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# Welcome to the Community Health Education Volunteer Program



# Community Health Education

## DEPARTMENT MISSION

AS THE COMMUNITY HEALTH  
EDUCATION DEPARTMENT, WE ARE  
PASSIONATE ABOUT UNDERSTANDING  
AND ADDRESSING THE ROOT CAUSES  
OF HUNGER THROUGH ENCOURAGING  
AN EQUITY, DIVERSITY, AND INCLUSION  
LENS IN PUBLIC HEALTH AND  
COMMUNITY NUTRITION



## DEPARTMENT VISION

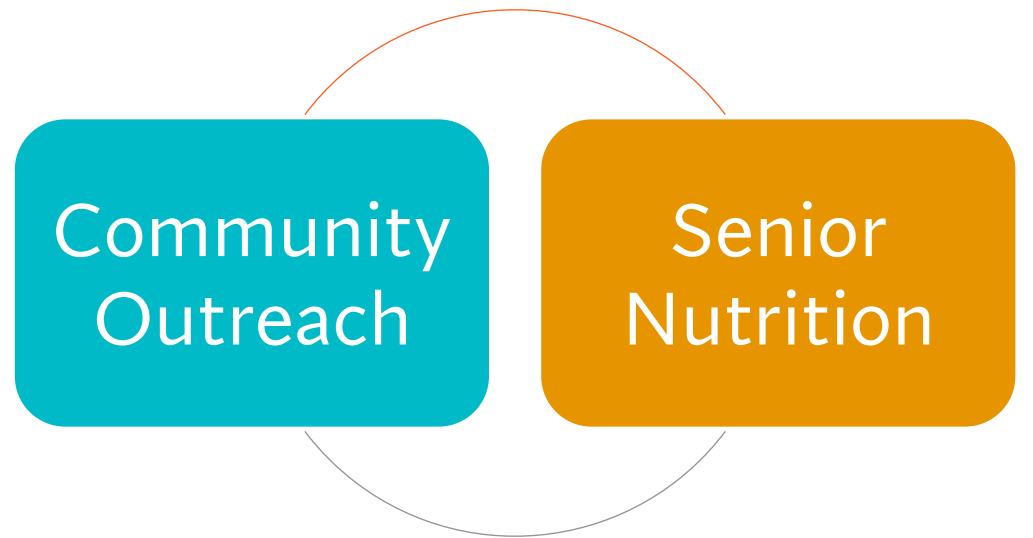
PUBLIC HEALTH AND NUTRITION  
EDUCATION OPPORTUNITIES AND  
PROGRAMS THAT ARE INCLUSIVE,  
EMPOWERING, AND STIGMA-FREE  
BASED ON THE WANTS AND NEEDS  
OF THE COMMUNITIES WE SERVE.



## DEPARTMENT VALUES

OUR CORE VALUES ARE  
RESPECT, INTEGRITY,  
COLLABORATE, HEALTH,  
EQUITY, AND SERVE

# CHE Department



# Community Outreach Curriculums

## Food Smarts Series

- This curriculum is an interactive, learner-centered curriculum tailored to underserved communities. The curriculum is intentionally flexible to ensure participant engagement and confidence building for the implementation of material outside the classroom. These classes range in length from 3-4 weeks and have a duration of 60 minutes.
- **If you sign up for Food Smart series, you must commit to every class in the series.**

## Workshops

- Standalone classes that are tailored toward the needs of the site and the target population. Material for these classes tends to be more specialized.

# Senior Nutrition Programs

## Seniors Eating Well

- This workshop program provides nutrition education to senior living facilities and community centers using a curriculum created by Penn State.

## Diabetes Education for Seniors

- For seniors living in rural counties with diabetes. This program includes a monthly teleconference with our Registered Dietitian and a monthly food box.

## Grocery Bags for Seniors

- This program provides our older neighbors living in low-income housing with a variety of fresh produce & shelf stable items packed in our warehouse and delivered to their door once a month.

