

## Trainings for Staff & Volunteers

These 30-60 minute trainings are for staff and/or volunteers of Food Bank member agencies.

### Offerings:

#### Nutrition 101:

Learn how to guide guests toward making healthy selections and teach guests ways to create and prepare healthy meals at home using ingredients available from the pantry.

#### How to Read a Nutritional Label:

Take a deep dive into reading and understanding the nutrition label to then inform guests about how to make best food choices at the pantry and store.

#### Handling Food Safely:

Learn the basics to help ensure that your food program serves safe food.

#### Food Too Good To Waste:

Learn about food waste at the household level and how we can avoid it. We'll show you how to make small shifts in how to shop, store, and prepare foods, to waste less, eat well and save money!

Healthy Habits is a flexible community nutrition education program, designed to meet the needs and interests levels among those we serve. We offer learning experiences for program guests and train staff and volunteers at agencies.



Nutrition  
Healthy Cooking  
Food Safety  
Food Budgeting

healthy **habits**  
EATING WELL ON A BUDGET

WORKSHOPS, TRAININGS,  
FOOD DEMONSTRATIONS,  
& CLASS SERIES



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## Trainings for Agency Guests

These 30-60 minute workshops involve interactive activities and are best for a captive audience.

### Offerings:



**Nutrition 101:** General review of the components of a healthy lifestyle.

**Value of Fruits & Vegetables:** Learn practical and budget-friendly ways to include more fruits and vegetables into your diet.

**Heart Health:** Learn ways to reduce the risk of heart disease by focusing on key foods and exercise.

**How to Read a Nutrition Label:** By fully understanding the label, guests can choose the best products for themselves.

**Re-Think Your Drink:** Learn to identify sugar in beverages and how to make the healthiest choices.

**Ways to Reduce Added Sugar:** Learn ways to uncover hidden added sugars in food and how to make substitutes to reduce excess sugar consumption.

**All About Fiber:** Learn about the benefits of fiber and the best ways to prepare meals with whole grains and other high fiber foods.

## Quick Pick Demos

Quick Picks are food and/or nutrition themed demonstrations. These demos are best for agency guests who are waiting to shop at the pantry, enjoying a meal at a meal site, or at events where a table can be set up. Demos include tastings, 1-3 minute activities, handouts, resources, and more!

Contact us to learn about topics!



## The Re-Fresh Pantry Toolkit

Organize your pantry or meal sites with nutrition in mind, using our Re-Fresh toolkit!

We'll help you showcase healthy foods by following four key strategies:

1. Increase **access** to healthy foods
2. Improve healthy food **visibility**
3. **Signage** (shelf tags, posters, etc.)
4. **Promote** healthy eating habits

This is a custom program, tailored for your specific pantry or meal site!

## Class Series



### Family Series

This 6-week class series is geared towards caregivers with school-aged children with a focus on the basics of a healthful diet, food safety, food budgeting, cooking with kids, and meal planning for families. Groceries are provided to each participating household for 4 out of the 6 weeks of this program.

### Adult Series

This 6-week class is geared towards adults with a focus on nutrition, food safety, food budgeting, and on the prevention and management of chronic diseases such as Type 2 Diabetes and Hypertension, the importance of hydration, memory health, and more! Groceries are provided to each participant for 4 of the 6 weeks of this program.

### Child Series

We have two series types for preschool aged children and elementary school children. These series run 4-6 weeks and focus on trying new foods and establishing healthy habits using storytelling and food science experiments!