



Getting Kids to eat their fruits & vegetables often ends up being a second job for parents. With soda, candy & processed foods readily available, it's no wonder children tend to pick pizza over spaghetti squash! In order to help change these habits, Torrance Memorial Medical Center has created a program for kids promoting healthy lifestyle choices, called "Healthy Ever After". These fun, interactive classes on nutrition are taught to volunteers by registered dietitians and fitness specialists to provide information and practical tips to our students through hands-on learning, fun exercises and activities.

**How can YOU volunteer and make a difference?**

- Only 4 lessons this year
- No nutritional education background needed

**Volunteer as a Docent:** You will need to attend the 4 workshops at Torrance Memorial Medical Center. At each workshop, you will be given a nutrition lesson (with a script to read to the students), along with props, handouts and directions for preparing a healthy snack. These workshops will be attended by all docent volunteers from our school and other TUSD schools involved in the program. After receiving training, the docent then returns to our school to share the lesson in the classroom (within a week of the lesson date).

**Volunteer as an Assistant:** You do not need to attend the 4 workshops. The assistant will help with set-up, clean-up, food prep and presentation slides during the scheduled classroom time under the docent's direction.

Workshops are held Friday mornings:

- Lesson 1 workshop is on Friday, October 6<sup>th</sup> from 9:30am until approx. 11:00am.
- Lesson 2 workshop is on Friday, December 1<sup>st</sup> from 9:30am until approx. 11:00am.
- Spring dates have not been set yet but will most likely be held in February for Lesson 3 and end of March or after Spring Break for the 4<sup>th</sup> and last lesson.

Topics will be:

1. "Eating Out"
2. "Grains"
3. "Around the World"
4. "Food & Fitness"

Please contact HEA's Coordinator, Tennille Allerheiligen @ 310.420.0389 or [TennilleC21@gmail.com](mailto:TennilleC21@gmail.com) with any questions.

**\*\*Please return this bottom portion to the draw in room 31\*\***

If you would like to volunteer to be a docent for Healthy Ever After, please fill out and return this bottom portion to the PTA box in Room 31 or submit to your child's teacher. Thank you for volunteering!!

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Teacher's Name \_\_\_\_\_ Room # \_\_\_\_\_

Student's name \_\_\_\_\_

Check one: **Docent** \_\_\_\_\_ **Assistant** \_\_\_\_\_