# Roles & Responsibilities

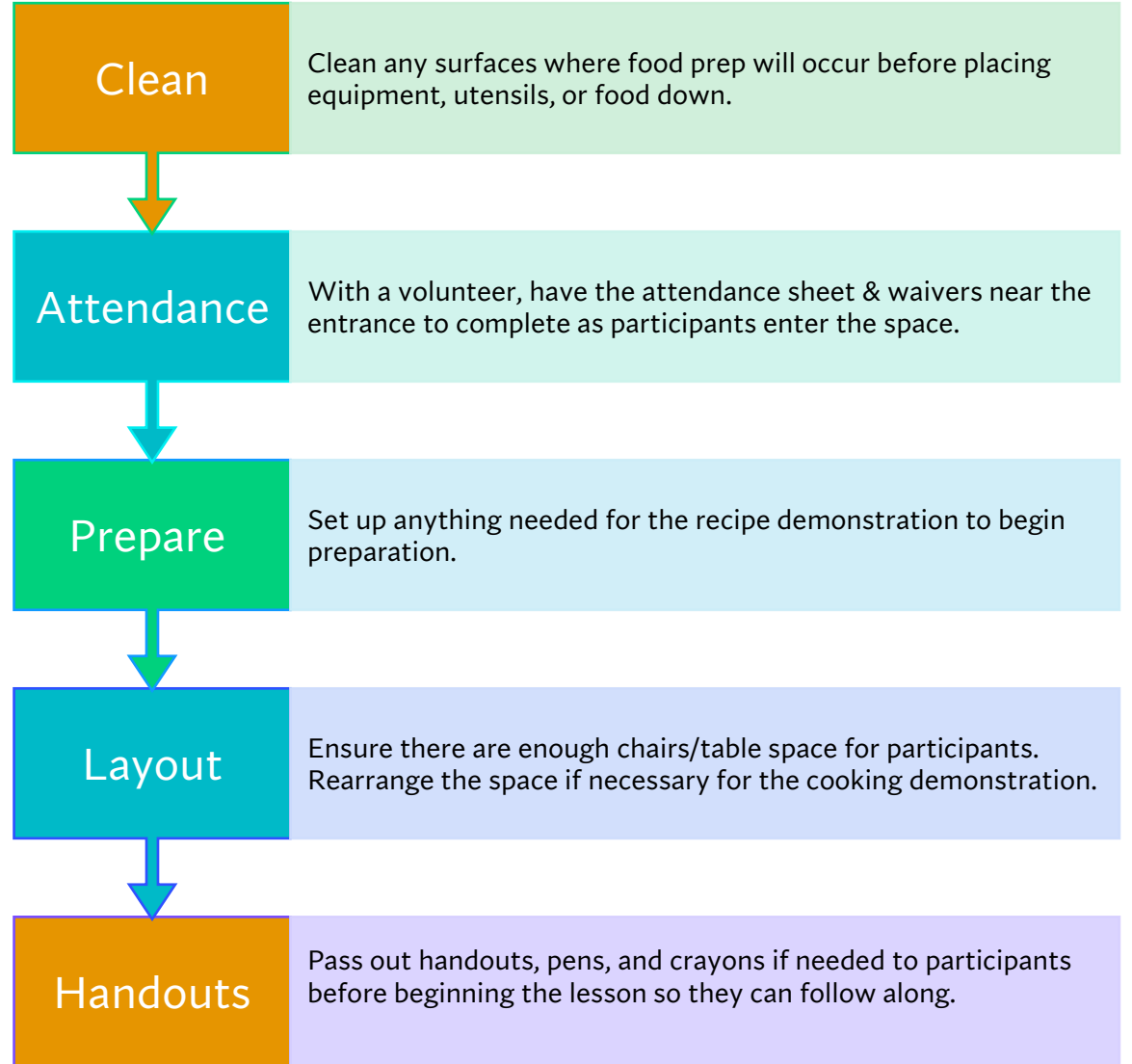
- Nutrition Instructor
  - Introduce the course, teach the nutrition lesson, and answer any questions participants may have.
- Culinary Instructor
  - Prep the ingredients and show the participants how to make the recipe.
- Culinary Assistant
  - Assist the culinary instructor in facilitating the recipe.
- Classroom Assistant
  - Fill out attendance sheet, liability waivers, pass out materials, and take-home bags.

