

## Nutrition Education Resource Guide

This resource was a live document when you downloaded it which means it may be updated with new resources periodically. Check back to download a new version in the future for additional resources and guidance.

### How to Start

1. **Nutrition Education Video Introduction:** Start with visiting the [Nutrition Education page on the Center for Healthy Communities website](#). This provides a brief overview of what nutrition education is and how it can benefit your campus.
2. **Resource Guide:** It will show you what resources are available and how to use them.
3. **Nutrition Education Training:** Start with the Nutrition Education Training. This training will help you educate your staff, interns, and or volunteers on best grocery shopping practices, various nutrition programs, how to be effective when giving nutrition education, and proper food safety practices. Consider giving this training whenever you have a staff, intern, or volunteer orientation.

### Resources for Implementing Nutrition Education

1. **Nutrition and Physical Activity Education Event Coordination Checklist:** The resource has steps that should take place before, the day of, and after the education event takes place. Use this checklist when planning nutrition and physical activity events on your campus.
2. **Nutrition and Physical Activity Education Training Feedback Form:** This resource has questions to gather demographic information and feedback from those attending an event. It allows nutrition educators to understand what was most useful and where they can improve.
3. **Eating Right When Money is Tight:** This is an outward facing presentation that can be given to students. It includes tips on how to eat healthy on a budget. It starts with what

to do before grocery shopping, how to shop at the store, and what do with the food when you get home. It breaks down some basic nutrition information while showing students how to get the most out of their money. It offers simple solutions for food shopping that can be easily digestible for students.

### **Resources to Print and Support Implementation**

- 1. Recipe Card Example Corn and Black Bean Salad:** This resource is an example of what a recipe card looks like and is a great example of a simple recipe. Recipe cards can be located at your pantry or CalFresh Outreach office.
- 2. More Recipe Cards:** Looking for more recipe cards to print? This resource will take you to hundreds of recipe cards by Leah's Pantry that are healthy, low cost, and in multiple languages.

