

The curriculum uses the SAMSHA Guidance and Neurosequential Model for a Trauma-Informed Approach

Food Smarts

- Our team uses a train-the-trainer model to support a statewide network of partners. This means we want YOU, valued community leaders, to host a Food Smarts class!
- Adult and Kids Instructor Guides offer lesson plans with different class/series lengths that can be customized for your situation.
- Adult Workbooks are in English, Spanish, Chinese, Vietnamese, Russian, and Korean. Kids Workbooks are in English.
- Evidence based curriculum
- Facilitator training is required.

Food Smarts includes materials for kids (K-12), adults, and parents. Classes are offered in series of 3–6 weeks, with options for 30, 60, or 90 minute lessons.

ELIGIBILITY

Available funding and materials will be given priority to those hosting classes for **low-income**, **SNAP eligible** participants.

TRAINING

- This training includes self-paced content (videos, reflection activities, and readings) and two live, instructor-led virtual sessions, both of which are required for completion.
- Approximately 4 hours of self-paced work and two 2-hour Zoom sessions.
- The Alliance covers the cost of training.

FACILITATORS COMMIT TO:

- A holistic vision of physical and mental health
- Compassionate communication and facilitation
- Equity, inclusion, and empowerment
- Facilitating participants access to resources for nutritional security

COMMITMENTS AND KEY MESSAGING



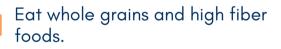
Eat a balanced variety of foods throughout the day.



Fill half your plate with fruits and vegetables.



Drink water and avoid sugary beverages.





Avoid processed foods; choose more whole foods.



Move your body in enjoyable and safe ways.



Nourish yourself and others with compassion and connection.



A healthy body is not solely dependent on exercise, healthy food, and weight.

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