

How to Use Canva for Nutrition Educators



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Benefits of Using Canva

- Creative way to supplement state office resources
- Easy to use
- Attractive templates to use for flyers, posters, and social media



Santa Clara County

CATCH COACHING SESSION

CATCH (COORDINATED APPROACH TO CHILD HEALTH) IS AN EVIDENCE-BASED CURRICULUM BASED ON THE , WHOLE COMMUNITY AND WHOLE CHILD MODEL IN WHICH HEALTH EDUCATION, SCHOOL ENVIRONMENT AND FAMILY/COMMUNITY INVOLVEMENT WORK TOGETHER TO SUPPORT YOUTH IN DEVELOPING A HEALTHY LIFESTYLE. IT CAN BE USED IN BEFORE, DURING AND AFTER SCHOOL SITES TO PROVIDE GREATER ACCESS TO PHYSICAL ACTIVITY.

The CATCH coaching session includes a 30-minute heart-pumping CATCH games demonstration for both students and leaders to enjoy.

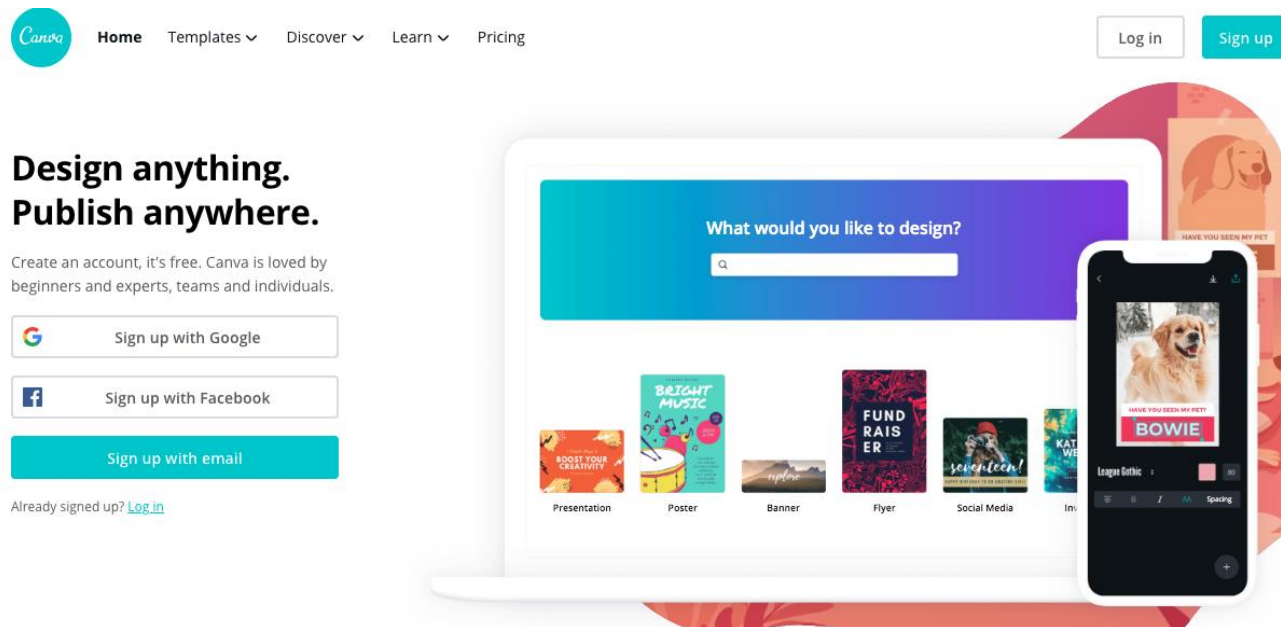
Please register via Eventbrite link provided by district.

This material was produced by CalFresh Healthy Living, University of California with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-5863.



