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

**Child 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 Child Facilitator, with an understanding of how the Better Food Better Health (*Mejores Alimentos para una Mejor Salud*) Program 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 all nutrition or health questions that arise in the program to the FCS Extension Agent.**

 Please complete the following as part of your required Child 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.**

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* **View the FY17 Child 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 30 minutes) **Date completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Agent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **View the following Texas A&M Extension on-line module:**  -**An Introduction to Family Nutrition #1: Overview** (*running time 18m:13s*) -**An Introduction to Family Nutrition #3: Toddlers, Preschoolers & Children** (*running time 20m:26s*) You will need access to the Internet. Please access this url to reach 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 1 hour; includes setting up an account, reading the introduction and taking the module quizzes.)

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