

CALIFORNIA PROJECT LEAN 2014 TRAINING CATALOG

Trainings that educate and provide confidence to your staff or stakeholders through direct or train-the-trainer activities

-  Supports professionals in public health, parents, youth, school board members, teachers, and other advocates of healthy environments
-  Trainings and materials available in English or Spanish
-  Hands-on activities
-  Tailored to your needs



California Project **LEAN** (Leaders Encouraging Activity and Nutrition) (CPL) is a program of the Public Health Institute that works to advance nutrition and physical activity policy in schools and communities in order to prevent obesity and its associated chronic diseases. For over two decades, CPL has specialized in program development, Policy, Systems, and Environmental change (PSE) strategies, and stakeholder and community engagement.

CPL provides a variety of training options in English and Spanish that address Local School Wellness Policy (LSWP), Parent, Youth, Promotores, and other community stakeholder capacity building, engagement and PSE strategies. Every community is unique. CPL understands this and therefore, trainings can be tailor-made to meet the specific needs and goals of your organization and community. To follow is an overview of the training options CPL can provide utilizing practice-based materials and resources.

For training quotes, requests, or more information, please contact:

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TRAINING OPTIONS

School Wellness Councils

Does your school wellness council need facilitation support to help identify and prioritize health and wellness components for a more comprehensive district and/or school-site Local School Wellness Policy? Does your school wellness council need support in communicating, implementing, or evaluating its Local School Wellness Policy? CPL can facilitate the process to help your district and/or school-site wellness council revise, strengthen, and identify strategies to communicate, implement, and evaluate your LSWP.

School Wellness Policy 101

This 3-hour training provides participants with the understanding of how to advocate for stronger, more comprehensive school wellness policies that not only meet but exceed state and federal requirements leading to healthier school environments.

Topics covered include:

- Overview and background of Local School Wellness Policy
- Updates resulting from the 2010 Healthy, Hunger-Free Kids Act
- 2014 Smart Snacks in Schools requirements specific to California
- California nutrition and physical education requirements
- Process to develop an Action Plan for change

“California Project LEAN has exemplified extraordinary leadership and vision in California’s efforts to promote healthy eating, activity and overall community well being. They are a go-to group for training and consultation on work fostering effective school and community environments.”

Larry Cohen, Founder and
Executive Director
Prevention Institute



Parents in Action – Engaging Parents in School Wellness Policy

Utilizing CPL's *Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy* and *Parent Lesson Plans: Advocating for Healthier School Environments*, CPL's Parents in Action Training provides participants with a process for engaging parents in advocating for the improvement of the school environment, increased access to healthy food and beverages, and physical activity opportunities through the Local School Wellness Policy. CPL provides two options of this training that can either be provided directly to parents or as a train-the-trainer for those working with parents and other stakeholders in school wellness.

The six Parent Lessons are:

1. Health Happens Here: Parents and Schools Working to Improve Student Health
2. Foods and Beverages on Campus
3. Promoting Healthy Beverages on Campus
4. Physical Activity on Campus
5. Opening Up the Campus for Community Use
6. Parents Taking Action in Schools

TWO OPTIONS

- **9-hour Training (each lesson is approximately 1.5-2.0 hours)**

Provides participants with information necessary to educate parents about Local School Wellness Policy that will help to prepare parents to become advocates for improved nutrition and physical activity environments in their child's schools. Training time is flexible (e.g., the training can take place over the course of six weeks addressing all six lessons, over three weeks with two lessons covered each week, or over two full days), depending on location and needs of the community.

- **2-hour Training (condensed train-the-trainer version of the 9-hour Training)**

Equips participants to deliver CPL's six Parent Lesson Plans. Participants will receive and review a copy of the *Parents in Action Guide* and *Parents Lesson Plans*.



Engaging Parents: Promoting Healthy Beverages at School

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson to parents. At the end of the lesson parents will be able to understand the link between sugary drinks and overweight and obesity, identify what sugary drinks are still allowable in schools, calculate the amount of sugar in beverages and advocate for healthy beverages in their child's school and district.

Engaging Parents: Promoting Physical Education and Physical Activity at School **Coming Soon!**

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson to parents. At the end of the lesson parents will be able to state the benefits of daily physical activity, differentiate between physical activity and physical education, and identify barriers of and potential solutions to increased physical activity at school.

Engaging Parents: Promoting School Meals and Healthier Competitive Foods and Beverages **Coming Soon!**

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson to parents. At the end of the lesson parents will be able to describe the programs that provide food and beverages to students and how the offerings impact student choice as well as understand California Smart Snacks in Schools (the competitive food and beverage requirements per the California Nutrition Standards and USDA's Smart Snacks in Schools).



Contact CPL for more information or for tailor-made trainings.

Engaging Youth in Creating Healthier School and Community Environments

Utilizing CPL's *Playing the Policy Game* and other materials and resources, this training can be tailored and geared specifically for adult allies or youth, or a combination of both. Key concepts such as Youth Development, Youth Engagement, Youth Adult Partnerships, and Action Planning will be covered. Similar to the Parents in Action Training, CPL provides a few options of this training to help adult allies and youth create healthier school and community environments through Policy, Systems, and Environmental change (PSE) strategies.

THREE OPTIONS

- **6-hour Training**

Provides both adult allies and youth with information to enable them to become advocates for improved nutrition and physical activity environments. Local health data, assessment tools and resources, and CPL's four-step advocacy process, among other resources, will be covered.

- **3-hour Training**

Condensed version of the above 6-hour training that equips participants with the necessary information to support the development of an Action Plan for change.

- **6-hour Train-the-Trainer Model**

Geared specifically for adult allies working with youth. This training provides an overview of key concepts necessary to work with youth as change agents by engaging youth in planning, developing and implementing projects that improve school and community nutrition and physical activity environments.

**Most of our training
activities are **USDA
APPROVED** for SNAP Ed!**

