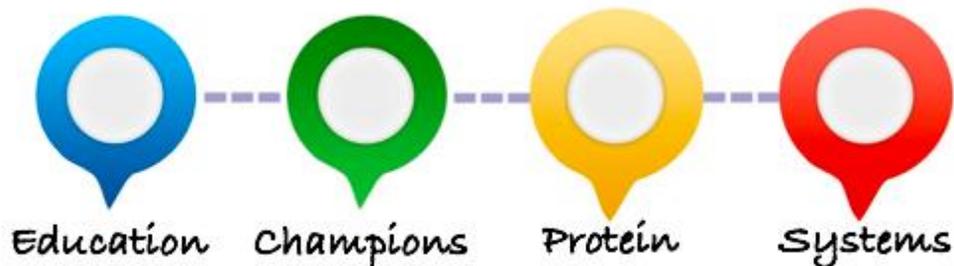


## Protein for All Startup Tool Kit

*For mere peanuts a day, you can improve your Dependency Court*



### Protein For All



ProteinForAll.org

Developed through funding by  
the [Court Improvement Training Academy \(CITA\)](#) at  
the University of Washington School of Law

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Note on organization of this Toolkit:

There are bolded statements in the booklet to help you along your path:



**Action:** indicates an opportunity for action where you can personalize the material so that it fits a specific context.



**Science:** indicates a section that goes deeper into the science behind a concept.



**Story:** indicates a short story about a specific point.



**Videos:** indicates that there is an online video available. There will be a description of what the video covers and a link.

Introduction:

Imagine a young parent, Sharon, who is having the worst day of her life - her two children were taken from her home and placed in emergency foster care, and now she has come to court. In the lobby of the court house, Sharon meets Annie, a court official, who sits down to explain what's going to happen on this first day of the dependency court.

Annie: "When was the last time you ate?"

Sharon: "Last night."

Annie: "Did you bring food for today?"

Sharon: "No, I was just so upset, I didn't think about it."

Annie: "Can I give you a protein bar? It will help your brain be at its best today. And here's a handout about how protein helps your brain think more clearly."

Sharon: "Yes, thank you," as she accepts both.

This simple and inexpensive interaction did several things:

1) The protein bar stabilizes Sharon's blood glucose for 2-3 hours. This will allow her to access the responsive part of her brain that helps her engage in the court process. Without food, she can get stuck in the reactive part of her brain that is defensive and emotional, which will make it difficult for her to absorb the vast amount of information and expectations that will be presented to her.

2) The gesture of offering food is an act of compassion that helps break the cycle of trauma. Sharon understands that Annie might really want to help her and a seed of trust is planted. This is a physical representation of this court being trauma responsive.

An hour later, Sharon meets with James, her attorney. James has a busy day, but he knows that he benefits from brain smart self-care. Most nights, James gets 8 hours sleep and manages to get in 30 minutes of yoga or walking before work. He carries packets of trail mix (nuts and raisins) in his bag, that he offers to clients and will eat himself, if he misses a meal or has a hard case. After clients eat the trail mix or protein bar, he finds they are better able to participate in their case and want to get to solutions, rather than telling him how unfair this all is. For James, this means that he has energy left at the end of the day for himself and his children. He is also less likely to spend time rethinking his interaction with Sharon because they both did their best in the moment – a good step for preventing secondary trauma.

Shortly after meeting Sharon, James asks if she has had something to eat.

Sharon replies, “Yes, someone gave me a protein bar earlier.”

James replies, “Good, here’s some trail mix. We should be going into the court room shortly, but if we have to wait a while, you can eat it to help you really hear what the judge says to you. Let’s talk about your case....”

This is the essence of the Protein for All Program, helping everyone – parents, children and professionals - neurologically and emotionally engage in the dependency court system.

Although it sounds simple enough to provide parents and staff with protein-rich snacks, implementing a Protein for All program requires working through a series of questions, which can be different for each court. Individualized solutions come from people who champion the idea that, to be at our best, we need to have recent access to protein-rich food. This tool kit provides you with questions to ask, stories about solutions discovered, and tools to use for education and engagement.

