

Family Food Patch FREE training



Are you interested in learning about delicious healthy eating and fun ways to get children active?

Family Food Patch is running a **FREE** training program to help with practical ideas, resources and support for you to share with your family and wider community!

Where: Risdon Vale Neighbourhood Centre, 28 Sugarloaf Road

Day: Thursdays, for six weeks

Time: 9.30am - 2.30pm

When: 17th August – 21st September 2017

Free adjunct childcare and help with travel available.

To find out more come along for a cuppa and a chat at the centre: 12.30pm – 1.30pm Thursday 29th June.

Or, contact: Emma - 0438 926 242 or email familyfoodpatch@chatas.com.au before 12th July.

www.familyfoodpatch.org.au





child health
association tasmania

Family Food Patch Educator training

Expression of Interest (EOI) Form

Places for our Family Food Educator training sessions are limited. To register your interest in joining a training please complete the information below and post or email back to me. Your details will be held on our EOI register and successful applicants will be notified at least 4 weeks prior to training starting.

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Why are you interested in becoming a Family Food Educator? _____

Do you have children/grandchildren? _____ If yes, how old are they? _____

Which topics particularly interest you? _____

Which community groups or family based organisations, if any, are you currently a member of?

Where did you hear about the course? _____

How far are you able to travel for a training course? _____

Please return to: Family Food Patch, PO Box 689, North Hobart, TAS 7002 or familyfoodpatch@chatas.com.au

If you need any other information or you would prefer to lodge your application over the phone, please don't hesitate to call me on: 0438 926 242

Many thanks, Emma

- Discussing food issues with individual parents.
- Showing parents how to prepare and cook some healthy snacks for children.
- Including healthy eating and physical activity hints and ideas in parent & school newsletters.
- Manning displays at local community events.
- Having discussions with parent groups e.g. playgroups, schools.
- Promoting and supporting healthy eating and physical activity in schools through: healthy canteens, helping with school gardens, and the Move Well Eat Well Award program.
- Promoting and supporting healthy eating and physical activity in the broader community.

What does the training involve?

- The training runs for a total of 30 hours, conducted one day per week over 6 weeks. The hours are 9:30am to 2:30pm and Family Food Educators need to be able to attend all 6 sessions to get the most from the course.
- Training is **free** with childcare, morning tea and lunch provided.
- Each Family Food Educator receives a resource folder and CD with nutrition and physical activity information and handouts, based on the Australian Dietary Guidelines.
- The training is interactive and discussion based, with lots of fun while learning, sharing and cooking together.

The training covers the following themes:

- Children's nutritional needs; their eating behaviour; preparing healthy foods; and topics such as introducing solids, healthy snack and lunchbox options, label reading and drinks.
- Physical activity requirements of children in different age groups and ways to encourage physical activity for children and families.
- How to encourage and talk to other families about healthy eating and being physically active.

What happens after training?

There are no set expectations of what you will do as a Family Food Educator. This depends on your interest, time and need within the community. It is hoped that you will be involved in promoting healthy eating and physical activity as much as possible within the groups and places you are already involved with (e.g. the local childcare centre, school or community centre) and any other chances that arise in your local community.

There are over 390 Family Food Educators already trained within Tasmania and you will be encouraged to attend training updates and get-togethers whenever possible. The Family Food Patch Program team are here to offer support and can provide information and advice, resources or help you plan an activity with a community group.

For more information please contact our Program Manager:

Emma - 0438 926 242 or familyfoodpatch@chatas.com.au

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Child Health Association Tasmania received funding from the Crown, through the Department of Health and Human Services, to provide Family Food Patch.



Family Food Patch is a community program aiming to improve the health and wellbeing of children & their families by creating a network of motivated volunteer parents and community workers, known as *Family Food Educators*.

Join Us!

We provide Family Food Educators with practical training on how to deal with the most common food and physical activity concerns of parents with children aged up to 12 years. We then encourage and support Family Food Educators to spread the message about healthy eating and physical activity to children and families within their local community.

What are the benefits of being a Family Food Educator?

- Meeting other like-minded parents/carers.
- Learning more about healthy food & activity choices for yourself and your family.
- Developing your skills and confidence.
- Becoming more involved in your community.
- Having access to current nutrition and physical activity information and resources.
- Learning some quick & easy recipes.
- One year of free membership to the Child Health Association Tasmania (CHAT).

Is anything required to be a Family Food Educator?

- Experienced with children, preferably in a parent or carer role.
- Be connected to a place where families gather, either through a parent/carers, work or volunteer role. For example: local school, child care centre, Child and Family Centre, dentist, library etc.
- Good listening and communication skills.
- A desire to work with other families and an interest in healthy eating and physical activity for children.
- Open, non-judgemental manner.
- Consent to a National Police Check for the purpose of any contact with children that may occur during Family Food Patch activities. *Please note: We cover the cost of the police check and are only interested in crimes of a serious nature which would exclude you from working directly with children.*

What would I do as a Family Food Educator?

You can promote healthy eating and physical activity for children and families in your community. This can be done in a range of ways on either an informal basis, such as talking with friends and family, or by doing activities that involve other parents. The program values *all* of the different ways Family Food Educators spread their message. Some examples include:

- Being a role model by enjoying healthy eating and being active with your own family.