

PROMONTOR TRAINING TIMELINE

Food literacy and culinary training schedule for Promotores de Salud, who provide community health and wellness support to the Spanish-speaking community members in Santa Barbara County.

PROMOTORA TRAINING SCHEDULE

Week 1 -- May 1

Breakfast: 8:30 – 9:00

- 9:00 – 9:30 Introduction to Orfalea Foundation/School Food Initiative (Janet/Claud)
- 9:30 – 10:30
- Introduction to Chef Instructors (Janet)
- Ice Breaker (Janet)
- Schedule for today (Janet)

10:30 – 10:45 Break

10:45 – 11:05

- Norms/Expectations (Naomi)
- Materials Overview-Note Pad, pencil, pen (Naomi)
- 11:05 – 12:00
- Food Literacy-What it is, Why we need it, What it means to families (Melissa/Claud)
- How We Shop, What We Cook, What We Eat, How We Decide What to Buy (messaging) (Melissa/Claud)

12:00 – 2:00 Cottage Hospital for Lunch/Farmer's Market-Conversational learning (to/from Cottage Hospital-via van): Seasonality and Healthy Choice Encouragement (all)

- 2:00 – 2:30 More conversational learning: Menus, Power of Modeling Behavior (all)
- 2:30 – 3:15 Flavor Exploration- Mindful Tasting, Real vs. Fake (Claud)

3:15 – 3:30: Break

3:30 – 4:00 Parent Earth Video

- How to Have Fun with Kids at a Farmer's Market (Claud/Melissa)
- Nourish Video Clip(set-up Claud)
- Snack from Farmer's Market purchases/Discussion Time (Janet/Claud)

Dismiss

Week Two -- May 8

8:30 – 9:00 Breakfast

- 9:00 – 9:45 Food Safety and Sanitation (Naomi/Janet)
- 9:45 – 10:45 Knife Skills Demo and Prep for Soup for Lunch (Kirsten/Janet/Naomi)
(Prep for lunch also happening in background)

10:45 – 11:00 Break

- 11:00 – 11:45 Kitchen Math (Janet)
- 11:45 – 12:00 Basic Equipment Use (Kirsten)
(MEP on cart/demo table earlier)

12:00 – 12:45 Lunch (Naomi / Kirsten / Maria / Melissa) Claud arrives (Kirsten released after lunch, Clean-up by Naomi / Maria / Melissa)

- 12:45 – 1:15 Time Management (Janet)
- 1:15 – 1:30 MEP (Naomi-partial MEP for dressing demo later)

1:30 – 1:45 Break

- 1:45 – 3:15 Time in the Garden planting with Oscar Carmona (Maria/Melissa)
- 3:15 – 3:45 Flavor Exploration-Herbs/Scratch-Made Dressings Demo and Lettuce from Garden Tasting (imbed math lesson with Store Bought Dressings (Claud/Janet)
- 3:45 – 4:00 Nourish Video Clip and Snack (Naomi snack set-up: lettuces, veggies, dressing-dip) (Claud-set-up video)

Dismiss

Week 3 -- May 15

8:30 – 9:15 Breakfast- Imbedded Flavor Profile, Real vs. Fake for Breakfast (Claud / Naomi)

- 9:15 – 9:35 Re-calibrating Taste (Naomi)
- 9:35 – 10:05 Budgeting / Prioritizing (Claud / Melissa)
- 10:05 – 10:30 Weighing and Measuring (Naomi)
(Janet arrives at 10:15)

10:30 – 10:45 Break

- 10:45 – 11:00 Breakfast Baking Kits (Janet) (No demo)
- 11:00 – 11:15 Lunch Production – Recipe Reading (Naomi)
- 11:15 – 12:00 (Janet) MEP Granola, salad dressing for week 4, pancake mix (as a take-away)

12:00 – 12:45 Lunch Claud released after lunch, Maria/Melissa breakdown lunch and start clean-up)

- 12:45 – 1:15 Costing and Portioning (Naomi)
- 1:15 – 2:15 Kitchen Math-Culinary Magnet (Janet) and scaling recipes down-pancake mix (Naomi back in kitchen to continue cleaning)

2: 15 – 2:45 Break and Snack (Melissa, Maria and Naomi start breakdown of kitchen before Naomi leaves)

- 2:45--:3:30 Sugary Drinks including Sugar Math (Janet)
- 3:30 – 4:00 Review

Dismiss

Week 4 -- May 22

8:30 – 9:00 Breakfast

- 9:00 – 10:30 Food Bank Presentation (Food Bank)

10:30 – 10:40 Break

- 10:45 – 11:20 Durables and the Environment (Claud / Melissa)
- 11:20 – 11:55 Water Bottle Cost and Math (Naomi)

12:00 – 12:45 Lunch

- 12:45 -- 2:00 School and Food Programs Overview
- Agencies (Janet)
- Regulations (Kirsten)
- USDA Foods (Janet)
- 2:00 – 2:30 Review / Wrap-up
- 2:30 – 3:15 Graduation (with group photo?)

Dismiss