**The SNAP-Ed Steps to Health Better Food Better Health Program**

**Bilingual Adult & Youth Facilitator Training – Checklist**

As a Facilitator, you will be working under the direction and supervision of your County FCS Extension Agent. This training serves to equip you, the Adult & Youth Facilitator, with an understanding of how the Better Food Better Health Program (Mejores Alimentos para una Mejor Salud) works and provides you with some general principles of basic nutrition.

***Disclaimer:* The nutrition information in this training is provided to help you understand the key messages of the program. It will not make you a nutrition professional or expert. Therefore, please refer any and all nutrition or health questions that arise in the program to the Agent.**

Please complete the following as part of your required Facilitator training. You may complete all of the training components together or at different times.

* **Meet with the FCS Extension Agent to receive instructions on program coordination, implementation and recruitment.**

**Date completed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **View the FY17 Adult & Youth Facilitator Training presentation:** You will need access to the Internet. Please access this url to reach the Steps to Health webpage: <http://ncstepstohealth.org>. On the left-side toolbar, click on the ‘Facilitator Resources’ box to locate the training.(Total time to complete is approximately 45 minutes) **Date completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **View the following 5 Texas A&M Extension on-line modules:**  -**An Introduction to Family Nutrition #1: Overview** (*running time 18m:13s*) -**Nutrition Essentials #1: Overview** (*running time 6m:09s)* -**Nutrition Essentials #2: Carbohydrates** (*running time 34m:48s)*-**Nutrition Essentials #3: Protein** (*running time 20m:25s)* -**Nutrition Essentials #4: Fat** (*running time 22m:30s)* You will need access to the internet. Please type this url to access the course list page: <http://extensiononline.tamu.edu/courses/food_nutrition.php> . You will need to set-up a free account with a username and password. The above course modules are a part of your required Facilitator training. You may view other modules for personal enrichment; however, you will not be compensated for viewing modules not listed here. You do not need to request or pay for a certificate. (Total time to complete is approximately 2 hours)

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