



# Agency Achievement Academy

*Training Schedule | May-August 2014*



## American Diabetes Association Volunteer Ambassador Training

The American Diabetes Association has established a program to train volunteers/partners to implement diabetes and wellness education workshops at their agencies. All partners who complete the course will be given a variety of educational materials and resources to conduct workshops and promote diabetes prevention and management to their clients.

Friday, June 20 | 10 am to 2 pm

*Presented by Tiffany Ingram  
of the American Diabetes Association*



## Introduction to Proposal Writing

Grants are more necessary than ever for effective nonprofit programs today. Learn how to write comprehensive, compelling proposals with clear budgets geared to foundations and other grantmaking organizations with a professional instructor from the Foundation Center.

Friday, July 25 | 10 am to 12 pm

*Presented by the Foundation Center*

**MJB Training Kitchen: DC Facility**



**Register Online for all Classes:**

[capitalareafoodbank.org/a3](http://capitalareafoodbank.org/a3)

**Questions???**

Contact: Stephanie Sneed  
Agency Achievement Academy Coordinator  
[aaa@capitalareafoodbank.org](mailto:aaa@capitalareafoodbank.org)  
202.644.9832

# Health Ambassadors

Looking for ways to include more nutrition education at your site?

Want to gain skills in healthy cooking and eating healthy on a budget?

**Join the Health Ambassadors Program!**

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## About the Program

The **Health Ambassador Program** is offered by the Capital Area Food Bank within the Agency Achievement Academy (A3). Using a train-the-trainer format, the HAP aims to educate, equip and empower leaders to utilize best practices in nutrition education and champion healthy eating in their communities.

## What's included?

During the five courses, participants will:

- Learn the basics of nutrition and health maintenance
- Learn how to conduct nutrition information sessions
- Conduct a cooking demonstration
- Learn how to eat healthy on a budget
- Learn how to work with different client populations: children, adults, elderly, and multicultural
- Learn how to be healthy role models and set goals for health



Upon completion of all five courses, partner agencies will become certified Health Ambassadors and receive a take-home toolkit to start promoting healthy eating at their agencies!

# Certification Series



## Day One

- Nutrition 101: *Nutrition Basics*
- Nutrition 102: *Nutrition at Your Site*
- Nutrition 103: *Healthy Eating on a Budget*

Will be offered on both:

[Friday, May 9](#) and

[Friday, May 30](#)

9 am-4 pm

## Day Two

- Nutrition 201: *Addressing Community Needs*
- Nutrition 202: *Inspiring Health*

Will be offered on both:

[Friday, May 16](#) and

[Friday, June 6](#)

9 am-3:30 pm

**Due to high demand for the Health Ambassadors Series we will be offering TWO sessions this summer.**

**Each class is limited to 25 participants!**

**Registration is required.**



# Food Growing Workshops



## Bang for Your Buck

Join CAFB to learn how to make the most of the time and resources necessary for food growing. This workshop will introduce how to save on gardening resources, how to choose the best things to grow and how to maximize the impact of your garden. Partners will learn the basics of incorporating food growing into the work of their organization. The time you spend in this short class will help your organization get the most bang for its buck through food growing!

Friday, May 23 | 10 am to 12 pm

*Presented by MJ Crom*  
CAFB Food Growing Coordinator  
**MJB Training Kitchen: DC Facility**

## Food Preservation

Hate losing fresh, healthy food to spoilage? Join CAFB and learn how to prolong the life of all types of produce. Do you wrap it in wet paper towels and keep it in the fridge? Or would it be better to find a dark, dry spot in the pantry? After attending this hands-on workshop, you'll know! Participants will also get a chance to practice freezing fresh produce safely and making fridge pickles—a simple form of canning.

Friday, June 13 | 11 am to 3 pm

*Presented by MJ Crom*  
CAFB Food Growing Coordinator  
**MJB Training Kitchen: DC Facility**

## Garden Critters

Summer is the season of outdoor fun and fresh tomatoes—and also of garden pests! Come learn how to protect your harvest from animal invaders of all sizes, from spider mites to deer...and even humans! Topics will include integrated pest management, physical barriers, hands-on solutions, and gentle, organic pesticides. But not all critters are harmful—this workshop will also demonstrate how to attract beneficial animals that can help your garden thrive.

