

Bachelor Survival Leader Fact Sheet

(Intended to accompany the Members' Book)

Welcome to the Bachelor Survival Project. This fact sheet is meant to provide additional tips and information not found in the Bachelor Survival Members' Book. It is meant only to assist.

This book includes six lessons. It may take more than one meeting for some lessons and others may be combined.

Meeting 1

This is your opportunity to meet the members and plan for future meetings. The group must decide:

- how often to meet, where, when and for how long
- how are any food supplies paid for - do members bring items or leaders purchase and members pay
- complete the members' directory
- plan for Meeting 2. Decide what recipes to make . *This section may depend somewhat on cooking skills members already have.*

Introduce Canada's Food Guide.

Include:

- the four food groups and servings needed each day
- serving sizes
- the importance of variety
- look at combination foods
- include a discussion of "other foods". These are not part of any food group but can add taste and enjoyment. Those high in fat or calories are to be used in moderation.
- emphasize importance of healthy eating, being active and feeling good about yourself.

Please note Canada's Food Guide is also available in limited numbers in French.

Meeting 2 - Lesson 1 (continued)

This meeting will deal with recipe preparation and making the selected recipes.

Preparation:

- reading and understanding the recipe
- organizing needed supplies and utensils
- careful hand washing
- safe handling of food supplies
- how to measure ingredients
- making the recipe and clean up

Complete the Cooking Record in Lesson 1 and have members begin recipe collection. Members can write up recipes at home between meetings.

Plan ahead for grocery store visit.

Meeting 3 - Lesson 2

Grocery shopping begins with planning before you go to the store and is complete when the groceries are carefully stored at home.

Before shopping:

- make a list
- check the sales flyers
- check supplies on hand
- don't go to the store hungry

In store:

- read the labels (contents listed in descending order)
- compare sizes
- compare brands
- watch for in store or promotional sales

Return home:

- store perishable foods immediately

Have members sketch store layout taking note of where key areas are located.

Plan ahead for Meeting 4 - Lesson 3 - Decide as a group on the menu to be served in Lesson 3. Use Canada's Food Guide and the meal planning tips in the members' book for assistance. Create the shopping list. Also if the group is small, members may wish to invite a friend.

Have members continue to gather recipes for samples booklet.

Meeting 4 - Lesson 3 (continued)

Members will prepare the planned meal, set the table, serve and clean up.

Discuss how the activity went and have members record a brief report in Lesson 3.

Sample Informal Table:

Plan ahead - Have members bring fabric scraps and other supplies for sewing samples.

Meeting 5 - Lesson 4

"A stitch in time saves nine"

This is a handy lesson in basic clothing repairs.

Have members prepare samples. Samples should be the correct size and neatly cut. Samples are to be pressed and pinned on sheets for the samples booklet.

Plan ahead - Members are to gather supplies for their emergency sewing kit and bring an item for hemming along with matching thread to the next meeting.

Meeting 6 - Lesson 5

Members are to hem the pants or skirt of their choice. It may take longer than one lesson to complete this activity.

Plan ahead - Encourage members to complete recipes, sewing samples, hemming and emergency sewing kit.

Meeting 7 - Lesson 6

It's time to do the laundry. Members will learn about care labelling on clothing and learn to operate a washer and dryer.

Gather some clothing and have members sort according to care instructions. Discuss:

- water levels
- water temperatures
- various wash cycles
- use of bleach and fabric softener
- checking pockets before laundry - crayons, Kleenex, nails, etc.
- dryer settings, lint screens
- hand washing
- how to use an iron

Plan ahead - Have members bring all the project requirements to a brief meeting in preparation for achievement day.

Meeting 8 - Preparation for achievement day.

Check that members have all the requirements for achievement day and that they are tagged for display. Be sure books are completed. You may wish to box up these achievement day items so they will be ready when needed.

Just for Fun - If time permits, members can learn how to tie a tie.

***Extra resources if you wish:
Using the Food Guide from Health & Welfare Canada.***