

Name of School:

Address:

Contact Person & Number:

### **Adult Program School Administrator / Home School Liaison Interview**

- All of our curriculum is approved by USDA and research based.
- **Plan, Shop, Save & Cook:** teaches participants to read food labels, make healthy food choices on a limited budget.
- **Eat Healthy, Be Active:** The series builds on concepts by providing detailed tips for how to put recommended healthy behaviors into practice.
- We will begin each series with an introductory My Plate workshop.
- This series consists of 5 lessons. Each lesson is 1.5 hours long and includes, a physical activity, food demonstration, and the lesson.
- All participants who attend 4 out of 5 lessons will receive a certificate of completion from the University of California.
- All participants will also receive nutrition reinforcement items such as: grocery pads, calendars, cookbooks etc to help reinforce what they learned in the class.
- If the school schedule does not allow enough time for the 5 part series, we can offer Plan, Shop, Save and Cook as a 4 part series or a onetime workshop: **My Healthy Plate** (also at 1.5 hours with food demo or 1 hour w/out).
- A minimum of 10 participants is recommended to initiate a class series.

1. Would you be interested in hosting nutrition education classes for your parents? : Yes / No

- Time Preference: Am or PM
- Day of week: M T W TH FRI
- What date would you like to begin?
- Schedule dates & times

2. What is the language preference? If any languages other than English/Spanish, ask if interpretation services are available.

3. Room # that the classes will be held in?

4. Does the room provide: outlets for cooking; tables; chairs; dry erase boards?

5. Would it be possible if the school is able to promote the class series through flyers and phone calls?

6. Do you have any other parent classes going on such as Parent University? (We ask this question because it may effect attendance at the nutrition class.)

7. During the school year do you have events that our program can participate in? Are these events held every year? Will a table, chairs, canopy be provided?