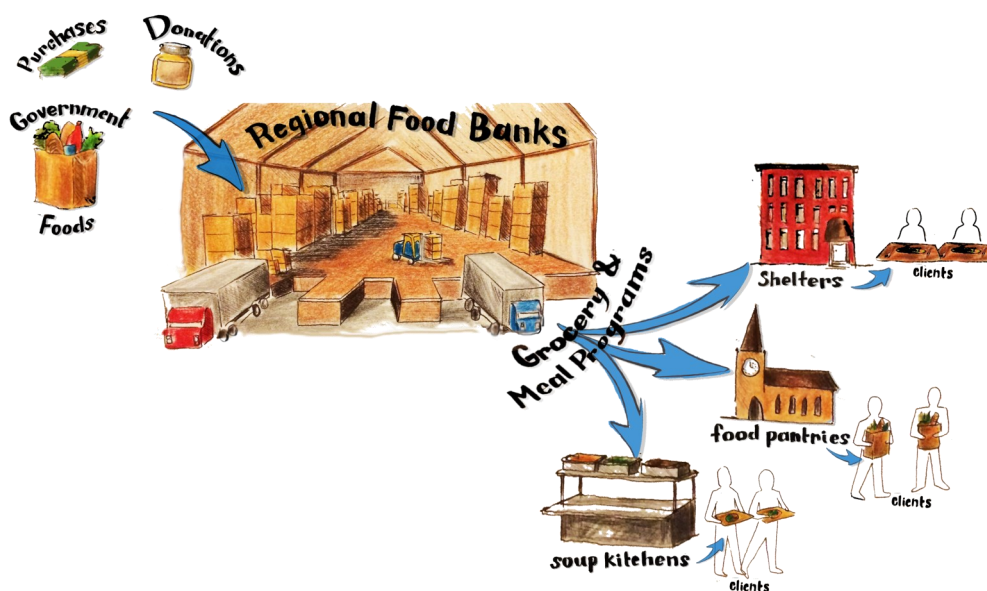*New! Coming Soon!*

An online course
DEVELOPING A FOOD BANK NUTRITION POLICY

Initial offering: March 9th- April 17th, 2015

UNDERSTANDING HOW FOOD BANKS FEED PEOPLE: supporting more nutritious foods for food insecure households

| Course rationale and description: | *Developing a Food Bank Nutrition Policy* is a new, free online course for food bankers and food bank stakeholders. The course will be offered for the first time from March 9 through April 17, 2015. Registration opens on January 12, 2015. See the Center for Weight & Health's website (cwh.berkeley.edu) in early 2015 for more information.

In 2012, Feeding America released Detailed "Foods to Encourage", nutrition guidelines for food banks and member agencies. These provide criteria for identifying healthful foods and beverages that food banks should seek to acquire more of, to promote healthful diets among clients. In addition, some food banks are seeking direction on reducing the receipt of less healthful foods and beverages. This course will reinforce the importance of this shift toward healthful foods and guide participants through the process of developing food bank nutrition policies to improve the quality of foods distributed.

In practice, the process of developing a nutrition policy with all of the key players takes several months, yet this course runs for just 6 weeks. We have designed a course that'll provide resources and engage participants in activities based on real world challenges that food banks encounter, to develop skills and competencies before embarking on a real world food bank nutrition policy. |
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Instructors:	Karen Webb, PhD, MPH, Elizabeth Campbell, MS, RD, Michelle Ross, MPH, Laura Vollmer, MPH candidate (a team with several years experience working with food banks) Developed by UC Berkeley's Center for Weight and Health with funding from Kaiser Permanente
Who should take this course:	**Staff/volunteers of food banks**, **food pantries** and other charitable feeding organizations **Nutritionists** and other public health professionals to whom food bank staff may turn for technical assistance **Anti-hunger advocates,** food policy councils, and community groups who want to better understand and support nutrition focused food banking **Educators** who want to promote "food system literacy", including the charitable food assistance system
Course format and resources:	The course comprises three modules to be completed over 6 weeks. Each week will follow a similar format; view short video segments and a short narrated slide presentation, read and reflect on material and contribute views, knowledge, and experience to the discussion forum. All resources will be downloadable and include: • Slide deck and script for use in presentations to staff, executives about the rationale for nutrition focused food banking • Short film on how food banks get charitable foods for distribution and challenges for improving nutrition quality • Guide to drafting a nutrition policy using Detailed "Foods To Encourage" guidelines • Example food bank nutrition policies • Guide to convening a nutrition policy working group- to secure buy-in from stakeholders for the policy • Annotated agendas for a working group to achieve an agreed draft policy after only 4 meetings
Time commitment:	This is a self-paced course. The time spent on the material is up to participants. Some will enjoy the videos and download the resources and others will fully participate in all the activities and contribute their knowledge and experience to other participants. We welcome participation all along this spectrum of learning. The material will take approximately 1- 1 ½ hours per week.
Certificate information:	To earn a course certificate, participants will need to complete all of the activities in all three modules including viewing the slides and videos; participate in discussions; and complete the quizzes. The certificate will be issued from University of California, Berkeley's Center for Weight and Health.