

# 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?	<b>Connect with children</b> <ul style="list-style-type: none"><li>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</li></ul>
DO		<b>The team decided to:</b> <ul style="list-style-type: none"><li>Deliver programming around healthy eating habits to the campers</li></ul>
STUDY	How will we know that a change is an improvement?	<b>The team found:</b> <ul style="list-style-type: none"><li>The campers were excited to learn about healthy foods and enjoyed the interactive sessions</li><li>The programming reached approximately 37 youths each week</li></ul>
ACT	What small changes can we make that will result in improvement?	<b>Based on the positive feedback received:</b> <ul style="list-style-type: none"><li>The team planned to engage with youth throughout the school year</li></ul>

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## CYCLE 2

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