



Food & Fun Training Overview

Food & Fun After School has several training strategies to help afterschool staff learn about and implement the curriculum. Both trainings teach participants about the health topics covered in the curriculum and introduce folks to the variety of materials and resources available. The trainings also incorporate opportunities for staff to discuss the importance of nutrition and physical activity and make plans for implementation.

Tools

[Food & Fun After School Training Videos](#)

The Food & Fun training video is another way to help staff learn how to promote nutrition and physical activity and implement the Food & Fun Afterschool curriculum. Six video segments highlight each main topic of Food & Fun. Each video includes demonstrations of several activities from each Unit being implemented in afterschool programs as well as ways to engage families.

[Food & Fun After School Facilitator's Guide](#)

The facilitator's guide can be used to train afterschool staff when programs have limited space or technology for the PowerPoint presentation. It is also a good option for staff that prefer a more hands on trainings with paper handouts.

[Food & Fun After School Train-the-Trainer Slides: \[Part 1\]\(#\) | \[Part 2\]\(#\)](#)

The 2-part Train-the-Trainer PowerPoint presentation can be used to train afterschool staff when programs have the available technology. These slides have been used by trainers from the YUSA and the Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health to guide trainers across the country through the major objectives of the curriculum.

The presentations are designed to be delivered in a group setting in person or via Webinar. Trainers should budget 1.5-2 hours for each presentation. There are helpful talking points and discussion questions in the notes section of the slides to help trainers deliver the training effectively and with ease.

[Part 1](#) is an introduction in which participants learn about the Food & Fun health messages, discuss how the variety of materials fit with their current afterschool programming, and make plans for how to get started with the curriculum.



Part 2 should be delivered 1 or 2 months after Part 1 so staff have time to take their learnings from Part 1 back to their program. The objectives of Part 2 are to review the health messages; discuss ways to engage staff, parents, kids, and schools; learn about methods for ongoing training, coaching, and mentoring of program staff; and teach trainers to assess curriculum usage.

Materials

- [Part 1](#) and [Part 2](#) of the PowerPoint training presentations.
- The [Food & Fun Units](#), or just a [single unit](#) as an example.

Other Training Resources

Additional supportive resources for training staff from the Food & Fun After School curriculum:

- [Getting Staff on Board](#) is a guide with tips for involving staff with Food & Fun.
- The Key Messages for Staff in each unit provide tips on how staff can talk to parents and children about each health topic.

For more training resources, visit the Out-of-School Time Nutrition & Physical Activity (OSNAP) Initiative website (training materials available [here](#) in the Resource Library).

To learn more about Food & Fun Afterschool, [visit this page](#).