

Child Facilitator Job Description
Better Food Better Health (*Mejores Alimentos para una Mejor Salud*)
Nutrition Education Program

Hourly Rate

\$25/hour for up to 23 hours (including training)

Mileage reimbursement of \$0.56/mile (with a 235-mile maximum)

Process

Complete the Instruction Contract

Complete a W9 form (not required for returning Facilitators)

Complete a Vendor ACH Enrollment Form

Complete a background check through the County Extension office

Complete the required Steps to Health Facilitator training (time will be paid for training)

Program description

The Better Food Better Health (*Spanish translation: Mejores Alimentos para una Mejor Salud*) program is designed for low-income families (parents and their children) and consists of two curricula: Adult & Youth and Child (ages 4-11). The Adult & Youth curriculum can be delivered in English or Spanish whereas the Child curriculum is delivered primarily in English (knowledge of Spanish may be useful for Child Facilitators working with bilingual children). The program curricula consist of a series of six sessions focusing on nutrition, food resource management, and physical activity. All session content and accompanying materials are provided and ready to implement. The material discusses how to plan, shop, and prepare healthy meals on a budget and encourages all family members to be physical active and try new foods. Experiential activities, including worksheets, handouts, discussions, physical activity and food demonstrations, allow the family to work together to build skills and knowledge.

The Child Facilitator works under the guidance of the County Extension Agent. The Facilitator will work with children ages 4 to 11 and lead the six child nutrition sessions.

Facilitator Responsibilities:

- Assist the County Agent in securing a program location, if needed and time allows
- Work with County Agent to recruit participants, if needed and time allows
- Work with the County Agent on session preparation: thoroughly review the child materials, plan and pack any props and supplies needed for sessions.
- Assist in leading the physical activity
- Lead the child nutrition sessions and activities
- Assist the County Agent in conducting the food demonstrations
- Assist the County Agent in ensuring completion of all participant forms, if needed
- Complete Child Facilitator Feedback forms for each session

Facilitator Abilities:

Ability to work with children of different ages

Some education in nutrition is useful but not required

Some knowledge of Spanish is useful but not required