

DC HEALTH Presents the

NUTRITION EDUCATOR TRAINING TOOLKIT

Supporting Effective Nutrition Educators and Healthy Communities

ABOUT

The **Nutrition Educator Training Toolkit** is a free resource that provides instruction on how to conduct effective nutrition education and support healthy communities; it is not a nutrition curriculum. Each component of the Toolkit will help nutrition educators plan, deliver, and evaluate nutrition and food education lessons. Nineteen nutrition educators from diverse backgrounds piloted the Toolkit and provided feedback used to inform revisions prior to release in 2018.

OBJECTIVES

- ◆ To assist administrators prepare nutrition educators to deliver effective lessons and curricula
- ◆ To help educators understand their audiences and tailor engaging messages
- ◆ To motivate participants to change behaviors and build healthy communities

TOOLS

For both ...

PROGRAM ADMINISTRATORS



NEW/EXPERIENCED NUTRITION EDUCATORS

1

A **Training Manual** helps administrators walk educators through the Guide and Handouts.

2

The **Nutrition Educator Guide** leads educators from varied backgrounds and experiences through a step-by-step process to prepare, plan, and put into action nutrition lessons.

3

Five interactive **Handouts** help educators plan and prepare their lessons.

ADMINISTRATOR TOOLS

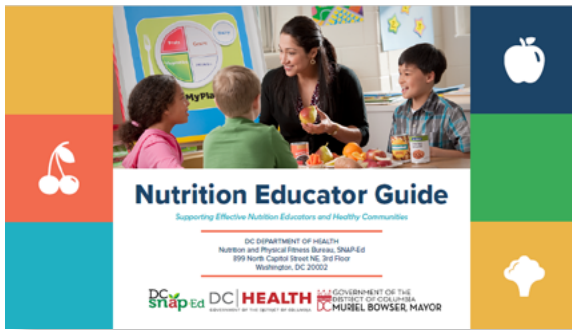


TRAINING MANUAL

The presentation slides and script help train nutrition educators to use the Guide and Handouts to become more effective nutrition educators. The Manual includes:

- Training agenda and script
- PowerPoint slides for script
- Group Activity Handouts
- Pre/Post Evaluation Surveys

NUTRITION EDUCATOR TOOLS



NUTRITION EDUCATOR GUIDE

This electronic guide presents key strategies that every nutrition educator should consider before teaching a nutrition lesson. Behavior and stages of change theories informed the development of the Guide. Best practices included in the Guide are consistent with multiple competencies on the “Nutrition Education Program Design, Implementation, and Evaluation” checklist from the Society for Nutrition Education and Behavior.¹

THE GUIDE IS ORGANIZED INTO 4 P’S:

1. Purpose and Background

2. Plan Your Lesson

3. Prepare Yourself

4. Put it into Action

Each section includes instructions, links, and tools designed to help nutrition educators create and evaluate nutrition education lessons for their target audience. The Guide also includes a number of appendices with additional tools and tips for creating effective lessons.

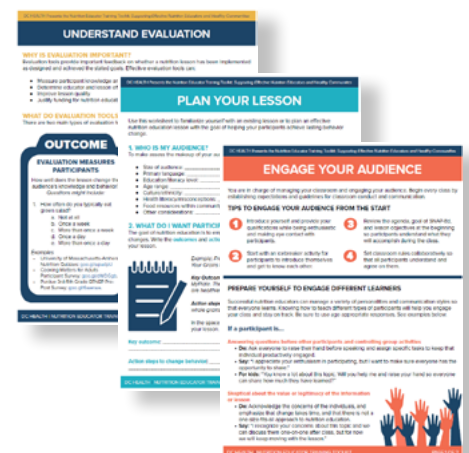
¹<https://www.sneb.org/clientuploads/directory/Documents/SNEB-nutrition-educator-competencies.pdf>

HANDOUTS

The five handouts are resources for nutrition educators to help understand, organize, and tailor their lessons to their specific teaching settings.

1. **Effective Nutrition Education:** Best practices for teaching and motivating behavior change
2. **Engage Your Audience:** Managing personalities and making connections with your participants
3. **Plan Your Lesson:** Steps to develop a lesson on

- nutrition and food to fit your setting
4. **Lesson Plan Checklist:** Common materials needed by nutrition educators and a timeline to keep preparation on track
5. **Understand Evaluation:** Explanation of the purpose of and tools for successful evaluation



TOOLKIT AVAILABLE FOR DOWNLOAD AT:

DCHealth.DC.Gov/Service/Supplemental-Nutrition-Assistance-Program-Education