**Worksheet for Training Issues in Nutrition Education and Food Insecurity with LGBTQ+ Clientele**

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**Session Objectives:**

1. Establish shared meaning around language and basic concepts
2. Discuss current research related to youth of all sexes, gender identities, gender expressions and sexual orientations
3. Explore strategies for physical activity and nutrition

**Notes on Using Language Appropriately:**

**My Action Steps:**

1. To improve my knowledge and skills, I will \_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. To expand my professional and social networks, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. To increase affirming environments and ethos where I work, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. To support positive cultural values and norms, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_
5. To support improved public policy, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Areas of Greatest Impact**

1. I will support policy improvements by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. I will support system improvements by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. I will support environmental improvements by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_