Signing Up for Canva

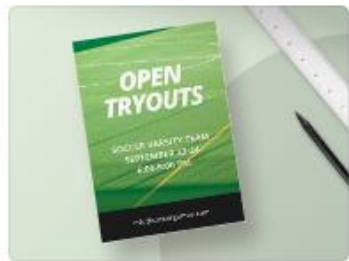
- Go to www.canva.com
- Sign up using your work email and create a password



Create a Design

- Can find this in two places
- Always check first to see if it is free

Create a design



Flyer



Recipe Card



Poster



Logo



Video

Custom dimensions



Julie Lefko

[Add your picture](#)



Create a design

Templates

Photos

Apps

Brand Kit

Design School

Santa Clara Office team

Folders

Trash

- Social media post templates are below the other design templates

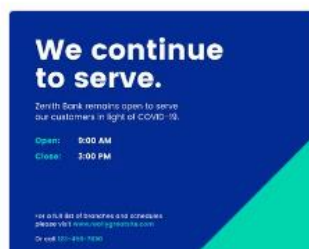
Instagram Posts

See all



Facebook Posts

See all



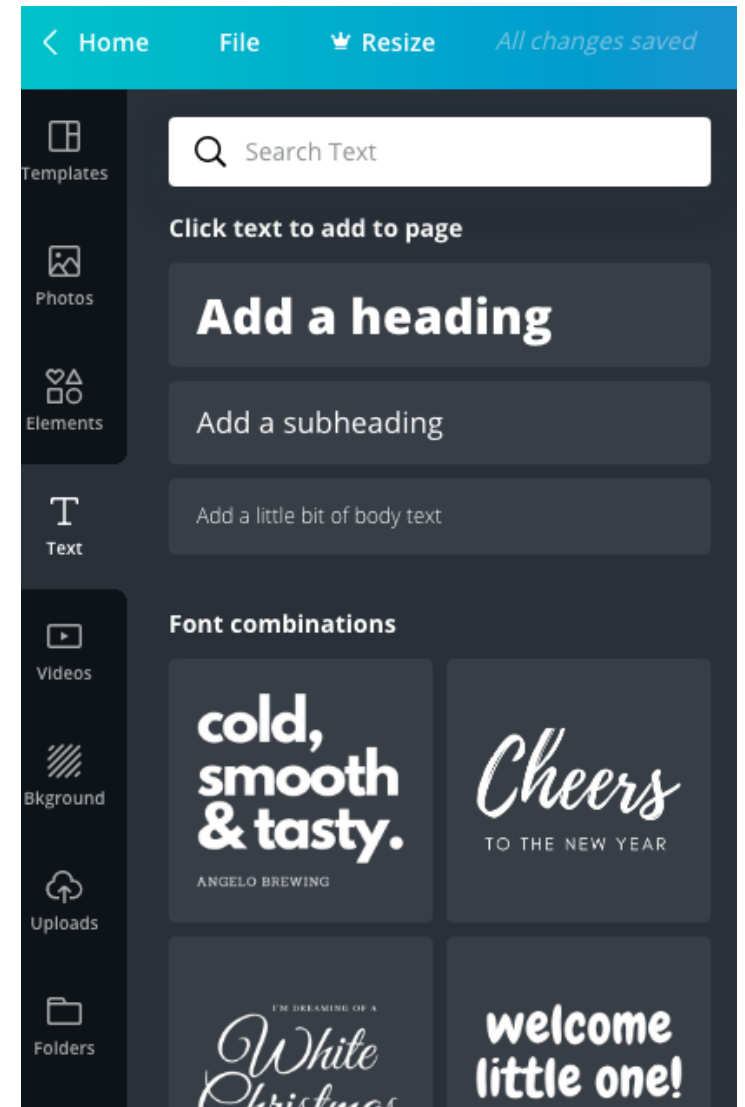
Font Options

- Many fonts to choose from

The image shows a font selection interface on the left and a document editor on the right. The font selection interface has a search bar with the text "Try 'Calligraphy' or 'Open Sans'", a list of fonts including "Playlist Script", "Glacial Indifference" (checked), "Open Sans", "English fonts", "Emikradote", "ABeeZee", "KC Peal Adult", "ADA Hybrid", "ABANG", "Abhaya Libre ExtraBold", "Abhaya Libre Regular", and "Upload a font" with a "LEARN MORE" button. The document editor shows a document titled "Page 1 - Add page title" with a font set to "Glacial Indifference...". The document content includes a recipe for "Breakfast Fruit Cup" with ingredients, servings (4), total time (5 minutes), and directions. The recipe text is styled with the "Glacial Indifference" font.

