohydrates - sugar:** lists the amount of sugar in grams But what does 'grams' mean?!?

4 grams of sugar = 1 sugar packet*

(*1 sugar packet is the same as 1 teaspoon)

To calculate the amount of sugar packets in a serving size: Divide the total number of sugar grams listed on the nutrition label by 4.

Let's practice together:

- Serving size: 1 can
- Servings per container: 1
- Total carbohydrates - sugar: 40
- Divide: $40/4g = 10$



There are 10 sugar packets in this 1 can.

Your turn to practice! Look at your bottle and calculate the number of sugar packets in the drink. Take this amount of packets from the ziplock bag. Share your finding with the group.

Are you surprised by the amount of sugar?

What effect does too much sugar have on pregnant women and their baby?

"10 scientifically researched reasons to avoid excess sugar during pregnancy":

1. A higher sugar consumption is linked to a higher pregnancy weight gain.
2. Too much sugar increases glucose and insulin levels. So yes, eating excess sugar, does contribute to gestational diabetes.
3. It can contribute to the development of a fatty liver.
4. The birth weight of your baby may be smaller.
5. By eating a diet high in sugar during pregnancy, we are programming our child's genes to be higher risk for metabolic syndrome, and diabetes.
6. Eating high sugar diets alters our children's blood vessel structure and places them more at risk for heart diseases. These risk factors are found to be present in our children as early as age 7!
7. Eating a diet high in added sugars increases risk of pre-eclampsia in pregnancy.
8. Drinking both artificially-sweetened soft drinks and standard soft drinks increases risk of preterm delivery.
9. Prenatal and pregnancy consumption of sugar has been linked to obesity in children.
10. You increase your likelihood of having nausea and/or vomiting if you eat a diet high in carbohydrates and added sugars.

Retrieved from www.healthymummy.com/10-reasons-avoid-much-sugar-pregnancy

Remember!

The more knowledge you have, the more informed decisions you can make for you and your baby!



This project was supported by a grant from Ample Table for Everyone (ATE), 2017.



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This Certificate is Presented to:



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Signed



Date

