



Food Smarts

OVERVIEW

- 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.

> CURRICULUM

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.
-  Eat whole grains and high fiber foods.
-  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.