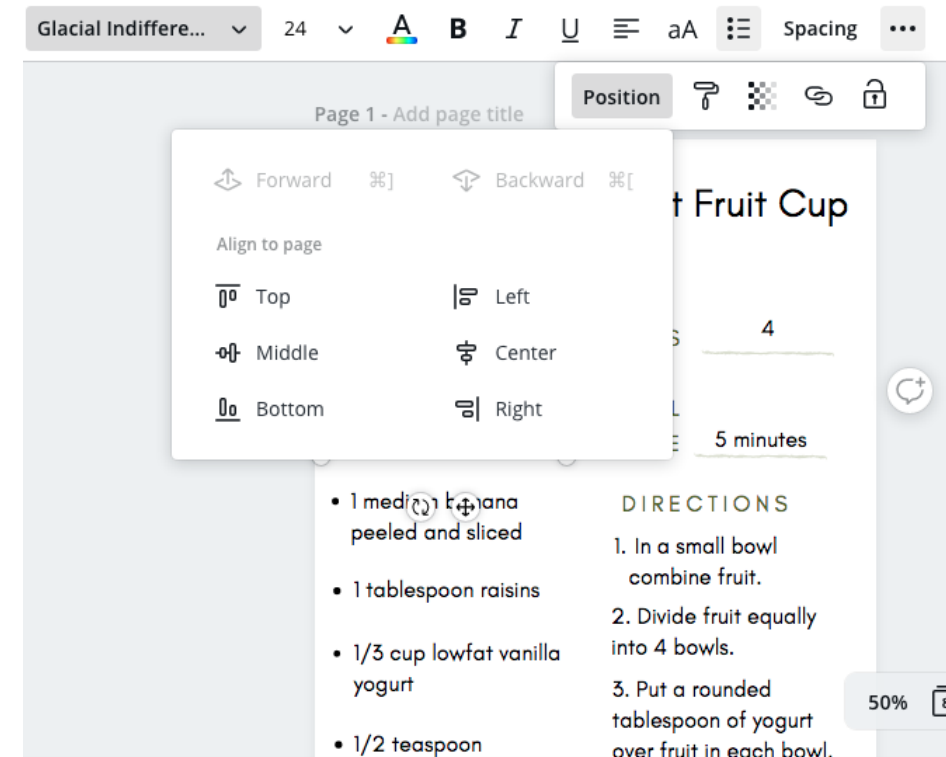
Text Options

- You can select a text box from the toolbar on the left.
- Works very similarly to text boxes in Microsoft Word or Publisher
- Text box can go anywhere on the document
- There are tools in the right hand corner to align and center the text boxes so that the document is balanced



