



Food Literacy Educator Training Program FAQ

1. Should I apply?

Yes! If you are looking at this page you are passionate about the role cooking and food play in preventative health and community building. You are encouraged to apply! To date our most successful Food Literacy Educators (FLEDs) have been educators, health care providers (including health counselors and nutritionists), community leaders and activists (including college and graduate students), and chefs/food professionals. This training will equip prospective FLEDs with the tools to lead a dynamic health education program in their own community. We would love to work with you!

2. Do I need to be a cooking and nutrition expert to be a Food Literacy Educator?

No! While cooking skills are definitely helpful they are not a required to join the FLED program. As part of the program you will receive valuable resources to expand your own culinary skills and many past FLEDs have commented that one of the greatest benefits of the training was the profound development of their own cooking skills. For example, you will learn how to plan meals, soak and cook grains and beans, make your own salad dressing, ferment and sprout foods, and so much more! As for nutrition knowledge, this training will provide you with a great nutrition base and provide resources from some of the world's top nutrition schools and health experts. As an organization, we also value the experience and longevity of nutrition and health knowledge from traditional food cultures, and the knowledge that your community brings to the table.

What does a CBP Program look like?

In the training you will learn to lead CBP Workshops in your own communities to teach others about food culture and cooking education and draw connections between cooking, nutrition and sustainability. The CBP curriculum has 7 modules with 23 sessions in total, with a recommended core sessions. Many FLEDs implement the entire curriculum and this can be

spread out to take place over the course of a semester, school year, summer. Some FLEDs choose to lead a weekend workshop intensive, or even just a one session program in their community. Other Food Literacy Educators have implemented aspects of the CBP curriculum as a complement to current programming they are already leading, such as a community garden program. CBP Programs are experiential, and as a Food Literacy Educator you will be a facilitator while the program participants, whether they are youth, adults, or seniors, will be the driving force behind the program.

3. What is the structure of the Online FLED training program?

The online FLED training program is designed so that you can train remotely at your own convenience. If you are selected through the application process you will be provided with access to the training program. You will receive a program outline with weekly learning goals and will work through the CBP training through a combination of training videos, curriculum documents, and module presentations along with live webinars. Past FLEDs have commented that they especially loved the flexibility of the program. Please see the infographic on our [training page](#) for a visual.

4. What is the time commitment for the training program?

The total time commitment is approximately 3 hours per week over 6 weeks. This range depends on the amount of time it takes you as an individual learner to digest the curriculum and any additional time you spend reaching out to fellow FLEDs, experimenting in the kitchen and practicing the curriculum with friends and family. The training includes downloadable curriculum PDF documents and online video modules supplemented by live weekly webinar/teleconferences that are also available as recordings for those who cannot attend live.

5. Won't I get lonely participating online?

We host these trainings online because we have found it's the most effective way to achieve the highest impact, and the best path towards achieving CBP's mission to empower youth to be the catalysts for healthier communities through food literacy and cooking education. Past FLEDs have really enjoyed communicating with fellow trainees through the webinars, group discussions, and regional meet-ups. One of CBP's pillars is community building, and we strive to make sure that you are engaged as a member of the CBP community. And of course, we are always open to suggestions for building community through the online training programs. Best of all, you can go through the training when and where it's convenient for you!

6. What role does fundraising play in The Cookbook Project?

Many applicants choose to raise funds to cover their tuition contribution using platforms such as *GoFundMe*. During the training you will learn how to fundraise to cover any field costs of programming. As a FLED you will be able to use your affiliation with The Cookbook Project to solicit donations from stores, restaurants, and have the opportunity to apply for local grants with CBP as a fiscal sponsor.

7. How much does the training program cost and where does my tuition contribution go?

The training program tuition contribution is \$195. The fee is highly subsidized by supporters of The Cookbook Project and the actual costs for implementing the training are much higher. There are limited partial and full scholarships available to applicants that demonstrate financial need. To be considered for a scholarship please fill out the scholarship section on the online application. Your training fee goes to support the costs of developing and delivering the training program. This includes the cost of web development, curriculum design, impact measurement professionals and a wide array of operational expenses. Your tuition contribution enables CBP to focus our attention on programming instead of fundraising!

8. How much does it cost to run a CBP Program?

Program material costs are estimated to be \$15-40 per participant in the United States for a full-length program depending on which modules you include in your eventual project. Past FLEDs have been able to easily cover these costs by fundraising in their own community with the help of CBP's Fundraising Kit. Grocery stores and farmers markets are very supportive with food costs. Costs may vary depending on how many cooking sessions you decide to implement. In developing nations, this cost is considerably lower, usually between \$3-5 dollars per participant. This estimate includes food supplies, paper, and drawing utensils.

10. Where do programs take place?

CBP programs are designed to take place in a community kitchen space: for example, a community center, church, restaurant, school or other educational facility. Programs can be implemented in your own community or abroad. FLEDs that have lead domestic programs have gone on to lead programs abroad as well. Once you have led your first program, you can continue leading programs into the future.

11. I don't currently have an organization to partner with? Can I still apply?

Yes! We've helped many FLEDs connect with partner organizations to lead a formal program. Occasionally trained FLEDs choose not to lead a formal program and implement the curriculum in their own homes to build Food Literacy skills for their own children or family and friends.

12. I'm a student? Can I train? Can I earn college or graduate credit?

Yes! We have trained many college and graduate students who have received valuable course credit for participating in the training program. Some students have supplemented the training with a research component that they've presented to their professors for credit. Several students have also implemented CBP programming on their own campus and one group has built an on-campus CBP chapter!

Still have a question?

Please contact info@thecookbookproject.org for more info!

