

HEALTHY HISPANIC RESOURCE KIT INSTRUCTIONS SHEET

1. Incorporate the resource kit into your class presentation. Some suggested objectives may include:
 - a. learn why it is important to eat healthier
 - b. understand how to read a food nutrition label
 - c. learn how to shop for and select healthier food
 - d. understand portion size and the importance of portion control
 - e. learn how to prepare foods in a healthier way
 - f. learn how to follow a balanced diet and still be able to consume some traditional foods
2. Distribute recipe cards, informational booklets, evaluation postcards and magnets to class participants at the beginning of class.
3. Review the purpose of the evaluation postcard and the instructions for completing it. This information can be found at the top of the evaluation postcard so class participants can follow along with your review if they so desire.
 - a. Reinforce that the participants should complete and return the evaluation postcard after using the resource kit at home for 30 days.
 - b. Ensure your students understand that their names and addresses are needed on the postcards so we can send each of them a free thank you gift (a Spoodle®) for participating in the evaluation of these resources.
 - c. Remind them that in order for you to receive your free gift, at least 75% of the class participants must return their postcards to the DPCP.
4. Within 30 days from the date of your class, complete the Instructor Evaluation Survey enclosed and mail to the Diabetes Prevention & Control Program in the postage-paid envelope provided. Our address is also provided below.
5. After we receive your completed survey AND 75% of the evaluation postcards from your class participants, you will be mailed your free thank you gift. (You selected your gift when you submitted your online order for the Resource Kit.)
6. You will receive a brief telephone follow-up survey from DPCP staff to assist in evaluating the kit.

Best Wishes for a Great Class!!!!