

# Facilitator Criteria

## Food Skills for Families



BC Centre for Disease Control  
Provincial Health Services Authority

### REQUIREMENTS

**Current Employee:** Applicants must be employed by an organization that plans to host a Food Skills for Families program within six months of training date. Organizations must be approved by BCCDC prior to training and meet the programs *Host Requirements*. Applicants are expected to deliver the program as part of their current role with their organization.

**Food Safe:** Applicants must have level one FOODSAFE Certification. A certificate of completion must be submitted to BCCDC prior to attending the Food Skills training.

**British Columbia Resident:** This application form is intended for B.C. residents only.

### RESPONSIBILITIES

- Facilitate the Food Skills for Families program at your place of work. Programs run one day a week for three hours over the course of six weeks. Programs require an average time commitment of 33 hours by the facilitator (this includes time to shop for groceries, facilitate the class and do paperwork).
- Organize the shopping tour for session five.
- Ensure the kitchen space is suitable to run a program for twelve participants and has the required space and cooking equipment. All hosts and kitchens must receive prior approval from BCCDC and meet the program's *Host Requirements*.
- Deliver program as per the Facilitator Guide.
- Mail in program forms after session six.

### EXPECTATIONS

**Teaching Experience:** Previous group teaching experience with the ability to make learning easy and fun for adults preferred. Experience running a community kitchen would be an asset.

**Experience Working with Diverse Populations:** The Food Skills for Families program has been developed into five curriculums for the Indigenous, newcomer, lower income, Punjabi and senior populations. The program has also been successfully delivered to other various groups using these curriculums, including the mental health population, men's only groups, and pregnancy outreach programs.

**Enthusiasm for Health:** Keen interest and excitement about healthy eating, cooking and safe food handling. This includes having a basic knowledge of the Canada's food guide and nutrition.

**Confidence in the Kitchen:** High level of cooking skills and confidence and ability to conduct food demonstrations.

**Effective Communication Skills:** Ability to communicate effectively. Have strong speaking, reading and writing skills, as well as strong interpersonal skills.

**Empathy:** Ability to accommodate various skill levels and provide support for those who need it.

**Vehicle:** Use of own vehicle for grocery shopping.

**Computer Access:** Access to internet and comfortable communicating via email and filling out forms in excel.