

**Fuel for Fun:**  
**Family Component and Family Night Events**

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**Abstract**

The purpose of this study was to identify elements for inclusion in the family component of the school-based Fuel for Fun: Cooking with Kids plus Parents and Play childhood obesity prevention intervention. Once these elements were identified, the secondary purpose was to develop content and a procedures manual for family events.

An extensive literature review was conducted to identify strategies to effectively engage parents in school-based multicomponent interventions. Once elements for inclusion in the Fuel for Fun family component were selected, relevant behavior-change theories were incorporated into their development. Content and activities were then developed for Fuel for Fun family nights and a procedures manual was created to standardize delivery across intervention sites. Family night content and activities were pilot tested at a Fort Collins, Colorado summer feeding site. Evaluation activities included process evaluation as well as parent and student surveys.

From the literature review, three elements were identified for inclusion in the family component of the Fuel for Fun intervention: family nights, home-based activity packets or action packs, and a parent blog. Pilot testing the family night content and activities revealed strong parent and student interest in family events. Results from parent and student surveys, process evaluation, and feedback from Fuel for Fun staff led to revision and improvement of the procedures manual, including adding additional resources, adjusting activity booth locations, and improving event flow.