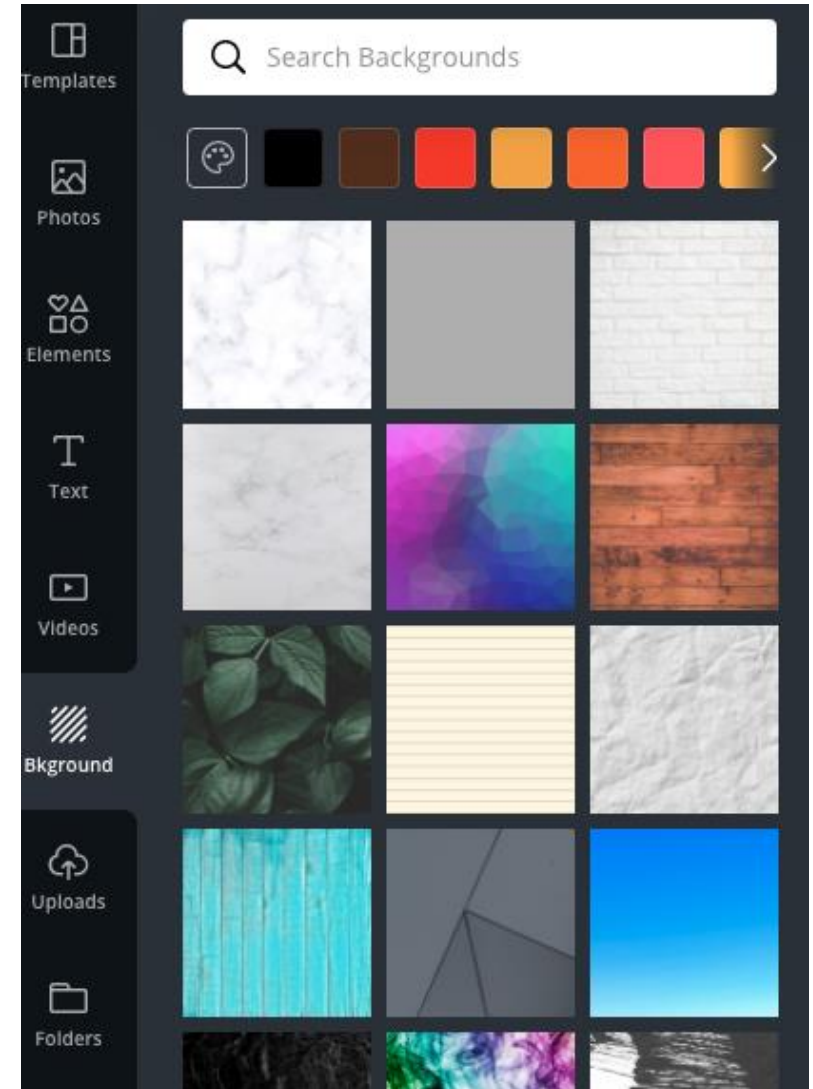
Centering Text Boxes

- A line will appear when the text box is balanced and centered with others on the page.
- There are alignment tools on the right hand tool bar. Click on the three dots and alignment tools will appear



