Healthy Food Skill Building

What is it?
Healthy food skill building options include “train the trainer” programs as well as traditional classes on growing, cooking, preserving, budgeting and advocating for healthy food. Participants are empowered with new skills, including how to teach others.

Examples include Just Food’s Community Chef Program, Penn State’s FRIDGE (Food-Related Intergenerational Discussion Group Experiences) curriculum, and the Do Right, Eat Right program run by Closing the Health Gap in Cincinnati.

Benefits
- Participants are able to take more personal control of their health and the health of loved ones.
- Residents learn skills they can use at home, in the community and in the workforce.
- Train the trainer programs are often structured to provide part time income.
- Resident trainers or coaches in the community can provide a support system for behavior change/healthy living.

Challenges
- It takes time to identify community members who want to become trainers.
- Programs generally require outside expertise to provide the initial trainings and to support them.
- Residents can be skeptical and often need motivation to initially participate and participation early on needs to be easy.
- Programs need to fit the community and usually require some tweaking based on resident input. Takes time to get it right.