

Table 1. Session Titles, Targets, and Objectives

Session Number	Session Title	Program Target	Objectives
1	What's for Dinner Tonight?	Increase frequency and quality of family meals	<ol style="list-style-type: none"> 1. Discuss the importance of having family meals together 2. Discuss the importance of turning off the TV and making quality conversation at dinner time 3. Teach ways to make family dinners together healthy, quick, easy, cost effective, and enjoyable 4. Identify ways to involve your child in meal preparation and cleanup 5. Discuss how to limit eating out at restaurants and making healthy choices when eating out
2	Vary your Veggies, Focus on Fruit.	Increase consumption of fruits and vegetables	<ol style="list-style-type: none"> 1. Discuss importance of consuming a variety of fruits and vegetables 2. Introduce how to plan and save when purchasing fruits and vegetables 3. Teach different ways to incorporate fruits and vegetables into main dishes 4. Identify tips on how to introduce new fruits and vegetables into your child's diet
3	Make Half your Grains Whole	Increase consumption of whole grains	<ol style="list-style-type: none"> 1. Teach the difference between whole grains and refined grains 2. Discuss importance of consuming whole grains 3. Discuss how to identify whole grains vs. refined grains 4. Introduce how to incorporate whole grains and high fiber into their child's diet

4	Build Strong Bones	Increase consumption of calcium rich foods and beverages	<ol style="list-style-type: none"> 1. Introduce health benefits of calcium rich foods and beverages 2. Identify dairy and non-dairy sources of calcium. 3. Discuss how to identify the difference between whole milk and reduced fat or skim milk 4. Learn the calcium and dairy recommendations for preschoolers 5. Teach easy ways to incorporate calcium-rich foods and beverages into children's diet 6. Set goals to incorporate calcium-rich foods and beverages into children's diet
5	Go Lean with Protein	Increase consumption of lean proteins	<ol style="list-style-type: none"> 1. Introduce the health benefits of protein 2. Identify animal and plant sources that are rich in protein 3. Learn the recommended daily amount of protein for young children 4. Teach easy ways to reduce fat when cooking animal proteins 5. Discuss the difference between lean, medium fat, and high fat meats 6. Set goals to incorporate lean protein foods into children's diet
6	Go Low on Fat	Decrease total fat consumption	<ol style="list-style-type: none"> 1. Discuss the role of fats in maintaining good health 2. Distinguish between unsaturated (healthy) and saturated/trans (unhealthy) fats 3. Learn about food sources of healthy and unhealthy fats 4. Teach about the recommended daily allowance for fats/oils for young children 5. Give tips on how to incorporate unsaturated fats into the family's diet

			6. Set goals for incorporating healthy fats into the family's diet
7	Eat Breakfast, Fuel Up!	Increase frequency and quality of breakfast meals	<ol style="list-style-type: none"> 1. Introduce the health benefits of eating breakfast daily 2. Discuss the types of foods that should be included in child's breakfast 3. Define what constitutes a high quality, healthy cereal 4. Set goals for eating breakfast regularly
8	Scale Down on Salt	Decrease sodium intake	<ol style="list-style-type: none"> 1. Introduce the importance of dietary sodium in maintaining proper physiological function 2. Explain the potential health consequences of excess sodium consumption 3. Identify high-sodium foods and healthy alternatives 4. Learn the recommended daily amount of sodium for adults and young children 5. Teach easy ways to reduce sodium use when cooking 6. Set goals for reducing sodium in the family's diet
9	Go Healthy on Snacks	Increase nutritional value of snack foods	<ol style="list-style-type: none"> 1. Introduce the health benefits of eating healthy snacks 2. Explain when snacks are appropriate 3. Identify healthy and unhealthy snacks 4. Define what constitutes a healthy snack 5. Teach easy ways to prepare healthy snacks 6. Set goals for choosing healthy snacks
10	Pleasing Picky Eaters	Improve acceptance of new and familiar healthy foods	<ol style="list-style-type: none"> 1. Describe the benefit of a high variety diet 2. Explain what child food neophobia and child pickiness are, and potential negative dietary consequences 3. Present strategies for overcoming child food neophobia and pickiness 4. Set goals for introducing new foods to children's diet