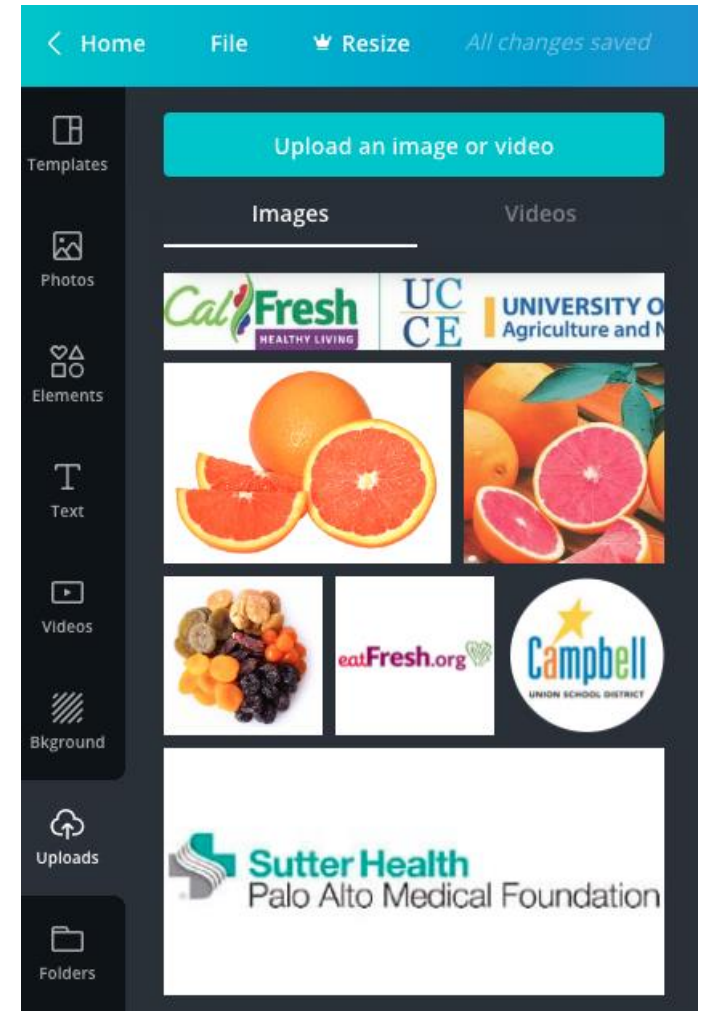
Backgrounds on Canva

- Select a background from the toolbar on the left.
- The designs theme colors will be displayed on the top of the tool bar
- If sites will print out the document, a white background is recommended to keep printing costs down



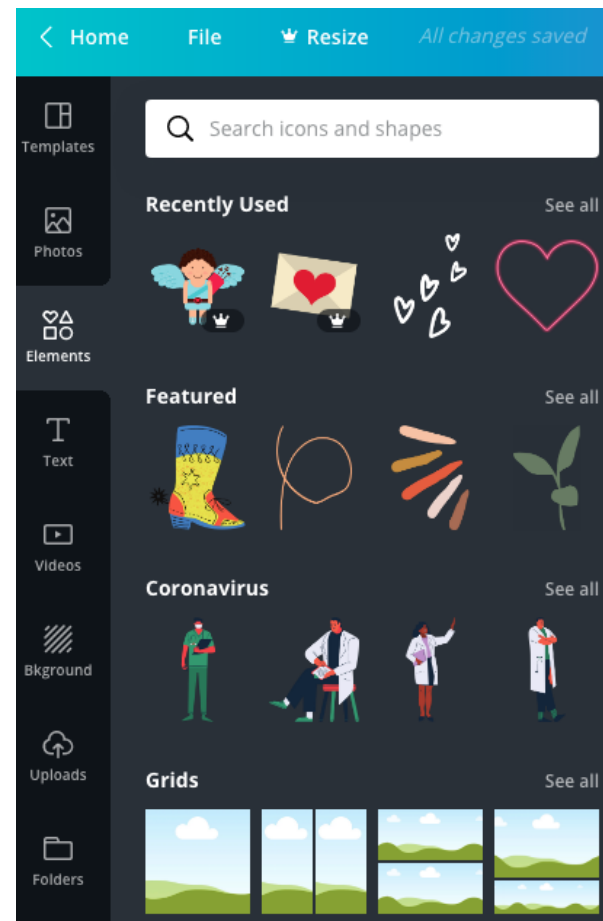
Upload Photos

- Copy/Paste does not work well with Canva
- Upload pictures using the upload feature in the toolbar on the left hand side



Graphics and Premade Photos/Videos

- Canva has graphics, premade photo, and video option to add to your design



And then you have the finished product!


Food Smarts Curriculum Schedule

PARTNERSHIP:
CAMPBELL CARE, 5210 PROGRAM
AND CALFRESH HEALTHY LIVING, UC

- Week 1: Wednesday, November 6, 2019
First Lesson: Setting the Stage for Healthy Choices
- Week 2: Wednesday, November 13, 2019
Second Lesson: What is On a Healthy Plate ?
- Week 3: Wednesday, November 20, 2019
Third Lesson: Learning About Whole Foods
- Week 4: Wednesday, December 4, 2019
Fourth Lesson: Understanding Labels and the Ingredients
- Week 5: Wednesday, December 11, 2019
Fifth Lesson: Best Practices for Healthy Living
- Week 6: Wednesday, December 18, 2019
Final Lesson: Smart Strategies for Shopping and Cooking

TODAY'S BUDGET FRIENDLY RECIPE

Tuna Apple Salad



For more Yummy Recipes
Please Visit: eatfresh.org



Santa Clara County

UC CALFRESH HEALTHY LIVING CLASE DE NUTRICIÓN

El Numero del Cuarto: H-1

Lunes 4 de Noviembre a las 9:15 -10:15

Planificación de comidas: aprenda cómo planificar comidas para su familia y escriba listas de compras para ahorrar tiempo y dinero.

