

Food Literacy Academy Application January 2016



Application deadline: Friday, January 15 at noon.

Send completed application to elaine@foodliteracycenter.org or
Food Literacy Center Attn: Elaine Lander 2973 Third Ave, Sacramento CA 95817.
Applicants accepted into the training will be notified by Friday, January 22.

Cost of training: \$500. A limited number of scholarships and partial scholarships are available. Please answer question 15 in the below application if you are applying for a scholarship.

Attendance at all classes is required. Please check your availability before applying.

Class schedule:

Saturday, January 30 from 9:30AM to 5PM
Wednesdays from 5:30PM to 8:30PM, TBA

Please [visit our website](#) to learn more about our mission before applying.

About Food Literacy Center

Food Literacy Center's mission is to inspire kids to eat their vegetables. We teach low-income elementary children cooking and nutrition to improve our health, community and environment. We teach food literacy skills in after-school and libraries, and respond to a limited number of requests from a range of teen, adult and professional audiences as well.

In Sacramento, 40% of children are obese. Childhood obesity is a leading public health concern that disproportionately affects low-income and minority children. Children who are obese in their preschool years are more likely to be obese in adolescence and adulthood.

It's much easier to teach a child a good habit than to help an adult break a bad one. So we start young. When kids are taught about healthy choices, they're more likely to grow up to be health-conscious adults, but just as importantly they'll help their parents, teachers and our communities to be healthier, too.

Founded in 2011, we define food literacy as understanding the impact of your food choices on your health, the environment, and our community.

In addition to classroom-based education, in our efforts to create a healthy, sustainable tomorrow for the kids we teach today, we are building food literacy awareness into the fabric of our local community. To date, we have passed a statewide resolution declaring the month of September Food Literacy Month in the state of California; partner on an annual Sacramento Food Film Festival; and collaborate through our work on the 6-county Food System Collaborative. We're also proudly partner with Food Day and the Jamie Oliver Food Foundation to bring food education to every school!

You could be part of this growing movement!

Demand for Food Literacy Center's classes outpaces the number of teachers trained. In an effort to build an army of food literacy geniuses, we have created the Food Literacy Academy.

You could be part of the sixth class! Become a Food Literacy Advocate!

This unique training is our solution to the growing demand for our positive approach to food literacy education, and to a greater need to address the health, environmental, and community impacts of our current food system.

The Food Literacy Academy is designed for volunteers to become food ambassadors in the Sacramento area, with a key focus on South Sacramento, a region targeted by The California Endowment as being of greatest need for nonprofit services to tackle childhood obesity. Many children in our classes live in areas that lack access to fresh produce, and many have never tasted several of the foods we eat in class, including broccoli or plums.



What's the Food Literacy Academy?

The course will emphasize:

- Key food literacy lessons and activities to take into the classroom or community,
- classroom management and teaching to audiences of varying ages,
- nutrition 101,
- classroom recipe development,
- cooking in a classroom,
- food safety & official food handler certificate,
- our food system,
- and more.

Graduates from the academy will:

- Become skilled in presenting 1-2 key food literacy lessons.
- Complete 100 hours of food system volunteer service to the community annually.
- Be able to answer most basic nutrition and food system questions.
- Obtain Food Handlers certificate (upon passing exam).
- Attend quarterly continuing education courses (4 units) to maintain certified status.
- Pass teacher training (hours count towards volunteer service).

Course Goals:

- Gain an understanding of food's impact on health, community, and environment
- Understand why food literacy is needed in our schools and community
- Become familiar with healthy and affordable food options that minimize community and environmental costs
- Learn practical and realistic ways to buy and prepare food in the Sacramento area
- Develop teaching skills to help extend food literacy knowledge to low-income communities in the Sacramento region
- Encourage food literacy volunteerism

Instructor's Role:

- Provide students with specific information and resources related to course content, hands-on practice, and assignments
- Actively lead discussions about health, community and the environment
- Facilitate presentations by guest speakers
- Supply information about field trips (if applicable)
- Enthusiastically offer solutions by focusing on positive alternatives to improving food related issues
- Prepare students to be successful food literacy teachers and volunteers in our community

Student's Role:

- Actively participate during class by asking questions, proposing ideas, suggesting solutions and interacting with others.

