

Local workshops
December 2011 / January 2012

- Partner: MJC AGORA NICE-EST
- Target group 3 (PARENTS): raising awareness of the family food balance

Goal	Improve social and work inclusion of target group
Objectives	<ul style="list-style-type: none"> ▪ support awareness and a knowledge value of competences ▪ raise awareness of personal skills and self-esteem of beneficiaries ▪ promotion social and political empowerment <ul style="list-style-type: none"> ○ develop support for parents dealing with social and professional difficulties
Methodology	Popular non-formal education as an empowerment tool for target group
No. of beneficiaries involved	55 (parents et children)
No. of staff operators involved	4
Activities	<p>Family outing during three days about a healthy diet</p> <p>During the linking-café with parents last December, they decided to plan a three-day-family outing in May in a lodgings by the beach.</p> <p>Goals :</p> <ul style="list-style-type: none"> - to know good eating habits - passing on culinary tradition - to discover savour - to get parents and children eat together - to cook and to eat together in order to create links
Outputs and results	<p>A first meeting took place in January with parents.</p> <p>It was decided the following :</p> <ul style="list-style-type: none"> - elaborate a budget - make an appointment with a dietician . - to go from 25 to 28 May
Strengths identified	They are overjoyed at the ideas of going on holiday, of leaving their neighbourhood, and of sharing good moments with neighbours
Weaknesses	Families are very modest. it is compulsory that the amount of their participation be low. Finding subsidies for the financing of the journey and the stay is necessary.
Other information	