Lunes 18 de Noviembre a las 9:15-10:15


Aprenda a elegir alimentos que sean nutritivos y que se ajusten a su presupuesto. Aprenda técnicas para reducir su factura de alimentos y estirar su dinero.

Lunes 25 de Noviembre a las 9:15 -10:15

Aprenda cómo usar los precios unitarios y cómo mantener sus alimentos seguros para evitar el desperdicio y el deterioro.

Lunes 2 de Diciembre a las 9:15-10:15

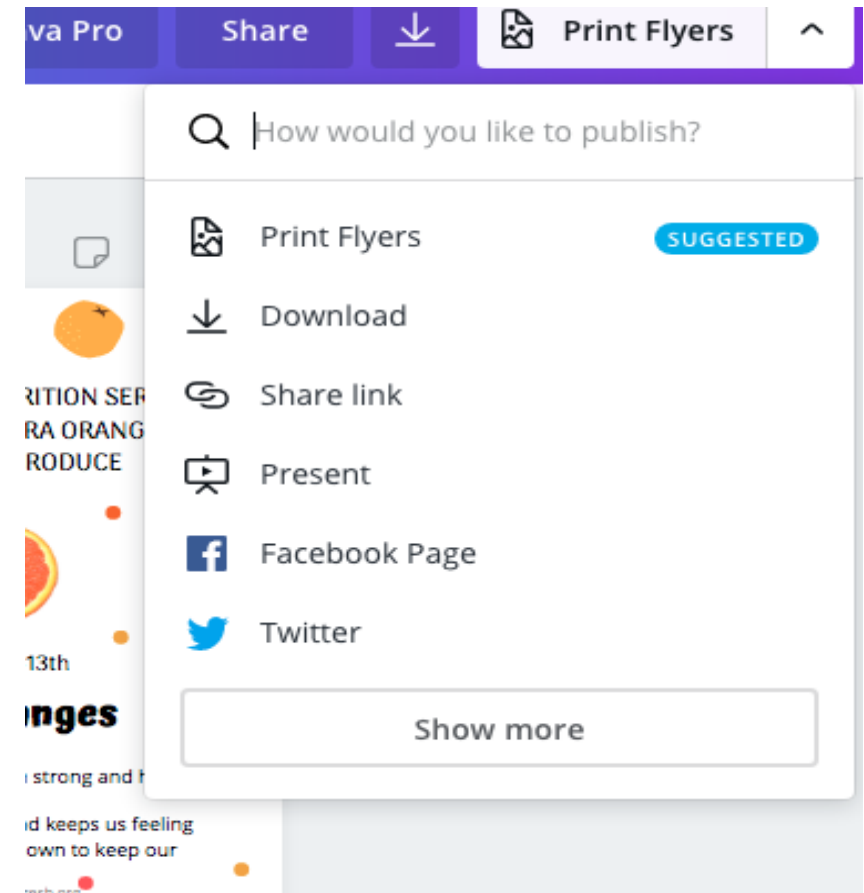
Consejos para ayudarte a planificar comidas simples y nutritivas y de bajo costo.



