**Fuel for Fun: Cooking with Kids Plus Parents and Play**


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**Background**

Fuel for Fun: Cooking with Kids Plus Parents and Play is an integrated research, extension, education project targeting 4th-grade students. Its long-term goal of reducing the risk of childhood obesity will be addressed by: promoting healthful food and activity environments, policies and behaviors through: 1) evaluating the efficacy of a 4th grade comprehensive school-based intervention; 2) designing, implementing, and evaluating a family-based intervention; 3) applying it to an afterschool setting to broaden its reach; and, 4) disseminating both versions through outreach. This experiential school-based program, designed to enhance fruit and vegetable preference, self-efficacy and attitudes toward cooking, and physical activity levels, has 5 components:

1. **CWK – Colorado** – hands-on cooking and tasting classroom lessons to enhance cooking skills and provide positive experiences with a wide variety of wholesome, healthy foods.

2. **Sports, Play, and Active Recreation for Kids (SPARK) Active Recess** – physical activity program designed to encourage maximum participation for every player, regardless of ability.

3. **Fuel for Fun (FF) Cafeteria** – classroom lessons linked to healthful foods in the school cafeteria to encourage students to make more healthful choices.

4. **Fuel for Fun (FF) Family** – program that engages parents and reinforces what students experience through the classroom, recess, and cafeteria components.


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**Data Collection and Analysis**

- Average student participation rate of 83% for Cohort 3 (C3), 73% for Cohort 2 (C2), 80% for Cohort 1 (C1).
- 349 C2 students completed baseline (BL) surveys and HT/Wt, 325 at follow-up 1 (FU1), and 287 at follow-up 2 (FU2); 374 C3 students completed BL survey.
- 250 C2 parents completed BL surveys, 68 at FU1, 73 at FU2; 116 C3 parents completed BL survey.
- 26 C2 students/pair parents completed BL 24-hour recalls, 15 completed FU1, and 9 completed FU2, 23 C3 pairs completed BL 24-hour recalls.
- Accelerometry data (ACCI) gathered at 3 schools: 130 C2 students and 110 parents at BL, 110 students and 89 parents at FU1. 126 C3 students and 103 parents at BL, 109 students and 80 parents at FU1.
- SOPLAY observation of students’ recess activity 16 completed times for each school.
- Plate waste assessed from 739 C3 student lunch trays.
- Process measures completed for all intervention components.
- All outcome data dual-entered, managed and analyzed in SPSS.

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**Intervention Implementation**

- Conducted 19 introductory, 76 tasting and 96 CWK colorado cooking lessons, representing 86% of project goal. One school declined the intervention but participated in measurement activities.
- Conducted SPARK during recess average of 4 days/week/school (100% of project goal for participating schools).
- Implemented SOPLAY cafeteria intervention: 48 promotional signs, verbal prompts from staff, and staff clothing (chef coasts and T-shirts).
- Developed and implemented SOPLAY family-based component in 3 schools (187 families).
- Elements included family nights, take-home action packs, and a weekly parent blog.
- Collected process and outcome data from parents participating in About Eating.

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**Accomplishments and Results**

- Eight schools (20-70%) of students eligible for free or reduced-priced school meals, four from each district. Approximately 440 4th and 450 5th grade students will participate each year.

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**Next Steps**

- Add cohort 4 to replicate cohort 1 as a control group for students and parents with half of parents assigned to About Eating.
- Continue data analysis, interpretation, and dissemination through publications and presentations.
- Explore opportunities for program sustainability locally.
- Develop and pilot versions for Youth EFNEP and out-of-school audiences.
- Assess Community Readiness to adopt Fuel for Fun in other Colorado communities.