Friday, July 11 | 9 am to 12 pm

*Presented by MJ Crom*  
CAFB Food Growing Coordinator  
**MJB Training Kitchen: DC Facility**



# Prince George's County Healthy Eating Project

12 Agencies are offering food and nutrition education for PG County residents living with diet related illnesses including diabetes, heart disease and high blood pressure.

This is a pilot program that we hope to roll out for all partner agencies in September 2014. Current participating agencies are all Health Ambassador graduates and have begun using the information from the courses to provide their communities with specialized food, nutrition information and health sessions/screenings through September 2014. Look out for the expansion of this program and the opportunity to engage your clients. Only Health Ambassador graduates will be eligible to apply.



**If you have clients in the following zip codes:**

20710, 20722, 20743, 20744, 20745, 20746, 20747, 20748, 20781, 20782,  
20783, 20785

Who also have a diet related illness please refer them to one of the following agencies for food and resources to help manage their illness. →

**Pennsylvania Ave SDA Church**  
4010 Belt Rd.  
Capitol Heights, MD 20743  
Weds. 2-6pm (every other week)  
301.249.2374

**SHABACH! Emergency Resource & Empowerment Center**  
2101 Kent Village Dr.  
Landover, MD 20785  
By Appt. Mon-Fri 11am-2pm  
301.322.9593

**Grace of God Ministries**  
3950 48th St.  
Bladensburg, MD 20710  
Thurs. 6:30pm-7:45pm  
301.277.1733

**River Jordan Project**  
5900 Old Branch Ave.  
Temple Hills, MD 20748  
Call for distribution dates/times  
301.873.8704

**Gethsemane UMC**  
910 Addison Rd, South  
Capitol heights, MD 20743  
Mon, Tue, Wed 10am-11:45am  
301.336.1219

**Sistas United, Inc.**  
4725 Silver Hill Rd.  
Suitland, MD 20746  
2nd & 4th Weds. 4:30-6:00pm  
240.423.0958

**Triumphant Church**  
6509 Riggs Rd.  
Hyattsville, MD 20783  
M-F 2-5pm  
301.559.2200

**Mt God Tabernacle**  
4315 Baltimore Ave.  
Bladensburg, MD 20710  
Call for distribution dates/time  
240.701.1539

**Mt Victory Baptist Church**  
6020 Addison Rd  
Seat Pleasant, MD 20743  
Call for distribution dates/time  
301.735.8852

**True Vine**  
4542 Beech Rd.  
Temple Hills, MD 20748  
Weds. 11:30am-3pm  
301.702.0070

**Theocracy International**  
505 Hampton Park Blvd, Ste. T  
Capitol Heights, MD 20743  
Call for distribution dates/time  
301.655.3405

**Metropolitan SDA**  
6307 Riggs Rd.  
Hyattsville, MD 20783  
Call for distribution dates/time  
301.853.2225

# A3 Registration Form

Name: \_\_\_\_\_

Organization

Name: \_\_\_\_\_

Organizational

Role: \_\_\_\_\_

Email

Address : \_\_\_\_\_

## Workshops You'd Like to Register For: (Check boxes)

- Health Ambassadors Day 1 [May 9 9am-4pm]
- Health Ambassadors Day 2 [May 16 9am-4pm]
- Bang for your Buck [May 23 10am-12pm]
- Health Ambassadors Day 1 [May 30 9am-4pm]
- Health Ambassadors Day 2 [June 6 9am-4pm]
- Food Preservation [June 13 11am-3pm]
- ADA Volunteer Ambassador Training [June 20 10am-12pm]
- Garden Critters [July 11 9am-12pm]
- Proposal Writing [July 25 10am-12pm]

**Please Fax form back to 202.529.1767 ATTN: Stephanie Sneed**

**May-Aug 2014 A3  
Workshops  
Register online at  
www.CapitalAreaFoodBank.  
org/a3**



4900 Puerto Rico Ave. NE  
Washington, DC 20017



## May– August 2014 A3 Course Schedule

- Bang for Your Buck
- Food Preservation
- Health Ambassadors
- ADA Ambassador Volunteer Training
- Garden Critters
- Introduction to Proposal Writing and Fundraising

The Agency Achievement Academy (A3) is a unique training program designed to take feeding programs to the next level – whatever that may be. Over 40 free workshops teach both new and old feeding programs the skills to increase their capacity – whether that means implementing a new food distribution model, conducting a cooking demonstration, or strengthening their board's fundraising skills.

See inside for a complete listing of May-August workshops or visit [www.capitalareafoodbank.org/a3](http://www.capitalareafoodbank.org/a3) today!