



## Spring 2021

### Agency Services Workshop Menu

Email Jennifer Hazard  
at  
[jhazard@rifoodbank.org](mailto:jhazard@rifoodbank.org)  
to receive the **ZOOM**  
registration link!

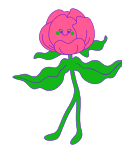
Registration required.

**Per our Inclement Weather Policy,  
if the weather is questionable,  
email Jennifer for workshop  
confirmation.**

<https://rifoodbank.org/agency-resources/workshops-meetings/>



## APRIL



### **Social Media For Your Agency**

**THURSDAY, APRIL 29** from 12 PM - 1 PM

Using social media the right way can help raise visibility and awareness for your organization – and lead to increased community support. Food Bank Communications Director, Hugh Minor, and Sam Polon, Communications Coordinator, will share tips and best practices to help you to spread the word about the impact your volunteers and staff are having. Come prepared with any questions you might have for the Q&A session!

## MAY

### **Importance of Self Care for Physical and Mental Health**

**TUESDAY, MAY 4** from 11 AM - 12 PM

Join the Healthy Habits team as we discuss ways and real tips to prevent and manage compassion fatigue, focus on a healthy diet and exercise. We will also discuss the mind and body connection and go over ways to help you create a self-care routine. It's a spring cleaning for the mind and body!

### **Nobody's Just Hungry: Basic Needs Training**

**THURSDAY, MAY 20** from 2:30 PM - 4 PM

Food Bank member agencies provide critical food assistance services to thousands of Rhode Islanders. However, we understand that nobody's just hungry. Many people struggling with food security also struggle with meeting other basic needs such as housing, health care, utilities and employment. At this training, you will gain a working knowledge of the basic needs safety net, and how to connect guests to these resources/services.

## JUNE

### **Local Food Donations**

**TUESDAY, JUNE 8** from 11 AM - 12 PM

Growing support for reducing food waste and boosting local food systems has meant more interest in donations of fresh, nutritious foods. Which foods can we safely accept from our neighbor's gardens, backyard farmers, or local fishermen and hunters?

This workshop will go into food safe practices for accepting local donations and dive into applicable RI Food Donation laws and requirements. Foods, such as produce, eggs, meat, fish, and specialty items, like honey, will be covered.

### **Navigating Conversations about Politics and Race**

**WEDNESDAY, JUNE 16** from 11 AM - 12 PM

Conversations about politics and race can be tricky to navigate successfully. Join us to learn ways to help engage in these conversations in meaningful and productive ways!

Co-facilitated by Erica Hanson, Hope Indeglia O'Brien, and Renzo Arteta.