

Food Skills for Families Training Invitation

Fall 2019 Train-the-Trainer Programs

The **BC Center for Disease Control (BCCDC)** invites you to attend the **Food Skills for Families** Train-the-Trainer program. By attending one of these trainings, you will be certified as a Food Skills Facilitator and eligible to lead the five Food Skill's curriculums.

The BCCDC is able to offer support to your organization for multiple programs per year when staff members have been trained.

The aim of the Food Skills program is to build healthier communities by:

- Connecting people in the kitchen
- Teaching fun hands-on cooking skills
- Making healthy eating easy, quick and fun

WHO CAN PARTICIPATE

Applicants must meet the following criteria:

- Have a passion for improving community wellness through food skills development and healthy eating.
- Have submitted the [Facilitator Application Form](#).
- Be employed by an approved Food Skills partner organization.
- Be an experienced facilitator with proven history of leading community programs.
- Be able to deliver the program as part of current role. No funding is provided for staff wages.
- Able to deliver first program within six months of training.

Facilitation Experience

All applicants are expected to come with experience in community facilitation. The training will teach participants how to lead the Food Skills program through practical hands-on learning. It will not instruct individuals on how to be a facilitator, it is expected that all participants already be experienced facilitators.

Ideal candidates may include:

- Community Kitchen Facilitator
- Food Security Coordinator
- Community Programmer
- Community Health Representative
- Community Nurse or Dietitian
- Family Support Worker
- Life Skills Worker
- Pre/Post Natal Worker
- Settlement Worker

TRAINING COSTS

There is no registration fee for this training.

Meals during the training will be provided (please notify of any allergies at time of registration). All other costs associated with the training, such as transportation, accommodation and meals outside of class time are the responsibilities of each individual. Details on support available after the training are outlined below.

SUPPORT AND COMMITMENT AFTER TRAINING

Following completion of the training, facilitators will be supported in planning and delivering the Food Skills curriculum at their organization. Program materials will be provided each time a facilitator runs a program and will include the following.

- **Groceries**: Food eligible for reimbursement is listed on the grocery shopping lists found in the Facilitator Manual. Equipment and snacks are not eligible for reimbursement.
- **Participant Handbooks**: Each class participant (max 12) will be provided a book to keep that contains all the recipes cooked in class as well as helpful tips, tricks and recipe modification.
- **Forms + Extra Materials**: Participant forms, Canada Food Guides, Certificates of Completion, aprons and nametags will all be provided.
- **Support**: Food Skills support staff are available by phone and email to provide additional support and guidance throughout the length of your program.
- **Webinars + Newsletters**: Facilitators are invited to join quarterly webinars and emailed the In the Kitchen Newsletter, both of which will keep you up to date on current food skills topics and keep you connected to fellow Facilitators around the country.

TRAINING PROGRAMS

	SESSION C: Kamloops	SESSION D: Vancouver	SESSION E: Richmond
Dates	August 20-23, 2019	September 17-20, 2019	October 1-4, 2019
Location	Kamloops United Church 421 St. Paul Street Kamloops, BC, V2C 2J7 Google Map	Robert Lee YMCA 955 Burrard Street Vancouver, BC, V6Z 1Y2 Google Map	Garratt Wellness Centre 7504 Chelsea Place Richmond, BC, V7C 3S9 Google Map
Notes	Priority registration for those applicants travelling from within the Interior Health Region.		

Additional trainings will be held in early 2020.

	Daily Agenda
	<p>Breakfast: 8:40 - 9:00 Light breakfast provided each morning.</p> <p>Class: 9:00 - 4:30 Lead by two Food Skills Master Trainers.</p> <p>Session Prep: 4:30-5:30 Participants will each be responsible for facilitating a 3-hour session during days 2-4 of training. Sessions will be assigned on day one. Formal instruction will end at 4:30 each day allowing participants time to work with Master Trainers to prepare their session.</p> <p>Evening Homework Please allow time each evening to read through the next days session materials.</p> <p><i>Note: Day 4 will end early at about 12:30</i></p>

REGISTRATION

To request a seat email Samantha Bissonnette at Samantha.Bissonnette@bccdc.ca.

You will receive a reply confirming your registration along with additional details.

Note: A limit of two participants per organization is permitted, priority will be given to those organizations who do not already have staff trained.