## History of the Protein for All Program

[Protein for All \(PFA\)](#) evolved from a 2014 training by Dr. Kristen Allott to Washington State Superior Court and Tribal judicial officers on the important role that food plays in good decision-making. Partnering with the [Court Improvement Training Academy \(CITA\)](#) at the University of Washington School of Law, additional trainings by Dr. Allott sparked grassroots enthusiasm among judicial officers, court staff and Parent Allies to

create PFA projects in their communities. These groups are leading efforts in local courts and communities across Washington State. PFA is also being implemented in Maricopa County, Arizona, the fourth largest county in the country.

## PFA Program Components

We have identified four key components to establishing a successful PFA program: Education, PFA champions, high protein snacks, and simple, sustainable, data-driven systems.



### Education

PFA educates people throughout the dependency court about small changes that they can make to have more energy and mental clarity. More energy and mental clarity lead to better decision-making, increased resilience, and promotes better health over the long term.

- PFA Education helps people:
  - understand why protein is important to physical and mental health
  - understand how energy and mental clarity are impacted by the body's power supply to the brain, and that investing in their power supply can increase energy and mental clarity
  - understand that food, sleep, movement and relationships determine our power supply
  - understand how self-care influences decision making, resilience and health for everyone
  - promote civility to everyone interfacing with the court process
  - prioritize behaviors that support a healthy power supply to the brain and body, which creates a more effective and trauma responsive court system
- Sources for PFA Education:
  - Free videos provided on [ProteinforAll.org](https://ProteinforAll.org)
  - Annual sessions at the Children's Justice Conference in WA
  - CITA-sponsored trainings
  - Consulting and program development with Dr. Allott and PFA connectors

*"I wish I'd known earlier that self-care is part of the job, so that I can maintain optimal decision-making ability."*

*– Commissioner in WA*



## PFA Champions

Part of what allows PFA to thrive and grow in dependency court environments is that it is an achievable approach to addressing the stress that everyone involved experiences. When someone who has endured stress and trauma discovers that protein reduces the adrenaline in their system and they feel better, they are often excited to share this information with others. These individuals are PFA champions; their excitement has seeded the PFA grassroots movement.

### Who are PFA Champions?

- Anyone can be a Protein for All Champion: judicial officers, attorneys, Parent Allies and court coordinators are all driving forces behind PFA programs
- Generally, a PFA Champion has discovered that prioritizing how and what they eat, and when and how they sleep and get light exercise is effective for feeling at their best *and* positively impacts the people they are connected to.

### What do PFA Champions do?

- Often, PFA Champions are willing to articulate their personal experience with food and/or what they observe with other people as they move from lizard brain to smart brain by eating protein as part of their meals, or have protein snacks at regular intervals throughout the day.
- These people are excited about the impact that small changes make and are willing to share this with others.
- They motivate and encourage others to participate in the program and improve their lives for the benefit of their families, their work and themselves.
- They continue to seek education for themselves and the people they connect to.



### A little science

The amygdala is the oldest part of our brain and the home base of our primitive and so-called **lizard brain**. It's also part of the limbic system, and it's involved in the instinctual reactions: fight, flight, disappear, and play the old record. We can "disappear" out of our conscious thoughts into potato chips, ice cream, and alcohol. "Play the old record" signifies our reliance on habitual behaviors that are not useful given present circumstances.

The cerebral cortex, which consists of two large hemispheres situated beside each other, is unique to mammals. It provides us with the capacity for self-awareness, problem-solving, memory, learning, and organization. The hippocampus sits just below the cerebral cortex, and serves as Grand Central Station for almost all ingoing and outgoing information. Together, the hippocampus and the cerebral cortex are our **smart brain**; they help us assess and navigate our world, fostering intentional, appropriate, and creative decision-making.



### Stories of PFA champions:

*A Parent Ally attended the PFA seminar at the Children’s Justice Conference. Leaving the seminar inspired, she approached a commissioner in her court who attended a judicial training about protein and health. The commissioner used her position to organize a PFA training for court staff and child welfare partners so that everyone had the same information. The Parent Ally, with the support of the commissioner, was able to advocate for the program at court until all the objections were answered. Now the “PFA Cart” has a location in the court and any staff can take and/or offer protein to anyone to decrease reactive behaviors. Protein bars and other protein-rich snacks are donated by the court staff and the AG attorneys.*

*In another court across the state, a Superior Court Judge was inspired by a PFA presentation. The Judge knew that youth in Juvenile Court received sandwiches from the food bank. She made a personal visit to the food bank to learn about how the sandwiches arrived at court and asked the food bank to provide protein-rich food to Dependency Court. The food bank now provides protein snack packs that court staff and Parent Allies use to stock the “PFA Cart.” The cart is available to all families and staff in the waiting room at court.*



### High Protein Snacks

Protein rich foods should have at least 10 grams of protein and less than 40 grams of carbohydrates per serving.