Table 2. Participant Characteristics by Income Status

	All families	Income Group ^a		p-value ^b
		Low	Non-Low	
	n = 11	n = 6	n = 5	
	n (%)	n (%)		
<u>Age group of parent</u>				0.24
18-30 years	5 (45.5)	4 (80)	1 (20)	
31-40 years	6 (54.5)	2 (33.3)	4 (66.7)	
<u>Education of parent</u>				0.015
High school or less	3 (27.3)	3 (100)	0 (0)	
Some college/technical school	2 (18.2)	2 (100)	0 (0)	
4-year college/advanced degree	6 (54.5)	1 (16.7)	5 (83.3)	
<u>Race of child</u>				0.015
Asian	1 (9.1)	1 (100)	0 (0)	
Hispanic	1 (9.1)	0 (0)	1 (100)	
Non-Hispanic White	3 (27.2)	0 (0)	3 (100)	
Black	6 (54.5)	5 (83.3)	1 (16.7)	
<u>Age group of child</u>				1.00
1-2 years	4 (36.4)	2 (50.0)	2 (50.0)	
3-4 years	7 (63.6)	4 (57.1)	3 (42.9)	

<u>Sex of child</u>				0.55
Female	4 (36.4)	3 (75.0)	1 (25.0)	
Male	7 (63.6)	3 (42.9)	4 (57.1)	

^a Income groups: Low = Reliance on 1+ nutrition assistance program(s); Non-Low = No reliance on nutrition assistance program.

^b P-value according to chi square analysis (p<0.05).

Table 3. Child food preparation skills by time point

	Mean (SD) ^a		
	Baseline	Midway (month 5)	Final (month 10)
My child is able to tear lettuce or greens.	4.15 (0.24)	4.37 (0.24)	4.48 (0.24)
My child is able to rinse fruits and vegetables.	3.95 ^d (0.21)	3.84 ^b (0.21)	4.51 (0.21)
My child is able to add ingredients.	4.60 (0.13)	4.38 (0.13)	4.60 (0.13)
My child is able to stir ingredients.	4.37 (0.19)	4.26 (0.19)	4.57 (0.21)
My child is able to help assemble foods.	3.83 ^c (0.24)	4.49 (0.24)	4.27 (0.26)
My child is able to peel fruit.	3.09 (0.34)	3.03 (0.36)	3.75 (0.36)
My child is able to help set the table.	4.04 (0.23)	3.93 (0.23)	4.37 (0.23)
My child is able to help measure ingredients.	3.17 (0.25)	3.40 (0.25)	3.40 (0.25)
My child is able to cut soft foods with a dull knife.	3.71 (0.27)	3.49 (0.27)	3.93 (0.27)

^aValues are based on responses of 5=strongly agree to 1=strongly disagree. Parents rated their level of agreement with statements related to their preschool aged child's food preparation skills.

^bCompared to final time point p<0.05

^cCompared to midway time point p<0.10

Table 4. Child food frequency responses by time point

	Mean (SD) ^a		
	Baseline	Midway (month 5)	Final (month 10)
Dairy	4.91 (0.60)	5.06 (0.60)	4.65 (0.60)
Fruits and Vegetables (excluding potatoes)	9.39 (1.55)	6.76 ^b (1.47)	11.31 (1.55)
Savory Snacks	0.84 (0.22)	0.72 (0.22)	0.58 (0.22)
Sweet Snacks	0.93 (0.25)	0.60 (0.22)	0.68 (0.22)
Sugar Sweetened Beverages	0.99 ^c (0.33)	0.23 (0.33)	0.74 (0.33)
High Fat Meat	1.28 (0.58)	1.60 (0.58)	0.88 (0.58)
Added Fat	1.65 ^d (0.37)	0.99 (0.37)	0.62 (0.37)

^aValues indicate the frequency with which a child ate food in the above categories. Response choices were never (0), 1-3x per 4 weeks (1), 1x per week (2), 2-4x per week (3), 5-6x per week (4), 1x per day (5), 2-3x per day (6), 4-5x per day (7), 6+ per day (8). The fruits and vegetables variable sums responses from both categories.

^bCompared to final time point $p < 0.05$

^cCompared to midway time point $p < 0.05$

^dCompared to final time point $p < 0.10$

Table 5. Parent self-efficacy to encourage healthy diet related practices for their children by time point

