

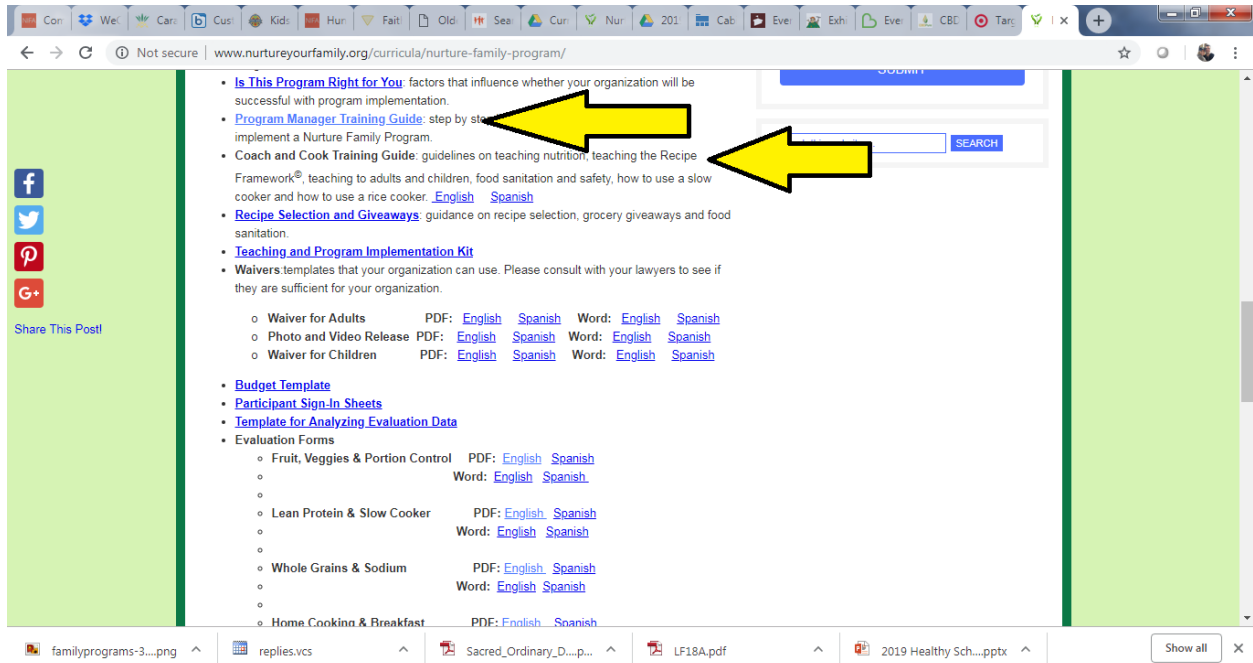


## How to Start a Nurture Family Nutrition Class/Program

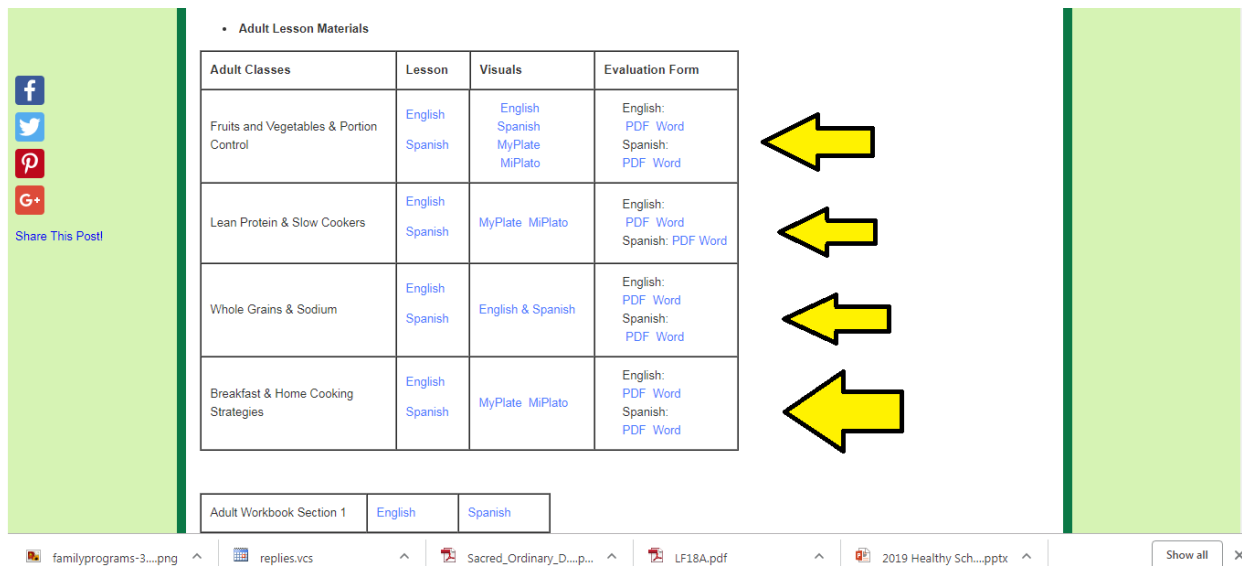
- Items found in CLC Frequently Used Documents
  - Nurture Program can be customized to fit your specific goals and outcomes for your families. Feel free to alter the curriculum to best fit your site.
  - Nurture is a 4 week cooking and/or physical activity class for adults and/or youth
1. Curriculum can be found at <http://www.nurtureyourfamily.org/curricula/nurture-family-program/>
    - Read Program Overview and Teaching Materials

