



Planning a Protein for All™ Program

This is a worksheet companion for the Protein for All toolkit. As you read through the toolkit, write down how your court plans to establish a Protein for All program. This will very likely be an iterative process! Work through this worksheet on your own, again with a working partner or team, after key conversations with authority figures in your court to integrate their feedback, after you identify funding sources (which will impact the scope of your program), and possibly again after you have piloted the program. You will continue to learn after each of these steps; refining the program accordingly will help ensure the longer-term sustainability of your court's program.

Part I: Thinking Through Your Protein for All Program

Step 1. Clarify how your court will benefit from a Protein for All program

1. Why do you want a Protein for All program? Are there specific goals you hope to achieve by establishing a program in your court? Being able to clearly articulate this will help you have coherent and persuasive conversations with others at your court.



Step 3. How Do You Envision Implementing a Protein For All Program at Your Court?

1. Where would better emotional regulation make a difference to court officials and parents? In other words, where is the most viable place to establish a Protein for All program that will benefit parents? Here are some ideas: shelter care, meetings with lawyers, visitations, before assessments, follow-up hearings.

2. How will Protein for All be implemented: virtually, in-person, or both?
 - Things to consider for virtual implementation:
 - a. How and when will you share information about your court's Protein for All program?

 - b. Is there a way to provide access to food to parents at home?

 - c. Who is responsible for implementing the program?



- Things to consider for in-person implementation:
 - a. Who will manage the Protein for All program?

 - b. Where will the food be provided?

 - c. What kind of food will you offer? While any food is better than no food, protein-rich snacks, bars, and shakes are most helpful. See the handout on examples of protein-rich bars and shakes for ideas!

 - d. How will the food be provided?

 - e. When will the food be accessible?

 - f. Who do you plan on feeding through your program? This could include anyone in the court system (judges, lawyers, administrators, volunteers, parents and kids, just kids, just grumpy people...) or a subset of these folks.



- g. Based on what you sketch out to address the above questions, how many people will your Protein for All program ideally serve? How will you source the food, vouchers, or tokens? Answers to these questions will inform your budget, and likewise, how your program is funded may well inform your answer to these questions.

- h. Who will manage these resources? Will it be a single person or a team?

Step 4. Funding your Protein for All program

See the Fundraising section of the toolkit for ideas and jot down notes here.

Step 5. Collecting Data

See the Data Collection section of the toolkit to learn about the types of data that have been shown to be important and ideas on how to collect it. Jot down your notes here.



Part II. Developing an Action Plan

Use the SMARTIE (Specific, Measurable, Achievable, Realistic, Timely, Inclusive, Equitable) goal-setting worksheet to create a step-by-step plan for developing and implementing your Protein for All program.

1. What steps are needed to develop what, how, and who from Parts 1 and 2 of this worksheet?
2. Establish a clear and realistic timeline, get commitments from key people for specific tasks
3. Be sure to revisit your action list often and revise as needed.

Part III. Pull It All Together into a Concise Action Plan You Can Share

In one or two paragraphs, summarize the following based on the work you did in Parts I and II of this worksheet. Look at the example letter explaining the importance of Protein for All for ideas. We suggest you include the following:

- The problem that you are solving
- The solution for your court and why
- What the program will look like
- The estimated cost and how will it be funded
- When the major steps will be completed
- What data will be collected and how
- Who needs to give approval

