

Opaskwayak Cree Nation - Healthy Lunch Choices

Goal: Reach out to children about developing and maintaining healthy eating habits

CYCLE 1

PLAN	What are we trying to accomplish?	Connect with children <ul style="list-style-type: none">The Community QI team's plan was to host an OCN recreation summer day camp once a week for six weeks at the garden site
DO		The team decided to: <ul style="list-style-type: none">Deliver programming around healthy eating habits to the campers
STUDY	How will we know that a change is an improvement?	The team found: <ul style="list-style-type: none">The campers were excited to learn about healthy foods and enjoyed the interactive sessionsThe programming reached approximately 37 youths each week
ACT	What small changes can we make that will result in improvement?	Based on the positive feedback received: <ul style="list-style-type: none">The team planned to engage with youth throughout the school year

Opaskwayak Cree Nation - Healthy Lunch Choices

Goal: Reach out to children about developing and maintaining healthy eating habits

CYCLE 2

PLAN	What are we trying to accomplish?	Building on success: <ul style="list-style-type: none">To expand on the goal of developing healthy eating habits, the team planned to promote the benefits of healthy school lunches
DO		Sharing the load: <ul style="list-style-type: none">The team established a partnership with the Manitoba Child Health Program to assist in moving the PDSA into the schoolsThe team offered to make and take lunch to studentsThe team also developed a PowerPoint presentation to talk about healthy lunch choices
STUDY	How will we know that a change is an improvement?	The team found: <ul style="list-style-type: none">A total of 16 student registered for the program, with 9 attendingThere was a great deal of interest from those who attended
ACT	What small changes can we make that will result in improvement?	Moving forward: <ul style="list-style-type: none">The team planned to use the presentation at the Hilda Young daycare and at Oscar Lathlin Collegiate