The screenshot shows the website [www.nurtureyourfamily.org/curricula/nurture-family-program/](http://www.nurtureyourfamily.org/curricula/nurture-family-program/). The page layout includes a top navigation bar with links like Home, Curricula, and Nurture Family Program. On the left, there are social media icons for Facebook, Twitter, Pinterest, and Google+. The main content area is titled 'Nurture Family Program' and contains a welcome message, a photo of a group of people, and a list of links: 'Training and Program Management Materials' and 'Teaching Materials'. Below this is the 'Program Overview' section, which describes the program as a series of four nutrition, fitness, and cooking classes. A yellow arrow points to the 'Teaching Materials' link. On the right side, there is a 'DONATE TO NURTURE' section with a 'Donate' button and a 'Sign up to receive the Nurture Reference Guide' form with fields for 'Full Name' and 'Email\*'. The bottom of the page shows a taskbar with several open files.

Read over Program Manager Guide. Print out training guides for staff teaching the classes.



Print out all 4 lessons, visuals and evaluation form. Arrange in binders for staff teaching the classes. Print copies for adults participating in class and add to binders.



**Print out all 3 sections of the workbooks and arrange in binder for participants**

**If youth lessons will be taught, print and arrange in binder or folder**

The screenshot shows a web browser displaying the website [www.nurtureyourfamily.org/curricula/nurture-family-program/](http://www.nurtureyourfamily.org/curricula/nurture-family-program/). The page features a table of adult workbook sections and a section for children's lesson materials. Two yellow arrows point to the 'English' and 'Spanish' links in the tables.

Adult Workbook Section	English	Spanish
Adult Workbook Section 1	<a href="#">English</a>	<a href="#">Spanish</a>
Adult Workbook Section 2	<a href="#">English</a>	<a href="#">Spanish</a>
Adult Workbook Section 3	<a href="#">English</a>	<a href="#">Spanish</a>

Children Lesson Materials

- Children's Evaluation Form: [PDF](#) [Word](#)

Children Classes	Lesson	Visuals
MyPlate	<a href="#">Lesson</a>	<a href="#">English</a> <a href="#">Spanish</a>
Food for Fuel: Go or Slow	<a href="#">Lesson</a>	<a href="#">English</a> <a href="#">Spanish</a>
Beverages	<a href="#">Lesson</a>	<a href="#">Sample Beverages</a>
Breakfast	<a href="#">Lesson</a>	<a href="#">English</a> <a href="#">Spanish</a>

## 2. Purchase supplies

- Purchase any needed cooking equipment
- Purchase binders for staff and participants
- Purchase pens and notebooks
- Purchase slow cookers should you be giving away at the end of classes

## 3. Acquire 1-3 staff member to lead club depending on the size of club. Volunteer recruitment is a big and many UNL dietetic students would love this opportunity. Parents and college students make the program a success.

- Update Participant/Staff Recruitment flyer in CLC Nurture folder

## 4. Update Nurture Schedule found in CLC folder. There are 4 lessons with recipes and equipment list for each week.

## 5. Hold Nurture orientation for new staff. Go over curriculum, club schedules, room usage, storage, expectations. (Pamela can help train)

**Staff roles: SCC**

- Read over program materials
- Print participant and staff workbooks and arrange in binders for each 4 week session
- Update 4 week schedules
- Hire or recruit staff
- Train staff
- Recruit parents or community members to attend classes
- Meet with program leaders (staff)
- Shop for weekly groceries or assign shopping to staff
- Purchase giveaways
- Make sure your site has all cooking equipment
- Reserve space for classes
- Set up/clean up if needed
- Collect evaluations if administered to participants

**Staff roles: Lead and assistant staff teaching the classes**

- Read through lessons 1 day prior to club, prepare and prep cooking equipment and food before class
- Hand out evaluations at end of classes
- Answer nutrition related questions

**On cooking day:**

- Prep all food stations or tables with appropriate cooking equipment
- Print 3 copies of each recipe out of curriculum booklet for each table
- Go over safety guidelines for handwashing, washing dishes, knife safety, cooking safety, classroom expectations
- Go over nutrition education and weekly theme
- Separate participants into groups depending on size. Have families work together in teams!

**Budget:**

Food: \$25-30 per class

Staffing: dependent on site

Equipment: \$100-200 average upfront cost. Your site may already have all the cooking equipment needed. The classes can be taught in a kitchen or classroom with portable equipment

Slow Cookers: \$20 each

Curriculum: Free

**Tips**

- 15 adults/ youth in each 4 week series.
- If your school is “nut free” buy peanut butter alternatives (Sun butter, WOW butter)
- Inventory all cooking equipment and update items before and after each club session
- Purchase supplies needed for next session (quarter or semester) ahead of time (spices, dry goods,)