# What to Expect

- 1 week before the class, the program coordinator will send an email with details of the class including the address, lesson plan, participants, the recipe, and any other details you may need.
- When arriving to the class site, refer to your email on where to enter the building and where to park.

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# Setting Up





# Class Structure

- Classroom setup
- Attendance/waivers
- Introduce the lesson & let participants know what to expect.
- Taste Test (if included in lesson plan)
- Nutrition lesson & activities
- Cooking demonstration
- Taste testing the demonstration
- Class survey
- Wrap up & clean up

\*\* Structure may vary \*\*

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# Who do we serve

- We are dedicated to teaching skills for self-sufficiency and empowering our neighbors to meet their own food needs. We support neighbors on their path to food security with the understanding that solving hunger is more than putting food on the table.
- We ask what the community needs, not what we are willing to provide.



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# "We don't retraumatize traumatized communities."

- We work exclusively with individuals and communities who have limited resources so in our work we do not talk about weight loss or body size, and we do not use weight as a marker for health. There is not space for diet talk in food insecure populations as many are already unsure where their next meal is coming from.

# Paperwork

- Gift cards are only given to adults (18+), not classes with just children.
- Participants must also sign the media release/waiver.
- Attendance sheet includes demographic information to provide information to our funders on who we serve.

Sample



Food Lion Gift Card Management

Course/Program: Inter-Faith Food Shuttle  
 Dates of Course: 1/10/23  
 Course Coordinator: May Cespedes  
 Food Lion Gift Card first 12 #: 123456789000  
 Gift Card amount: \$10.00

Recipients Name	Last 7 # of gift card	Date	Recipients Signature
Jane Doe	1234567	1/10/23	Jane Doe

The last 7 digits on the gift card MUST match the person who received that card.

Sample



PARTICIPANT Attendance Sheet

Site Name: Inter-Faith Food Shuttle  
 Site Contact: May Cespedes Phone: 123-456-7810 Course Start Date/End Date: \_\_\_\_\_

PARTICIPANT NAMES	Gender	Race	Ethnicity	Age
1 Jane Doe	F	W	N.H.	35
2 Luke V.	M	W	N.H.	25
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

Key: Gender: Female (F), Male (M), Other (O) Race: Black(B) or African American (AA) White(W), Asian (A), (Other).  
 Ethnicity: Hispanic/Latinx (H), Not Hispanic or Latinx (NH), Other (O). Age Groups: Under 12, 12-17, 18-24, 25-40, 41-54, 55 and older, Unknown.

# Classroom Management Tips

**Use your everyday indoor voice.** Kids will adapt to your tone; if you speak very loudly, kids will too. You'll also lose your voice!

**Don't begin until the group is quiet & paying attention.** You may remind them that the longer it takes to settle & focus, the less time they have for their recipe.

**Use hands signals & other non-verbal cues.** For example, choose a specific "quiet down" reminder to use when the room gets chaotic: clap three times, raise your hand & have the kids do the same, switch off the lights, etc.

**Have a plan for addressing behavior issues.** Challenges are less likely to occur when kids are busy. Nevertheless, coordinate with other site staff in advance about how to deal with behavior issues as they occur, especially in schools. Then explain your expectations & safety rules to kids clearly at the beginning of each activity.

**Get help if you need it!** Classroom management can be tough with large groups, or in spaces that aren't set up for cooking. Plan ahead to have staff or volunteer support in these situations, especially with younger children.

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# Poole YMCA





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# Lyon's Park



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# Taylor YMCA





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# Garner Senior Center