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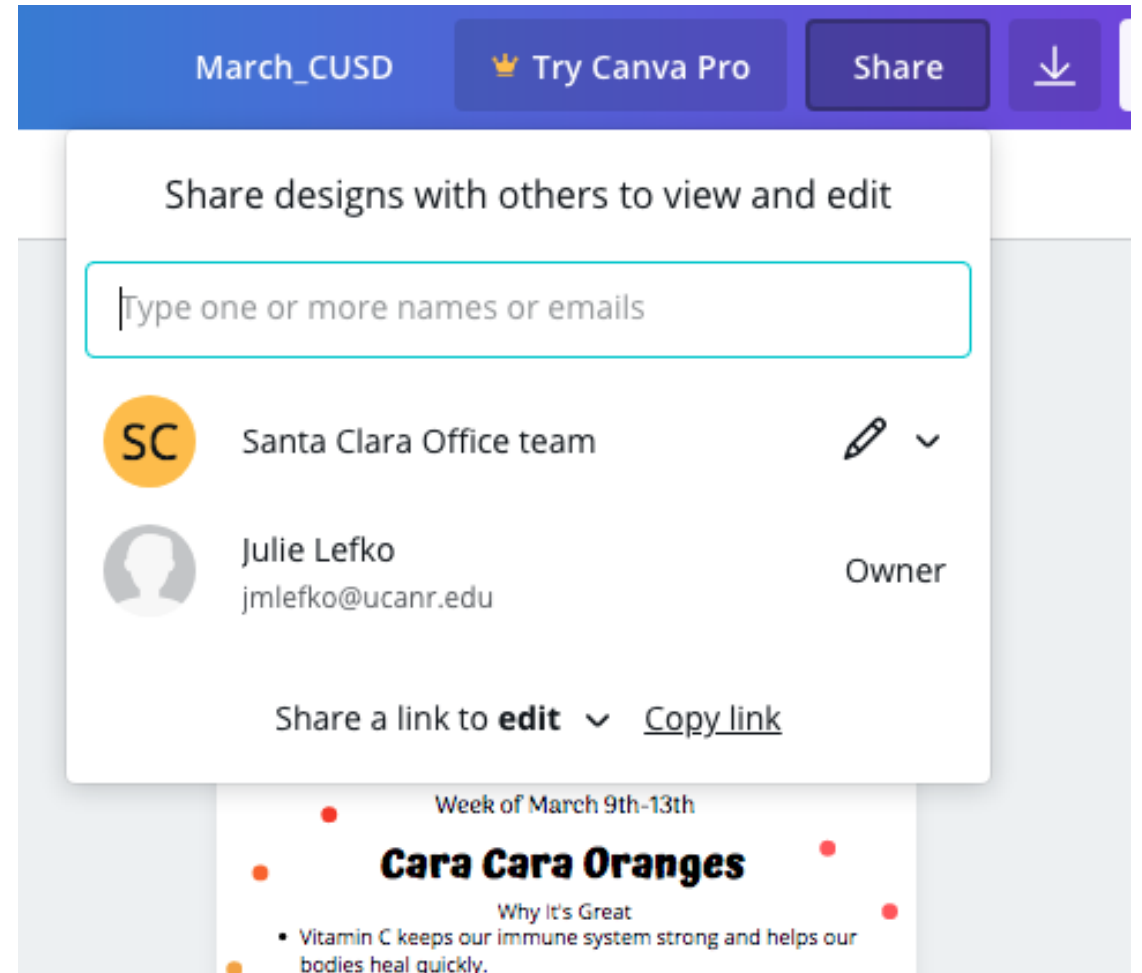
Print, Download, and More!

- Options to print, download, share link, and post on social media can be found by clicking on the dropdown arrow next to print flyers on the top right of your screen.
- The Share button to the left of print flyers is for sharing with people on Canva, not sharing on social media