	Mean (SD) ^a		
	Baseline	Midway (month 5)	Final (month 10)
Plan menus for the family that contain at least 1 serving of vegetable at lunch and supper.	2.55 ^{b,c} (0.12)	2.88 (0.12)	2.88 (0.12)
Plan menus for the family that contain at least 1 serving of fruit at every meal.	2.44 (0.17)	2.66 (0.17)	2.44 (0.17)
Encourage your child to eat fruit.	2.89 (0.08)	2.89 (0.08)	3.00 (0.08)
Serve at least 1 vegetable at lunch and supper.	2.88 (0.11)	2.88 (0.11)	2.77 (0.11)
Serve at least 1 fruit at every meal.	2.44 (0.17)	2.44 (0.17)	2.55 (0.17)
Leave out a bowl of fruit for snacks.	2.56 (0.20)	2.45 (0.20)	2.56 (0.20)
Cut up vegetables and have them available in the refrigerator for your child.	2.22 ^b (0.21)	2.33 (0.21)	2.78 (0.21)
Have low-fat dip available in the refrigerator for your child to have with cut up vegetables.	2.13 (0.20)	2.35 (0.20)	2.57 (0.20)
Have cut up fruit available for your child's snack.	2.77 (0.17)	2.66 (0.17)	2.77 (0.17)

Encourage your child to eat low-fat food.	2.36 ^{b,c} (0.14)	2.91 (0.14)	2.80 (0.14)
Have your child help prepare meals.	2.08 ^b (0.18)	2.36 (0.17)	2.58 (0.17)
Serve a new vegetable once a month.	1.75 ^{b,e} (0.20)	2.23 (0.19)	2.57 (0.19)
Serve a new vegetable once a week.	1.49 ^{c,d} (0.17)	2.22 (0.15)	1.89 (0.15)
Insist that your child try at least one bite of a new vegetable.	2.27 (0.22)	2.55 (0.21)	2.55 (0.21)
Insist that your child try at least one bite of a new fruit.	2.37 ^d (0.19)	2.66 (0.17)	2.77 (0.17)
Tell your child you like fruit for snacks.	2.88 (0.12)	2.78 (0.12)	2.89 (0.12)
Tell your child you like vegetables for supper.	2.63 (0.16)	2.79 (0.15)	2.90 (0.15)
Tell your child you like fruit for lunch.	2.88 (0.12)	2.78 (0.12)	2.89 (0.12)
Tell your child you like vegetables for snacks.	2.63 (0.16)	2.79 (0.15)	2.90 (0.15)
Serve lowfat milk to your family.	2.63 (0.24)	2.36 (0.22)	2.80 (0.22)
Bake meats and other food instead of frying.	2.65 ^{c,d} (0.10)	3.02 (0.10)	2.91 (0.10)

^aValues are based on responses of 3=Very Sure to 1=Not Sure. Parents rated their level of agreement with statements related to their self-efficacy to establish healthful dietary practices for their children.

^bCompared to final time point $p < 0.05$

^cCompared to midway time point $p < 0.05$

^dCompared to final time point $p < 0.10$

^eCompared to midway time point $p < 0.10$

Table 6. Family meal practices by time point

	Mean (SD) ^a		
	Baseline	Midway (month 5)	Final (month 10)
Family eat dinner together	4.08 (0.68)	4.80 (0.68)	5.36 (0.68)
Family eat breakfast together	2.40 (0.65)	2.90 (0.65)	2.62 (0.65)
Parent present when child eats dinner	5.73 ^d (0.50)	6.18 (0.50)	7.06 (0.50)
Dinner prepared at home and eaten together as a family	3.79 ^{b,e} (0.51)	5.18 (0.51)	6.12 (0.51)
Child involved in meal preparation	1.00 (0.42)	1.83 (0.42)	1.44 (0.42)
Separate meal made for child	0.60 ^b (0.45)	0.60 ^b (0.45)	2.04 (0.45)
Dinner purchased from a fast food restaurant	0.30 (0.11)	0.30 (0.11)	0.47 (0.11)
Dinner purchased from other type of restaurant	0.76 (0.21)	0.60 (0.21)	0.43 (0.21)
Dinner delivered to family at home	0.20 (0.15)	0.31 (0.15)	0.37 (0.15)
Dinner picked up as takeout food	0.57 (0.22)	0.46 (0.22)	0.57 (0.22)

Arguments with child about eating during dinner time	1.69 ^c (0.43)	0.36 (0.43)	1.25 (0.43)
Child watched TV during dinner	1.13 (0.46)	0.63 (0.46)	1.19 (0.46)
Child requested to watch TV during dinner	1.63 ^c (0.39)	0.52 ^b (0.39)	1.96 (0.39)

^aValues indicate the frequency of the above family meal practices. Response choices were never (1), 1-2x per week (2), 3-4x per week (3), 5-6x per week (4), and 7x per week (5). Parents reported the frequency of mealtime behaviors/practices.

^bCompared to final time point $p < 0.05$

^cCompared to midway time point $p < 0.05$

^dCompared to final time point $p < 0.10$

^eCompared to midway time point $p < 0.10$