



TEACH TOOLKIT

Financial Management | Nutrition Education

Wise men and women are always learning,
always listening for fresh insights.
(Proverbs 18:15, The Message)

- FINANCIAL MANAGEMENT -

In the *200KReasons Getting Started Guide*, one of the top five factors which have a profound impact on hunger, as identified by Craig Gunderson¹, was **Financial Management Skills**.

Many free courses exist to assist families, especially those of low-income, gain financial literacy. Research has shown that families who receive education in the handling of their income are:

- less likely to experience hunger.
- more able to optimize their food purchasing power.
- better at understanding the need for saving money.

FEDERAL DEPOSIT INSURANCE CORPORATION (FDIC)

With *Money Smart for Adults*, families can learn how to manage their finances. This CD based curriculum, available at no charge from the FDIC, includes 11 modules of 1-2 hour's length in teaching time. A script for instructors, PowerPoint and PDF slides, and handouts are included. Other languages and versions for the impaired are also available.

An online version of *Money Smart*, with a section for youth and one for adults, features a game-based design. In this form of the course, each of the 11 modules takes about 30 minutes. This is a great tool by itself or in conjunction with the *Money Smart* classroom program.

The websites for information, access, or ordering are:

- Information on *Money Smart for Adults*: www.FDIC.Gov/Consumers/Consumer/MoneySmart/Index.html
- Ordering *Money Smart for Adults*: <https://Catalog.FDIC.Gov>
- *Money Smart* On-line: <http://www.FDIC.Gov/Consumers/Consumer/MoneySmart/MScbi/MScbi.html>.



¹ Craig Gunderson, *Addressing U.S. Food Insecurity* (ConAgra Foods Foundation, 2012).

MyMONEY

The financial education resource, *MyMoney*, was developed by the United States Department of the Treasury. Based around the 5 basic financial principles of *Earn, Spend, Save & Invest, Protect, and Borrow*, the website offers information, tools, and other resources to provide education. There is even a section for specific Life Events. The site also offers special areas for Youth and Teachers. This financial resource is available at <http://www.MyMoney.Gov>.



NATIONAL ENDOWMENT FOR FINANCIAL EDUCATION (NEFE)

For more than 25 years, the NEFE has offered financial education as a way to help ensure a higher quality and more stable life for individuals and families. Workshop materials are offered for various demographics including college students, the elderly, and those with low-income.

The *Low-Income Financial Education* series offers 15 different workshops for just this demographic alone! The "Income, Savings, and Assets" course brings financial stability through asset building. "Family Money Skills" teach critical skills that will bring good financial decisions. Other workshops for the low-income are:

- "Saving Through Tax Refunds"
- "Limited Income Earners"
- "Planning and Paying for Utility Costs"
- "Car Buying: Put Yourself in the Driver's Seat"
- "Living On Your Own with Entry-Level Wages"
- "Dealing with Debt for Adults"
- "Money Management for Adult Learners"
- "Changing Your Life Through Better Money Management"

Each workshop includes a MS PowerPoint Presentation as well as handouts and other resources. These materials can be downloaded at: <http://www.FinancialWorkshopKits.Org/Workshops/Low-Income.aspx>

An additional resource from the NEFE is the *Smart About Money (SAM)* program. When a life situation affecting financial health presents itself, this program offers articles and calculators to help resolve the issue (<http://www.SmartAboutMoney.Org>).



- NUTRITION EDUCATION -

Besides learning how to better handle their finances, another way families can achieve long term results is through nutrition education.

SHARE OUR STRENGTH - NO KID HUNGRY

Cooking Matters and **Cooking Matters at the Store** are two proven-effective curricula that help families learn how to shop for and cook healthy meals on a budget. The **Arkansas Hunger Relief Alliance** is the partner facilitator for Arkansas and will teach agencies how to conduct these classes. Contact them at:

Arkansas Hunger Relief Alliance
1400 W. Markham St., #304
Little Rock, AR 72201
501-399-9999
www.ARHungerAlliance.Org

For busy families on the go, the free **Recipe App** from **Cooking Matters** provides nearly 100 recipes to make on a budget using affordable and accessible ingredients.

- For the iPhone: www.Apple.Com/iTunes
- For Android: <https://play.google.com/store>

To teach **Cooking Matters** Classes, certain tools are required. A fun activity is to host a **Cooking Matters Shower** to have people purchase the items, and then gather together to play games when giving the tools for the class. If possible, a group could even raise enough items to give to all participants as well.

- [200KReasons Cooking Matters Shower.pdf](#)

Most well known for the **Cooking Matters** program, **Share Our Strength** also offers other resources to provide education on nutrition and budgeting. These resources are all available for download from the **Share Our Strength** or **200KReasons** websites. See following table for a list of the resources.

RESOURCE NAME	DESCRIPTION	FILE NAME
Cooking Matters Exploring Food Together	The teacher's guide provides activities for home or school that teach children basic concepts about food and nutrition. It is available in both English and Spanish.	CM Exploring Food Together English.pdf CM Exploring Food Together Spanish.pdf
Cooking Matters for Chefs and Kids!	Hands on instruction and fun activities especially designed for children to help them learn how to make good food decisions while having fun learning how to cook. All recipes are designed to be affordable.	CM Chefs and Kids.pdf

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Cooking Matters in Your Food Pantry	Instructions on conducting a food-based nutrition and budgeting demonstration within a food pantry or food bank setting.	CM Your Food Pantry.pdf
In Your Community	Curricula for teaching nutrition and food budgeting to families with limited resources through a cooking demonstration.	CM Your Community.pdf
Kids Activity Sheets	Set of 3 handouts that include fun activities and healthy recipes for school-aged kids.	CM Kids Activity Sheets.pdf
My Plate	Instructions on how to provide a nutritionally balanced meal on a budget that contains the five food groups: Dairy, Fruit, Grains, Protein, and Vegetable.	CM My Plate.pdf

For more information on Cooking Matters or Cooking Matters at the Store, go to <http://CookingMatters.Org> or Share Our Strength/No Kid Hungry at <http://AR.NoKidHungry.Org>



UNITED STATES DEPARTMENT OF AGRICULTURE(USDA)

The USDA is a major force in helping to alleviate hunger. *The Expanded Food and Nutrition Education Program (EFNEP)* teaches skills related to cooking and nutrition. There are two locations in Arkansas that provide this course:

University of Arkansas Cooperative Extension Service
2301 S. University Ave.
Little Rock, AR 72204

Anne Sorter, 501-671-2109,
asortor@uaex.edu
Teresa Henson, 501-671-2043,
thenson@uaex.edu

University of Arkansas Pine Bluff
1200 N. University Dr.
Mail Slot 4966
Pine Bluff, AR 71601

Irene K. Lee, 870-575-8530, leei@uapb.edu
Easter H. Tucker, 870-575-7227,
etucl@uaex.edu

Offered in all 50 states, the classes include interactive lessons with the following objectives:

- ✓ Improved diets including more fruits and vegetables
- ✓ Improved nutrition with healthier food choices
- ✓ Better use of the budgeted food allowance
- ✓ Safer handling of food
- ✓ Increased physical activity

For more information, go to NIFA.USDA.Gov/Program/Expanded-Food-and-Nutrition-Education-Program-EFNEP or see:



- [EFNEP Overview.pdf](#)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

Based on the U.S. dietary guidelines, and in coordination with the Office of Disease Prevention and Health Promotion, the DHHS provides the *Eat Healthy, Be Active Community Workshop*. This curriculum offers the following six 1-hour lessons:

1. Enjoy Healthy Food That Tastes Great
2. Quick, Healthy Meals and Snacks
3. Eating Healthy on a Budget
4. Tips for Losing Weight and Keeping It Off
5. Making Healthy Eating Part of Your Total Lifestyle
6. Physical Activity Is Key to Living Well

Agencies that wish to teach this workshop to adults can download the series at no charge from: <http://Health.Gov/DietaryGuidelines/Workshops>.

The series is available in both English and Spanish.



- INTERNET RESOURCES -

There is a wealth of information available to help you
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the hungry such as these 200KReasons Recommended Websites.

ARKANSAS HUNGER RELIEF ALLIANCE: <http://www.ARHungerAlliance.Org>

200KReasons Toolkit: **Teach**

Keywords: **Cooking Matters, Nutrition Education**

The *Cooking Matters* and the *Cooking Matters at the Store* programs are offered by the *Arkansas Hunger Relief Alliance* in conjunction with *No Kid Hungry / Share Our Strength*.

COOKING MATTERS: <http://CookingMatters.Org>

200KReasons Toolkit: **Teach**

Keywords: **Cooking Matters, Nutrition Education**

The *Cooking Matters* and the *Cooking Matters at the Store* programs are offered by the *Arkansas Hunger Relief Alliance* in conjunction with *No Kid Hungry / Share Our Strength*.

FEDERAL DEPOSIT INSURANCE CORPORATION (FDIC): <http://www.FDIC.Gov>

200KReasons Toolkit: **Teach**

Keywords: **Financial Literacy**

Money Smart is a financial education curriculum designed to help low- and moderate-income individuals

200KReasons Teach Toolkit

enhance their financial skills. Visit <https://FDIC.Gov/Consumers//Consumer//MoneySmart//Index.html> for more information on the program. Order the curriculum at <https://Catalog.FDIC.Gov>. An on-line version of the curriculum is available at <http://www.FDIC.Gov/Consumers/Consumer/MoneySmart/MScbi/MScbi.html>.

MyMONEY: <http://www.MyMoney.Gov>

200KReasons Toolkit: **Teach**

Keywords: **Financial Literacy**

Developed by the U.S. Dept. of the Treasury and based around 5 financial principles, the site offers information, tools, and other resources to provide financial literacy.

NATIONAL ENDOWMENT FOR FINANCIAL EDUCATION (NEFE): <http://www.NEFE.Org>

200KReasons Toolkit: **Teach**

Keywords: **Financial Literacy**

Financial workshop materials are offered for various demographic, including low-income (see <http://www.FinancialWorkshopKits.Org/Workshops/Low-Income.aspx>). The *Smart About Money (SAM)* program offers articles and calculators to help resolve specific issues (<http://www.SmartAboutMoney.Org>).

NO KID HUNGRY / SHARE OUR STRENGTH: <http://AR.NoKidHungry.Org>

200KReasons Toolkit: **Feed, Teach**

Keywords: **Cooking Matters, Summer Meal Site, Nutrition Education**

Summer meal site information from the *Arkansas Hunger Relief Alliance* and *Share Our Strength No Kid Hungry* can be found on this site. To learn how to participate in the *Cooking Matters* and *Cooking Matters at the Store* programs, go to <http://CookingMatters.Org>.

UNITED STATES DEPARTMENT OF AGRICULTURE (USDA): <http://NIFA.USDA.Gov/Program/Expanded-Food-and-Nutrition-Education-Program-EFNEP>

200KReasons Toolkit: **Teach**

Keywords: **Nutrition Education**

The Expanded Food and Nutrition Education Program (EFNEP) teaches skills related to cooking and nutrition.

UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS): <http://Health.Gov>

200KReasons Toolkit: **Teach**

Keywords: **Nutrition Education**

DHHS provides the *Eat Healthy, Be Active Community Workshop* at <http://Health.Gov/DietaryGuidelines/Workshops>.

Download the complete list:

- [200KREASONS RECOMMENDED WEBSITES.PDF](#)

All Referenced files are available for download on the website or are included in the Toolkit.

For more information, email 200KReasons@arumc.org

or visit our website www.200KReasons.arumc.org.

