

# Assortment of Programs

From: [BabsHart@aol.com](mailto:BabsHart@aol.com)

Some of the things we have done lately included doing a visual on portion control. Myself and the leader brought cereals, and such, measured out, into baggies, so they could see the different sizes , calories , etc.

Suggestion. take a 20 pound bag of dry dog food. Whew,,,,,,,,,almost got a hernia hauling it in from the car~!!! Then ,, during our "visual" , I hoisted it up , and passed it around so that all the members could get the idea of the amount of it. Then I discussed how , I, having about 60 pounds to lose,, could stand to lose about 3 of these bags!! And how hard it must be for my heart to carry that added weight around!! Two weeks ago, we had a "Fun Meeting", consisting of a Tops Crossword puzzle, consisting of words pertaining to Tops meetings, food , nutrition, etc. The next game was a table covered with "diet" related items,( I hasten to say diet, because we know it's not a diet, but a way of life, but you get the picture) the table had things like a food diary., measuring cups, lite popcorn, an apple, fat free dressing,,,,,,,,,etc. They had 1 minute to look over the items, and then I covered them up. The winner of that game, was the one who guessed the right amounts on the table. The winners were given a little gift, as a prize. It was one way to getting them to interact, instead of just sitting there, listening to us. We are doing our best to do a monograph meeting monthly ( towards our gold star chapter) ,,,and we are wondering how many different ways we can find to make this interesting , each month!! I am willing to make it a " Monograph Fun Meeting" monthly , if I can find new ways each time. my own chapter program is on how to take a recipe you have and convert it into exchanges. And to back this up I have given each person a sheet that tells the exchange values of common ingredients of items used like flour, sugar, etc in recipes, a sheet that shows a tuna casserole being calculated into exchanges and a worksheet to convert one of their own recipes. . I have heard of other chapters doing exchange bingos too. You make up bingo cards with exchanges on them and when the announcer doing the bingo calling, instead of saying B10, they would say Bread4 or Milk 30. I use food models when I teach the exchange system and we have set them up on plates on tables with silver, glassware and the works to show off what you can eat in a day at 1200 and 1500 calories from the monograph when we have had open houses and stuff going on. Its so much easier and more interesting when you can show it rather than just talk about it.

## Assortment of Programs (Part 2)

From: [jtinae@webtv.net](mailto:jtinae@webtv.net)

Here are some program ideas we used in the past.

1. Do a fashion accessory program using scarves, jewelry etc. Talk about patterns and colors that are slimming...
2. We invited a pharmacist to a meeting to talk about medications and weight gain etc as a added bonus this pharmacist also knew a lot on nutrition and how food is accumulated in the body, a hobby of hers and she came twice then to do topics.
3. We had a lady that grew herbs and she presented ideas on the herb growing, then

brought herbs for us to taste, and some herb vinegars she made.

4. We had a line dancing instructor come. The chapter paid for oh say 4 weeks of line dancing lessons at our meeting place for a half hour. The gal gave a deal then after that think anybody wanting to still do was asked to split the cost.

5. members brought in video exercise tapes to share we were lucky though to have a vcr/tv there in our meeting room then though

6. we had invited from the woman's crisis center a rep to come talk to us, we then for a love offering we all brought in canned food items or things that can be used at the shelter, you would be amazed at the things they need but we did not know at the time before they came specifics so we figured food for the cupboards was helping them out.

7. one of the members had brought in a sheet of chair, /sitting exercises to do and we did those.

8. once a month in the warm weather after the business meeting we went for a 2 mile walk as part of our meeting then , we went to a near by park to walk together.

9. we had a annual Beach party meeting once a year, everybody dressess up summery, (we usually had this in Feb or March) and had a fun night of differnt funny awards like prizes of a mock vacation trip to the one judged to be the first prize in outfit for the beach(no swimming suits though) Played beach boy songs etc. first year we had it as our installation night and then after had refreshments at the SHELL BAR had all kinds of tropical items, fresh fruits, fruit slush punch etc. then everybody enjoyed it so much it progressed.

10. Do a meeting on the Food diary or take parts of the Choice is Yours and discuss..... when I was leader I did a series of motivational discussions. also a contest that is involved can be done as part of the meeting. coupon exchanges, recipe exchanges ,we did a white elephant auction sale with TOPS Dollars members earned for a few months.

TINA in PA