INTRODUCTION
The weGrill program is a CYFAR project with team members from OSU Extension’s 4-H and Family Consumer Science program areas. The program consists of four educational sessions in which youth and fathers participate in father-child interactions, youth-only educational activities, and father-only educational activities centered around grilling together. The program’s goal is to strengthen father-youth relationships, in at-risk populations, as well as providing basic nutrition education. The curriculum centers around a deck of cards that guides activities and provides resources to continue activities at home.

The program targets at-risk families and works to address three of Ohio’s pressing societal needs:
1. Strengthening the capacity of fathers to be nurturing, attentive, and involved in their child’s life.
2. Building the capacity of youth in leadership, mastery, and self-determination for future success.
3. Addressing the nutritional wellness of youth and adults, particularly in making healthy food choices.

CURRICULUM FOCUS
Healthy Relationships
- Each session focused on a specific topic: AWARENESS, RESPONSIBILITY, DECISION-MAKING, CONNECTION
- During the relationship portion of the program, activities and discussion were conducted with fathers and youth together and separately.
- Relationship cards helped facilitate discussion and activities designed to bring fathers and youths closer together.

Food Safety
- Each session includes a lesson on one of the four cornerstones of food safety: CLEAN, SEPARATE, COOK, CHILL

MyPlate
- Before cooking, participants reviewed MyPlate recommendations
- Each session includes a lesson on two of the MyPlate food groups, including activities centered around building a balanced plate.
- Recipe cards show participants the portion of MyPlate recommendations met.

PILOT RESULTS
Each participant completed a pre and post survey for the entire program, as well as brief post surveys after each individual session. The results from the pilot run of the program show that fathers found value in the program, and 100% agreed it was helpful to them in the role of parent. The youth response was more varied, but the majority had a positive response. Both groups agreed that the session was helpful. Participants’ open-ended comments were largely positive and focused on specific content from the course.

- I learned the difference between adult and children responsibility and why we emphasize one over the other.
- Decisions don’t always go your way, be flexible.
- Connections help you manage daily routines better.
- My responsibilities impact the rest of my family.

Pilot feedback is being integrated into program revisions, which will include expanding the program from four to eight sessions, expanding recipe cards, and incorporating monthly social gatherings to reinforce lessons.

ACKNOWLEDGEMENTS
Funding for the weGrill program is provided by the United States Department of Agriculture, National Institute of Food and Agriculture, Children, Youth, and Families at Risk.