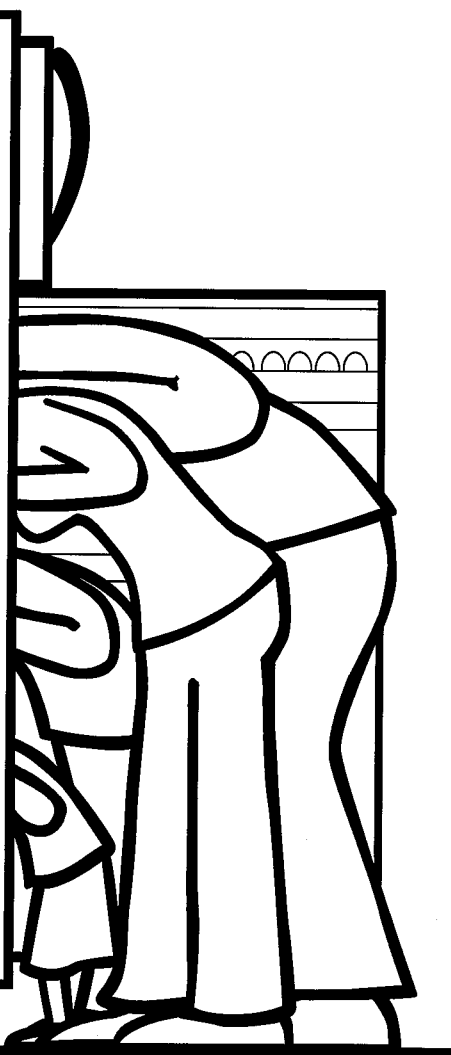


# FRIDGE

## Food, Family & Fellowship

*Making  
nutrition  
education  
a family  
affair.*



*"This program opened our family's eyes so we look at nutrition labels and figure out healthier food choices." — A parent*

### The FRIDGE Program:

- Designed to be conducted with a group of 4-8 families. Each family is represented by one or more children 10-15 years of age, their parents and, if available, their grandparents or other relatives in caregiving roles.
- Activities are fun, hands on, and stimulating for family communication.
- "Take Out" activities encourage follow-up at home.

### The FRIDGE curriculum has 3 sections, each with 4-6 activities.

- Section 1: Enhancing family communication about food
- Section 2: Learning together about food and nutrition.
- Section 3: Working as a team to improve family eating practices



### FRIDGE can be incorporated into nutrition education or family strengthening programs.

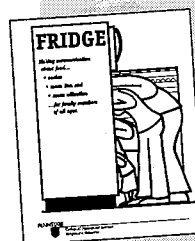
- The FRIDGE program can be delivered in a variety of formats (e.g., in full day, half-day, or 1-hour sessions)

### How do families benefit from FRIDGE?

- Participating youth become more involved in family meal planning.
- Family members plan to eat more fruits and vegetables and less fried and high fat foods.
- Family members learn how the food guidance system has changed over the past few generations and how this has influenced food choices and values over the years.



### To Order FRIDGE



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For additional resources from Penn State University on intergenerational programming, see:  
<http://intergenerational.cas.psu.edu>