- **Attend all class sessions**, on time, with homework completed. (You will be allowed one absence and still be eligible for your certification. If you miss more than one class, you will be asked to leave the program.)
- Approach the material enthusiastically and demonstrate motivation by completing all tasks thoroughly and punctually.
- Complete all homework in advance of class and come prepared for discussion.



Training Requirements

The academy classroom environment will emphasize hands-on activities to reinforce lectures, readings, discussion, and group exercises. The class consists of one 8-hour meeting and six 3-hour meetings.

Certification is granted after 1) completion of the Food Literacy Academy, and 2) passing a classroom instruction exam in front of a panel. Students may be eligible to pass at one of two levels of certification and will be deployed to provide food literacy education in our community, each serving a minimum of 2 hours monthly.

- 1) Certified Food Literacy Advocate Instructor: certified to lead classes as lead teacher, and head up various community outreach activities, and/or
- 2) Certified Food Literacy Advocate Volunteer: certified to assist lead teachers in classes, and head up various community outreach activities.

Please note that completion of the Food Literacy Academy training does not provide automatic certification and those who become certified are not guaranteed to earn both levels of certification. Students must pass a classroom instruction exam in front of a panel in order to become a certified Food Literacy Advocate, and certification levels are at the discretion of food literacy executive director.

Additionally, access to Food Literacy Center's 12-week curriculum is not a part of this training, though the Food Literacy Academy training is required to receive curriculum. Access to curriculum will be granted to trainees who 1) pass the classroom instruction exam and 2) sign a licensee agreement.

Certification must be maintained by completing 4 units of quarterly continuing education.

Food Literacy Academy Application
(please copy & paste the below into a Word document to submit electronically)



Please note that Food Literacy Center has a grant which requires us to capture demographic information about participants in our training. Your information will be kept confidential. Thank you for your time!

First Name:

Last Name:

Date of Birth:

Mailing Address:

City:

Zip Code:

Home Phone:

Cell Phone:

E-mail:

Occupation & Title:

Ethnicity:

Gender:

What is your first language?

What other languages can you speak, and indicate your level of understanding on a scale from 1 to 5 (1 = minimal understanding and 5 = fluent).

Please answer the following questions:

1. Why are food and food literacy important to you?

2. Please describe a memorable food experience (cooking with your grandma, preparing a balanced meal, teaching a friend about gardening, touring a farm, creating a recipe, etc.):

3. What do you expect to take away from the Food Literacy Academy?

4. How do you plan to use your knowledge as a Food Literacy Advocate in your community?

5. What professional skills will you bring to the program? (writing, cooking, recipe development, teaching, gardening, accounting, fitness, PR, social work, etc.)

6. What volunteer experience do you have? And with what organizations? (Please note that experience is **not required**. We are simply curious to hear about other work you have done or are doing.)

7. Have you been involved in any projects or activities in your community? (Again, experience is **not required**.)

8. How much time will you be able to commit to volunteering in your community after graduation from the Food Literacy Academy? Where do you hope to volunteer?

9. Do you have experience working with youth?

10. If you answered yes to #9, please explain in what capacity and with what organization.

11. How would you advise a single parent with two teenage children who wants to provide healthy meals for her family?

12. You arrive to teach a class of foster youth about homemade food versus fast food. When you begin the class you ask, "What is cheaper, fast food or homemade food?" and the youth respond, "Homemade food!" Your entire lesson plan revolved around teaching them about the financial benefits of making food at home. How do you move forward from this moment?

13. Please describe a time when you demonstrated dedication.



14. Cost of training: \$500. A limited number of scholarships are available. If you would like to be considered for a scholarship, or partial scholarship, please write a brief statement describing your need.



15. If you are applying for a scholarship, please check the box that best describes you:

- I am only able to attend this training if I receive a full scholarship.
- I am able to attend this training if I receive a partial scholarship. I am able to pay \$_____.
- If I do not receive a scholarship, I am still interested in attending this training and willing to pay the full \$500 course fee.

I confirm that all information provided in this application is true and verifiable.

Signature:

Print Name:

Date: