



## OVERVIEW:

**Affordable Nutrition (AN) Training** is a series of four classes of two hours each delivered via Zoom. It is a facilitator led, virtual learning environment for people of all age groups, demographics, and settings. Cohort will include health professionals in the Bauman Wellness Integrative Wellness *Facilitator in Training* program, along with individuals, families, organizations, schools, employees, consumers, and people in affordable housing or senior communities, companies, YMCA's, seasonal workers, and homeless people with internet capability. **Affordable Nutrition** provides non-commercial, dogma free information to enable people to learn to apply the principles and practices of whole food nutrition, self-care, and wellness lifestyle. In addition to the fun, interactive classes, reading and home cooking recommendations support participant commitment to become more skillful in sourcing fresh, local food, preparing it efficiently, on a budget they can afford. The aim of **Affordable Nutrition** is to motivate, educate and support people to locate and cultivate their *inner chef*, to not only feel better, but share nourishing global gourmet meals and new learning with family, friends, and associates, expanding their circle of support and wellness community.

## JUSTIFICATION:

Today, as many as two-thirds of our population either does not know how to cook or prefers to purchase prepackaged convenience food with significant dollar and health costs (Hyman, 2018, *Food Revolution Summit*). The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past, that they can share with their friends and family with rich stories and pride. **Affordable Nutrition** is an educational program to guide participants to find their way into a local, empowered, diverse, grass roots healing food, culinary arts world culture. Real food, shared with friends, family and neighbors is a powerful antidote to the problems of our age, hunger, poverty, hostility, illness, and climate change. As problems of food scarcity, safety and cost escalate, along with it come the rise is preventable mental and physical and irrational, social discord.

People struggling to keep food on their plate often don't eat for health. They eat for cost and convenience. While they may have heard that chemicals in the food chain are inflammatory and metabolically disruptive, they may not have fully grasped the impact of the modern-day diet-disease connection. Food that is processed, packaged, grown on depleted soil, sprayed with Round Up™, a glyphosate pesticide, is often a trigger for headaches, fatigue, allergies, mood disorders and chronic disease. Modern food education has come directly or subliminally from TV and PDA media and marketing, shamelessly showcasing happy meals of fast food, soda, beer, and energy drinks that hook kids and families that are too tired and unskilled to cook for themselves.

Diet is the single most important predictor variable of health outcomes in the modern world.<sup>2</sup> It is the single leading predictor of premature death and the single leading predictor of total chronic disease risk. In reverse, overall diet quality is the single leading predictor of longevity and vitality. The simple truth is that if a person mostly eats vegetables, fruits, whole grains, beans, lentils, nuts, and seeds in his or her unprocessed or minimally processed state and mostly drinks plain water when thirsty, the rest does not matter. All good diets, as diverse as they are, have the above elements in common. (Katz, MD, 2020).

**Affordable Nutrition** teaches people to eat well on a budget; how to source, prepare, cook, and enjoy seasonal local food, purchased fresh at food stands, farmers markets, in community supported agriculture boxes (CSA's), or from stores who offer whole food at a reasonable price. No longer are we hunters and gatherers foraging for our dinner. We are now tribal shoppers and eaters. The power of our fork (or chopsticks) is mighty when we choose what to eat, learn how to prepare it and reward farmers for growing it and community businesses for distributing it.

### **LEARNING OBJECTIVES:**

- Understand and apply **Eating for Health™**
- Know your Nutrition Heroes and Bandits
- Keep a food expense log (this will be shocking)
- Set a food budget and see where your food dollars are going
- Comparative shop for quality, price, and value
- Meal plan for yourself and your family
- Know the difference between a portion and a serving
- Read food labels
- Avoid packaged food with high sugar, salt, and fat content
- Clean up your pantry; toss out stale food, herbs, and spices
- Cut down on plastic
- Inventory your kitchen equipment: toss what is old, dull, and not used
- Preparing more healthy home cooked meals
- Honoring your ancestral dietary heritage: staple, power, and celebratory foods
- Eating well at work and on the go
- Using food, herbs, and spices to age gracefully

## **PROGRAM STRUCTURE:**

A full color 192-page **Affordable Nutrition, 3<sup>rd</sup> edition** e-book and class materials are provided to facilitator led group Zoom sessions or support video lessons, online peer-to-peer learning and provide practical information, research, self-evaluation, recipes, and worksheets to track progress and challenges.

**Affordable Nutrition** is integrated with our BaumanWellness.co Mighty Networks online community learning site that allows learners to engage with class participants and the Bauman Wellness on-line community with the following offerings –

- **Events** - monthly Zoom gatherings
- **Chat** - private online chat room with fellow learners
- **Topics** - topics discussion groups around nutrition, culinary and lifestyles

## **Affordable Nutrition Training**

1. *Eating For Health™*
2. *Healthy Food Plate: Portions and Proportions*
3. *Reading Labels and Making Healthy Food Choices*
4. *Budgeting—Stretching Your Dollars With Meal Planning*

## **Curriculum**

### **Lesson 1: Eating for Health**

**Learning Objective:** How to use the **Eating for Health™** model to create healthy meals at home.

#### **Class Outline**

1. Introduction
2. Food of the Day: Black Beans
3. Recipe Demo: Black Bean Salad
4. Lecture: Eating for Health
5. Group Discussion: Nutrition Heroes & Nutrition Bandits
6. Commitments & Close

#### **Reading**

- Affordable Nutrition Book Chapter 1
  - Eating for Health Guidelines
  - Sustainable Nutrition
  - Nutrition Heroes & Nutrition Bandits
- **To Do Following Lesson**
    - Write down 1-3 commitments for the week and share them with your buddy.
    - Review & Self Reflection Worksheets in Chapter 1 (pg. 8 – 10)

### **Lesson 2: Portions & Proportions**

**Learning Objective:** Learn to integrate healthy portions into home cooking.

#### **Class Outline**

1. Check In on Commitments from Last Week
2. Food of the Day: Olives & Basil
3. Recipe Demo: Traditional Vinaigrette & Mediterranean Salad
4. Lecture: Portion Distortions
5. Group Discussion: Portion Size Comparisons
6. Commitments & Close

### Reading

- Affordable Nutrition Book: Chapter 2 (pg. 11 - 23)
- Portion Comparison Key & Macronutrient Chart

### To Do Following Lesson

- Write down 1-3 commitments for the week and share them with your buddy
- Nutrition & Activity Journal (pg. 20 - 22)
- Review & Self Reflection (pg. 23 – 25)

## Lesson 3: Reading Labels and Making Healthy Food Choices

**Learning Objective:** Learn how to confidently read a food label and spot additives in an ingredient list.

### Class Outline

1. Check In on Commitments from Last Week
2. Food of the Day: Sardines
3. Recipe Demo: Sardine Tapenade
4. Lecture: What is A Food Label and How to Read One
5. Group Discussion: Hydration – What are you Drinking & When?
6. Commitments & Close

### Reading

- 2020 Dirty Dozen & Clean Fifteen Printable PDF (to keep in your wallet)
- Shopping Guide For Better Health
- Affordable Nutrition Book: Chapter 3 (pg. 27 - 39)

### To Do Following Lesson

- Write down 1-3 commitments for the week and share them with your buddy
- The Additive Game Worksheet (pg. 36 - 39)
- Review & Self Reflection (pg. 40-44)

## Lesson 4: Budgeting – Stretching Your Dollars with Meal Planning

**Lesson Objective:** Learn the simple steps of meal planning, grocery shopping strategies to save money and how to create a quick meal pantry.

### Class Outline

1. Check In on Commitments from Last Week
2. Food of the Day: Brown Rice (
3. Recipe Demo: Three Seed Pilaf
4. Lecture: Food Shopping Strategies & Meal Planning
5. Group Discussion: What's in Your Pantry?
6. Commitments & Close

## Reading

- Meal Planning Worksheet
- Meal Planning in Action: A Working Example
- Affordable Nutrition Book: Chapter 4 (pg. 45 - 65)

## To Do Following Lesson

- Write down 1-3 commitments for the week and share them with your buddy
- Review & Self Reflection (pg. 66 - 69)
- Course Evaluation
- Personal Benefit from learning and practicing **Affordable Nutrition**