

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



HOUSE CHAT WEEK 2

Small Changes to Eating Part 1: Enhancing Nutrition Quality

Learning Objectives:

Participants will be able to:

1. Recognize and identify foods rich in essential nutrients, enhancing their understanding of nutritious options.
2. Understand the concept of nutrient dense foods, and how choosing foods that are higher in fiber and water, and lower in saturated fat, can assist with feelings of satiety, and promote heart health and weight management.
3. Learn effective strategies for making small changes to their dietary choices to further enhance nutritional quality for long-term health benefits (cooking, restaurants, grocery stores, convenience stores, on-the-go).
4. Apply realistic, and practical methods to integrate small changes in food choices, enhancing overall nutritional well-being.

I. Opening (10 minutes)

Group Check in +Support

"Hello everyone, welcome back to week 2! I hope you had a great week trying out your small changes and working on your written goals. Today we will start our house chat by hearing about what's been happening during the week and your progress.

Prompt Questions:

- How did you incorporate the information or skills learned last week into your daily life or routines?
- How did you go about setting your goals for this week?
- Describe a specific approach you used to overcome the initial challenges in clarifying your goals.
- What things or places helped you the most in making it easier to reach your goals?

II. Week 2 House chat Topic & Video (10 mins)

Title: Small Changes to Eating Part 1: Enhance Nutrition Quality

- Review Learning Objectives
- Play Session Content Video

Key Points

- Understanding which foods are rich in nutrients helps us make informed choices that are aligned with your values about what to eat.
- Making small swaps to what you eat can make a big difference for your health.

- Embrace the importance of your culture and consider making subtle adjustments to your meals that honor your traditions without altering your beloved recipes significantly.
- Making small changes that align with your daily life is the key to fostering positive eating habits.
- You can maintain the flavors you love from your culture by making small adjustments to your meals.
- Noticing how hungry you are and enjoying your meals makes it easier to pick foods that go along with your goals.
- Foods that are higher in fiber and water, and lower in saturated fat (the type of fat that can have negative effects on our heart health), are what experts call “nutrient dense foods”
 - Research has shown that eating more of these foods may help you to feel full / not be hungry
 - These foods are also high in nutrients, which helps fuel your body and can help your heart health
- Many of these foods, like fruits and vegetables, can be expensive. Did you know that frozen has the same level of nutrients (and sometimes more!) compared with fresh?
 - Frozen is a much less expensive option too and cuts down on potential food waste
- Remember, it’s about small daily changes—changes that you can keep up in the long-term. This is not a diet!
- Small changes to what you eat, done regularly, can result in big changes to the overall quality of your nutrition.

III. Group Discussion and Activities (25 minutes)

Discussion Questions:

1. What are some examples of foods rich in essential nutrients that you currently include in your eating habits?
2. Can you share any challenges you face in incorporating nutrient-dense foods into your daily meals, and how do you plan to overcome them?
3. Share personal experiences with making small changes to your eating choices. What strategies have worked well for you?
4. How does your culture influence the food you prefer? How can you consider small adjustments to maintain the flavors you love in your favorite meals?

V. Closing (10 minutes)

A. Summary

- Summarize the key points discussed regarding small changes to eating habits.
- Emphasize the practicality and flexibility of these changes.
 - Making small changes is easy – just a few adjustments here and there.
 - No need for complicated rules; it’s about simple tweaks in your routine.
 - Small changes work for everyone, no matter your background or how you live.
 - You can adapt them to your own culture and lifestyle.

- No need for major changes – just small, achievable changes that fit into your daily life.
- It's not about disrupting your routine but enhancing it in a practical way.

B. Closing Activity: “Commitment Circle”

- Take a few moments to think about the insights gained from today's discussion on small changes to eating habits. Consider how it resonated with your own experiences and preferences.
- Take a moment to jot down one specific commitment related to your eating habits, using language like ‘I commit to...’ What specific change will you focus on incorporating into your eating routine, and how do you plan to implement it?
 - Make sure it aligns with your values and what you genuinely want to achieve!

→ In the next 2 minutes, find an accountability partner and share your commitment goal with them. Reach out to someone you haven't connected with before if possible. This brief interaction is an opportunity to support each other and build new connections. Ready, go!

Next Week Prep:

- Come prepared to talk about the progress you've made with your commitments next week, and always remember, this is a supportive environment where you can go at your own pace.

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.
“It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups.”