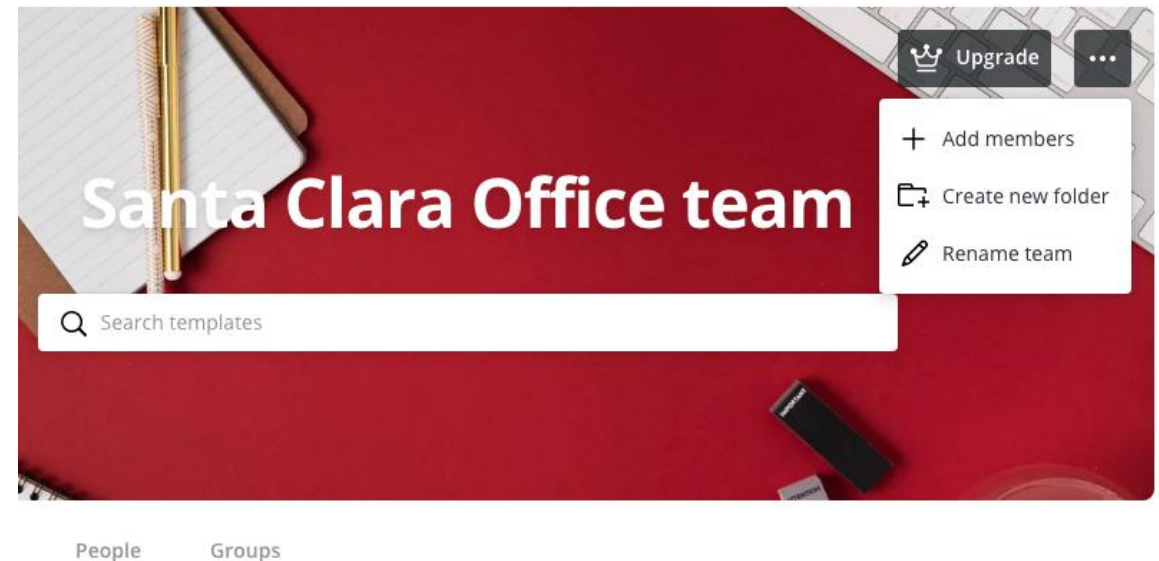
Share Designs with others on Canva

- Can send through names or emails
- Share link
- Share to your team
 - Use the drop down arrow next to the pencil
 - View or edit abilities



Create your team on Canva

- Works similarly to Google Docs
- When items are shared to the team, team members have the ability to view or edit (depending on what settings the creator set)




Invite People to Your Team

- Type in emails or send a link to invite people to join your team
- Can create multiple teams for various projects

Designs Folders **People** Groups

Invite team members for free

Creating a free team makes it easier to share designs and folders. Upgrade to Canva Pro to unlock all team functionality and benefits.

 [Get invite link](#)

OR

<input type="text" value="Enter email address..."/>	Member ▼
<input type="text" value="Enter email address..."/>	Member ▼
<input type="text" value="Enter email address..."/>	Member ▼
<input type="text" value="Enter email address..."/>	Member ▼
<input type="text" value="Enter email address..."/>	Member ▼

[+ Add another invitation](#)

Collaborate Together!

- Helpful with translations
- Fixing typos and formatting errors
- Everyone has input and can be creative

Recipe: Breakfast Fruit Cup

INGREDIENTS

- 2 oranges, peeled, seeded, and sliced into bite sized pieces
- 1 medium banana peeled and sliced
- 1 tablespoon raisins
- 1/3 cup lowfat vanilla yogurt
- 1/2 teaspoon ground cinnamon

SERVES 4

TOTAL TIME 5 minutes

DIRECTIONS

1. In a small bowl combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl, and sprinkle equal amount of cinnamon on top before serving

Recipe from eatFresh.org

Receta: Desayuno de Fruta

INGREDIENTES

- 2 naranjas peladas sin semillas y cortadas en trozos pequeños
- 1 plátano mediano pelado y cortado en rebanadas
- 1 cucharada de pasas
- 1/3 taza de yogur de vainilla con bajo contenido de grasa
- 1/2 cucharadita de canela molida

RINDE 4

TIEMPO 5 minutos

INSTRUCCIONES

1. Mezcle la fruta en un recipiente para mezclar.
2. Divídalas por igual en 4 recipientes pequeños.
3. Agregue a la fruta una cucharada copeteada de yogur bajo en grasa, y espolvoree un poco de canela molida antes de servir.

Receta de eatFresh.org

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.



CalFresh Healthy Living de California, con fondos del Programa de Asistencia para Nutrición Suplemental (SNAP) del Departamento de Agricultura de los Estados Unidos (USDA), produjo este material. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. Para obtener información nutricional importante, visite www.CalFreshHealthyLiving.org.

