



Healthy Eating for Gestational Diabetes

All Lions clubs are autonomous, meaning that each Lions club is an independent entity responsible for conducting its own events and complying with local laws and regulations. This planner is intended to provide recommendations and should not be considered legal advice or best practices. The activities in this planner may or may not be appropriate within your community. Please consult a local professional to ensure compliance with all laws and regulations, safety guidelines and best practices.



Healthy Eating for Gestational Diabetes

This project planner can help your club host a community event for expectant mothers that highlights a healthy recipe and provides information about the prevention and successful management of gestational diabetes.

By taking on a project like this, you're helping us achieve our strategic vision of reducing the prevalence of diabetes and improving quality of life for those diagnosed.

Start planning your event.

Fill in the blank fields in the form below to determine the details of your event.

What you will achieve 1 Provide education in a welcoming and safe environment to the community about gestational diabetes	Duration 1-2 hours	Location <input type="radio"/> School or educational facility <input type="radio"/> Community recreational facility <input type="radio"/> Other _____
	Planning time 2-3 months	
	Start/end dates _____	

Planned participants		
Select the audience you would like to serve at your event.		
People we will serve: <input type="radio"/> Children <input type="radio"/> Youth <input checked="" type="radio"/> Adult <input type="radio"/> All	People who will provide service: <input type="radio"/> Local nutritionist <input type="radio"/> Local diabetes association <input type="radio"/> Local diabetes educator <input type="radio"/> Community hospital	Notes:

Determine all required tasks for your project.

All projects should incorporate the following tasks:

1. Determine a healthy, culturally relevant recipe.



QUICK TIP

- ▶ The recipe prepared should be determined in conjunction with the cooking demonstration facilitator, and a professional that has experience with nutrition for pregnant women (experience with gestational diabetes is recommended)

Recipe ideas

- | | |
|----------|----------|
| a. _____ | d. _____ |
| b. _____ | e. _____ |
| c. _____ | f. _____ |

2. Choose educational resources about gestational diabetes.



QUICK TIP

- ▶ Should highlight the importance of healthy diet and eating patterns during pregnancy

Resources

- | | |
|----------|----------|
| a. _____ | d. _____ |
| b. _____ | e. _____ |
| c. _____ | f. _____ |

3. Identify a referral service for participants.



QUICK TIP

- ▶ If attendees have extensive questions, or the desire to connect with a local health resource for possible testing or further information, one should be identified ahead of time

Potential referral services

- | | |
|----------|----------|
| a. _____ | d. _____ |
| b. _____ | e. _____ |
| c. _____ | f. _____ |



Volunteer planner

Assign roles for volunteers at your event.

Position/role	Name	Contact information	Notes
Cooking demonstration professional			Can be a Lion/Leo or cooking professional with experience supporting people living with diabetes
Event director			Can be a Lion/Leo; must possess basic knowledge about gestational diabetes and should be able to manage both event logistics and volunteers
Volunteer manager			
Marketing lead			
Task lead			
Event photographer			You must secure signed release forms from participants if you plan to use event photographs for promotional purposes
Local emergency medical services			Must be present at all times in case of a health emergency
Local partners/ collaborators			<ul style="list-style-type: none"> » Local nutritionist » Local diabetes association » Local diabetes educator » Local community hospital
Other			

Number of Lions	
Number of Leos	
Number of others	



Organize your project into achievable steps.

The event director may complete this form and track progress.

Status	Task	Deadline	Task Lead	Tips
X	Inform your club			Host a meeting to inform your club about the event
	Create event name/title			
	Form a planning committee			<ul style="list-style-type: none"> » Determine event participants, activities and logistics » Decide and assign volunteer tasks
	Identify potential event collaborators			
	Prepare a preliminary budget			
	Secure location, date and time			<ul style="list-style-type: none"> » Should be secured at least 1 month prior to event » If there will be live cooking, ensure proper electrical outlets and any other equipment needs are met
	Ensure proper insurance coverage			<p>Check with relevant officials to determine if a certificate of insurance or supplemental insurance will be required</p> <p>For questions regarding coverage under the General Liability Insurance Policy provided to all Lions clubs, please review the Program Insurance Booklet by visiting http://lionsclubs.org/pib-en</p>
	Secure necessary volunteers			<ul style="list-style-type: none"> » Ensure that chosen volunteers are committed and will facilitate a safe and welcoming environment » Volunteers must adhere to local regulations for working with members of the public who have disabilities, and secure necessary documentation, as required
	Create promotion/marketing plan			<ul style="list-style-type: none"> » Can include flyers, digital materials, etc. » Determine the areas in which to best target wanted population (Physician offices, schools, similar community events)
	Finalize event itinerary			
	Schedule a post-event meeting to celebrate successes and discuss opportunities for improvement			



Determine the budget for your project.

_____ may use this worksheet to determine finances for the event.

Description	Quantity	Cost	Total expense	In-kind/donations	Income	Balance
Education						
Education materials						
Guest speaker fees						
Equipment						
Facility/space rental						
Cooking equipment						
Marketing						
Promotional materials						
Other						



Measure the success of your project.

Reconvene as an event planning committee to celebrate your impact and report your service!

Success measures			
Measure your project			
# of people served under 18		# of non-members volunteered	
# of people served 18+		Total direct service hours	
# of Lions volunteered		Total project planning/fundraising hours	
# of Leos volunteered			
Reflect on your project			
1. Were you able to provide education about gestational diabetes in a welcoming and safe environment for the community?			
2. What were the biggest successes?			
3. What were the biggest challenges?			
4. Would you do this event again?			
5. What would you change?			