- Examples of protein rich foods include nuts, jerky, protein bars, protein shakes, (some) sandwiches and other low-cost foods.
- Protein-rich foods can be affordably purchased from grocery stores and others, like Costco and Grocery Outlet.

Education about how to read labels can be found on [ProteinForAll.org](https://ProteinForAll.org).

### Funding for Protein Rich Foods

Funding opportunities vary from program to program, based on the resources and ingenuity of each site. Here are some of the creative and successful ideas:

- Donations from staff and attorneys in Dependency Court
- A judge worked with a food bank to secure a grant that now provides daily packs of protein, water and a treat
- Court administrators prioritize the PFA program and create a budget line item to provide protein-rich snacks
- A specific grant for funding healthy foods was written for the county
- A non-profit associated with the Parent for Parent program accepts donations from local business owners who have experience with Dependency Court programs
- Attorneys purchase protein-rich snacks for their offices as an office expense.
- A Parent Ally makes sandwiches in his own kitchen to give to parents before they participate in evaluations



#### Stories of PFA champions:

*A Parent Ally who leads a father’s support group, has observed that fathers respond differently to court-ordered evaluations when he provides them a sandwich with protein and a bottle of water before the evaluation. He summarizes the difference this way, “When fathers have protein before their evaluation, if they call me afterwards, they have questions about the evaluation. They want to know how they could do things differently. When they haven’t had protein before the evaluation, they call me to yell for an hour about how unfair the evaluation was.”*



#### Low cost, Actionable, Data Driven Systems

Part of the success of PFA is that the community in a court or office is empowered to structure the program in any way that works for their unique situation. Here are some ways counties are implementing the PFA program in their jurisdictions:

#### Low cost

- Spokane County offers parents protein at the Shelter Care hearings and at Parent Hope and Rising Strong classes taught by Parent Allies. These services are currently covered by donations from attorneys for parents and the Office of the

Attorney General. The annual costs of providing food in these programs are estimated to be around \$1,000 (currently received through donations).

- Maricopa County, Arizona, is the fourth largest county in the United States and its court has 27 Judicial Officers hearing child dependency cases on a rotational basis. The county funds nutritious protein-rich foods for shelter care hearings and HOPE classes for around \$6,000/year.

#### Actionable:

- A mobile cart that is designated and supplied with protein bars is a quick and easy way to make protein-rich snacks available. One or two people take responsibility for keeping the cart stocked and bringing it out and storing it at the appropriate times. Anyone at the court can help themselves to a protein bar to support a healthy power supply to the brain and body. Generally, however, the protein bars are offered to parents and children who are waiting for a hearing, talking to their attorney or attending a Parent Ally class.
- Attorneys, social workers, providers and Parent Allies can also have protein available to offer to clients when they are going to meetings, evaluations or visits with their children.

*“When parents come to my office I have my receptionist give them a protein bar and when I am at court we both eat a protein bar. I can have a much more focused conversation”*

– Parent Attorney in Eastern Washington

#### Data-driven

##### Surveys

In two counties, Protein for All champions conducted informal surveys in order to understand the challenges and needs of the individuals in the dependency court system who are working to stay in their “smart brain” during high stake events.

In one county, from June 2016-June 2017, parents arriving at Dependency Courts were asked when and what they had last eaten; whether or not they accepted a protein-rich snack when offered was also noted.

While 154 of the 396 (or almost 40%) people surveyed had reported having eaten that day. The majority of people surveyed *had nothing to eat before coming to court*; three people had not had anything to eat for two days and four reported having had nothing to eat for three days prior to coming to court.

Of those who had eaten that day, less than a third of those had had a meal containing a full serving of protein. While some protein is better than none, and any food in the body is better than not having eaten – this does not set stage for clear thinking or good decision-making.

**396 people participated in a survey over a 12-month period (June 2016-June 2017)**

- When asked when they last ate:
  - 154 had eaten that day; of these, only 43 had a full serving of protein
  - 72 people hadn't eat since the day before, and for 6 people it had been even longer
- Only 24 had brought food with them.
- When offered a protein snack, 283 people accepted
  - 96 of the 283 people had not eaten since the day before or longer

Most significantly, only 24 people brought food with them to court. In this county parents are told to arrive at 8 am for the shelter care hearing and it is possible that they will be there for most of the day.

### *Donations*

Another county kept track of where the donations of protein snacks came from, what the snacks were, and who they were given to. The donations came from the Parent-Child Assistance Program (PCAP), a prosecutor's office, churches, foodbanks, and an anonymous donor. The protein-rich snacks received included peanut butter, cheese, crackers, protein bars, granola bars, chicken and turkey strips, dried nuts, and instant noodles. The donations received supported 61 individuals, including parents, children and case managers.

While these early surveys were somewhat subjective, they do provide insight into several concepts that PFA is addressing. First, parents entering dependency court are faced with several challenges.

- Poverty – some parents don't have the food or money to eat before coming to court.
- Lack of education – most people have little education on how protein in a meal supports staying in your smart/responsive brain.
- History of Trauma – studies show that parents entering the dependency system carry with them the history of significant trauma and neglect. This increases the

likelihood that their lizard/reactive brain will be in charge when experiencing a high stakes event such as a shelter care hearing.

Offering a protein-rich snack during a high stakes event provides a low cost, actionable and compassionate in-the-moment solution for the challenges the parent is facing. This simple solution achieves the following:

1. Throughout history offering food has been an action that indicates support and acknowledgement that a person is seen and valued.
2. A quick statement that “by eating food with protein you are helping your brain stay solution-oriented” provides the parent with a first step towards hope.
3. Consuming protein-rich food prior to a high stakes event helps the parent access their smart brain to start planning for their future and the future of their children.
4. Having protein-rich foods available at courts helps everyone (judges, court staff, attorneys) in the court be at their best throughout the day; it helps reset the brain if a meal is skipped, after a highly stressful interaction, or if the individual is just in need a quick snack.



## How to Start a Protein for All Project

1. Provide education on the role of food in decision-making and the benefits of eating protein for professionals, parents, and kids involved in the dependency system.
2. Share examples of how others are using PFA to make a positive difference in their lives and their work:
  - a. Parent Attorney who gives all clients a protein bar before meeting with them because she found they listen better.
  - b. Parent Allies who recognize that they were more emotionally reactive at court hearings because they had not eaten at their own shelter care hearing.
  - c. Parent Allies report that parents and their children are less visibly agitated and better able to participate and focus at shelter care hearings when they have been given protein prior to the hearings.

- d. Judges who learned to eat throughout their workday and found that they have more energy and mental clarity to devote to their docket and to their personal lives at home.
  - e. Parents who learned to help their children navigate stress and reactive emotions by providing frequent, healthy snacks during visits.
  - f. Kids who stop being rude after school when they eat nuts instead of gummy bears.
3. Identify a champion with authority - such as a judge, commissioner, or court administrator - who can provide support to address barriers, engage the community, and convene court partners.
  4. Decide where you want to provide protein and who you want to serve:
    - a. At Court
      - Offer food to families in court waiting room
      - Improve food options available in vending machines
      - Provide protein-rich snacks at meetings – replace donuts and bagels with fruit, nuts and protein bars
      - Swap out the candy jar for something healthier
    - b. Before and during visits
      - Encourage parents to eat before visits so they can remain calm.
      - Help parents plan and provide healthy, protein-rich meals and snacks to share with their children during visits.
    - c. Before high-stakes evaluations
    - d. Before client meetings
      - For both attorneys and clients
      - Case related meetings – shared planning, etc.
  5. Identify who will run the program
    - a. Parent Allies

*Visitation between parents and children can be highly stressful events for everyone. When protein is provided to the whole family, parents and children are better able to focus on connecting with each other*

- b. Court staff
  - c. Providers
    - Visitation supervisors
  - d. Attorney offices
  - e. Volunteers
6. How will you fund or access protein?
7. Develop the structure of your program – simple is better
- a. Who will offer the protein and manage the supply?
  - b. Where will the protein be stored?
  - c. Who gets to consume the protein?
8. Identify and address barriers
- a. Who needs to give approval to implement?
  - b. Do rules need to be changed?
9. Collect data
- a. Parent interviews
    - When was the last time you ate (hours)?
    - What did you eat?
    - Did you bring food today?
    - Accepted protein or not
    - Did the food provided today help you feel better? How?
  - b. Program numbers
    - Amount of food provided
    - Number of people served
    - Estimated cost per person served
  - c. Professional surveys
    - Types of food provided in court, meetings, vending machines

- Has program had an impact on your life or work?

#### 10. Sustainability

- a. Keep it simple
- b. Training for staff
- c. Ongoing funding plan
- d. Program administration is part of someone's job description



#### Resources (Videos, Handouts, Worksheets):

Significant resources and education can be found on the [Protein For All website](#)

Handouts and templates are provided in Appendix A.

#### Appendix A: Handouts and Templates

1. Optimize Your Brain (2-page handout)
2. Be at your best (2-page handout)
3. Be at your best in Court (2-page handout)
4. Be at your best at Visitations (2-page handout)
5. Be at your best at Evaluations (2-page handout)
6. PFA Protein Drive Flyer A (1-page template)
7. PFA Protein Drive Flyer B (1-page template)
8. Letter for protein donation requests (1-page template)
9. Evaluating Food Labels (1-page handout)

# Optimize Your Brain

## Protein for Mental Health

Small frequent meals with protein help the brain synthesize dopamine and serotonin and stabilize blood glucose to help you feel better. Be sure to also eat vegetables, fruits, and whole grains.

## Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- More energy
- Hungry less often
- Better and more stable moods
- Higher metabolism from having more muscle mass

## How much protein should I eat?

The quick calculation for your target protein intake is 8 grams of protein for every 20 lbs of body weight, or one-third of your caloric intake is protein. Most people feel better when they eat at least 20 grams in the morning, 20 grams in the afternoon and 20 grams in the evening. The maximum amount of protein per day is 120 grams.

Your Weight (lbs)	Target (g protein)	Acceptable Range (g protein)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	57-72
180	72	64-81
200	80	71-90

## Lizard Brain Treat

- 1/4 cup of fruit juice or a 'tot box' of juice
- 1/4 cup of nuts (almonds, cashews, hazelnuts)

## Healthy Protein Sources

Legumes			Nuts		
Firm Tofu	1/2 c	20 g	Nuts	1/4 c	8 g
Tofu	1/2 c	10 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Lentils	1/2 c	9 g	Seed butter	2 T	5 g
Refried beans	1/2 c	8 g	Milk Products		
Whole beans	1/2 c	7 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	High Protein Yogurt	1/2 c	8-9 g
Seed Grains			Not Milk or cheese		
Quinoa	1/2 c	11 g	Eggs		
Barley	1/2 c	10 g	Egg, whole	1	7 g
Dark rye flour	1/2 c	9 g			
Millet	1/2 c	4 g			
Oats	1/2 c	3 g	Note: Egg yolks contain nutrients that are excellent for mental health.		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Dairy Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4-7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Chicken, Turkey, Beef, Pork	3 oz	21 g

## Portion control

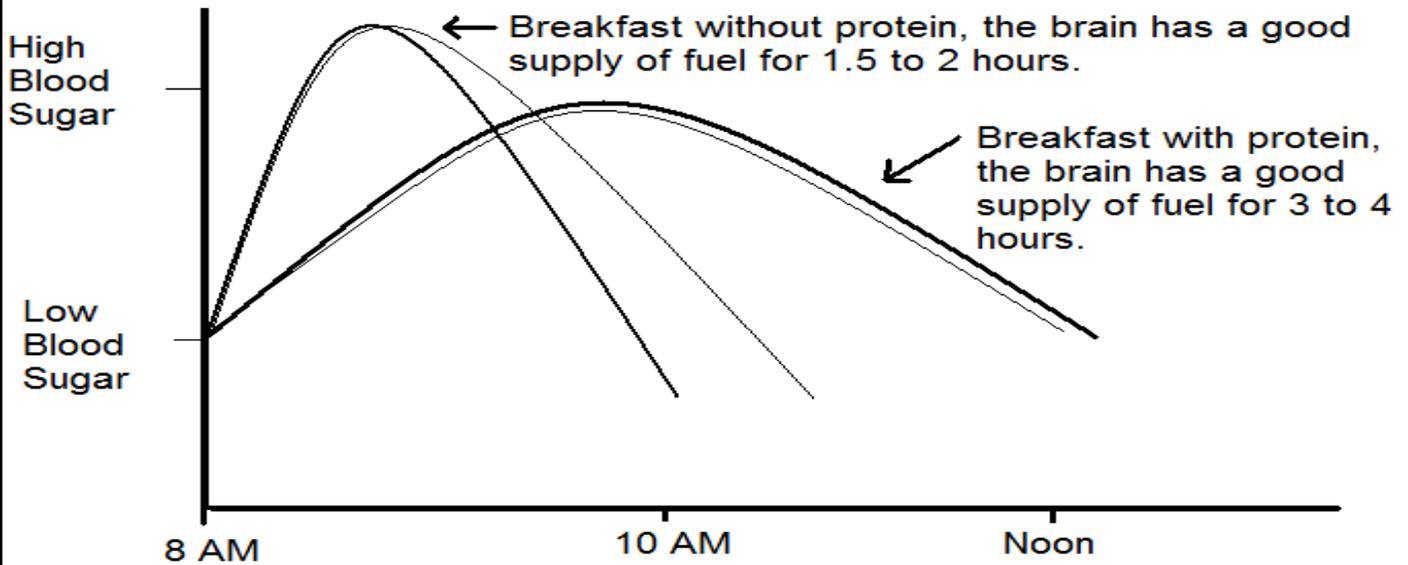
Here are some visual clues to help you keep servings to the proper size:

- 3 oz of any meat= a deck of playing cards
- 1/2 c cooked grain = a small fist
- 1 oz cheese = a thumb
- 1 oz nuts = a golf ball
- 1 T nut butter or nuts = a silver dollar or a walnut

Use the **Lizard Brain Treat** when you are:

- anxious, irritated, or agitated.
- anticipating something that makes you anxious, irritated and/or agitated.
- not hungry after waking in the morning. Try having nuts and juice on your bed stand and consume the treat prior to getting out of bed.
- hungry, having gone too long (more than 4 hours) without eating.
- having 3 AM "committee meetings": waking at 3 AM and being sure that sleep won't come for 2 hours.

# Optimize Your Brain



High Protein Breakfast vs. Low Protein Breakfast

## Three Day of Ridiculous Amounts of Protein: Protein Every Three Hours

- 7 AM Breakfast: (14 grams of protein) within an hour of waking  
Two eggs, 1 piece of toast, one apple or pear
- 10AM Snack: (6-7 grams of protein)  
1/4 cup of nuts: almonds, peanuts, cashews, and hazelnuts  
Or 1/4 cup cottage cheese  
Or 2 TBS of nut butter-peanut, almond, and/or cashew
- 12 to 1PM Lunch: (21 grams of protein) meat the size of a deck of cards  
This can be a sandwich, wrap, salad, or soup.  
Plus 1 cup of veggies or 1 cup of whole real grain-brown rice, quinoa, and bulgur  
Be sure that there is a little veggie fat- avocado, nut oil and/or olive oil.
- 3 pm Snack: (6-7 grams of protein)  
1/4 cup of nuts-almonds, peanuts, cashews, and hazelnuts  
Or 1/4 cup cottage cheese  
Or 2 TBS of nut butter-peanut, almond, and/or cashew
- 6 PM Dinner: (21 grams of protein) meat the size of a deck of cards  
This can be a sandwich, wrap, salad, or soup.  
Plus 1 cup of veggies or 1 cup of whole real grain-brown rice, quinoa, and/or bulgur  
Be sure that there is a little veggie fat- avocado, nut oil and/or olive oil.
- Before Bed: 1-2 slices of turkey or meat

# Keep your brain fed to be your best

These are ideas to help you do better.

Research shows that when you don't eat, you are more likely to be anxious, irritated and say and do things that are not helpful.

Eating protein every 2–3 hours during a stressful day keeps nutrients going to your brain so you can stay calm and focused.



On a court day it is normal to feel upset, nervous, shaky, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. It is important to eat breakfast and meals throughout the day.

Prepare for your visit by eating some breakfast. If you are not feeling hungry and/or your stomach has butterflies, you can drink some nutrients, such as

- Milk
- Juice
- Protein shakes: Muscle Milk or Odwalla

**Protein is smart brain food.** Foods that have protein in them are chicken, hamburger, pork, turkey, eggs, peanut butter, beans, tuna, tofu.

Eating anything is better than eating nothing, and protein helps you think and perform best.

Be careful about drinking more caffeine or energy drinks than you normally drink. Extra caffeine can add to your anxiety, irritation or agitation.

(cont'd)

*Please consult with your doctor before changing your diet.*

Created by the Court Improvement Training Academy and Dr. Kristen Allott.

This and other resources available at [ProteinForAll.org](http://ProteinForAll.org)

# Keep your brain fed to be your best

## Brain foods you can buy at QFC/Albertson's/ Safeway/Grocery Outlet/Winco are:

- Cliff bars
- Peanut butter
- Can of tuna
- Western Family Mac & Cheese
- Pepperoni
- Muscle Milk/CorePower Protein Shake
- Dozen eggs

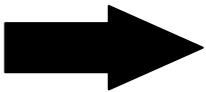
## Fast foods, gas stations and food trucks:

- Egg sandwich, hamburger, tacos, burritos, hotdogs
- Chicken sandwiches, chicken nuggets

## Food to make at home:

- Boiled eggs: In a pot of boiling water, let whole eggs boil for 8 minutes. Rinse in cool water. Peel shell to eat
- Peanut butter sandwiches
- Lunch meat sandwiches
- Chicken for chicken sandwiches
- Bean burrito with cheese
- Peanut butter with apple or carrots
- Canned tuna with mustard as a sandwich

## Bring a bottle for water to drink.



Remember: **Eating anything** is better than eating nothing, but consuming protein helps you **think and perform at your best.**

*Please consult with your doctor before changing your diet.*

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This and other resources available at [ProteinForAll.org](http://ProteinForAll.org)

# Keep your brain fed to be your best at Court

**These are ideas to help you do better in court. Research shows that when you don't eat, you are more likely to be anxious, irritated and say and do things that are not helpful.**

**Eating protein every 2–3 hours during a stressful day keeps nutrients going to your brain so you can stay calm and focused.**



On a court day **it is normal to feel upset**, nervous, shaky, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. **It is important to eat breakfast** and meals throughout the day.

Prepare for your visit by eating some breakfast. **If you are not feeling hungry and/or your stomach has butterflies**, you can **drink some nutrients**, such as

- Milk
- Juice
- Protein shakes: Muscle Milk or Odwalla

**Protein is smart brain food.** Foods that have protein in them are chicken, hamburger, pork, turkey, eggs, peanut butter, beans, tuna, tofu.

**Eating anything is better than eating nothing, and protein helps you think and perform best.**

**Be careful** about drinking more caffeine or energy drinks than you normally drink. Extra caffeine can add to your anxiety, irritation or agitation.

*(cont'd)*

*Please consult with your doctor before changing your diet.*

Created by the Court Improvement Training Academy at [www.uwcita.org](http://www.uwcita.org) and Dr. Kristen Allott at [KristenAllott.com](http://KristenAllott.com).

# Ideas for brain smart foods for court

## Brain foods you can buy at QFC/Albertson's/Safeway/Grocery Outlet/Winco are:

- Cliff bars
- Peanut butter
- Can of tuna
- Western Family Mac & Cheese
- Pepperoni
- Muscle Milk/CorePower Protein Shake
- Dozen eggs

## Fast foods, gas stations and food trucks:

- Egg sandwich, hamburger, tacos, burritos, hotdogs
- Chicken sandwiches, chicken nuggets

## Food to make at home:

- Boiled eggs: In a pot of boiling water, let whole eggs boil for 8 minutes. Rinse in cool water. Peel shell to eat
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## Bring a bottle for water to drink.



Remember: **Eating anything** is better than eating nothing, but consuming protein helps you **think and perform at your best.**

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Created by the Court Improvement Training Academy at [www.uwcita.org](http://www.uwcita.org) and Dr. Kristen Allott at [KristenAllott.com](http://KristenAllott.com)

# Keep your brain fed to be your best at visits

**By eating before the visit with your child, your brain can think better and you can have a better visit. Research shows when you don't eat, you are more likely to be anxious, irritated, and say and do things that are not helpful.**

**Eating protein every 2–3 hours during a stressful day keeps nutrients going to your brain, so you can stay calm and focused.**



When you have not seen your child for a while, **it is normal to feel upset**, nervous, shaking, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. **It is important to eat breakfast** and meals throughout the day.

Prepare for your visit by eating some breakfast. **If you are not feeling hungry and/or your stomach has butterflies**, you can **drink some nutrients**, such as

- Milk
- Juice
- Protein shakes: Muscle Milk or Odwalla

**Protein is smart brain food.** Foods that have protein in them are chicken, hamburger, pork, turkey, eggs, peanut butter, beans, tuna, tofu.

**Eating anything is better than eating nothing, and protein helps you think and perform best.**

**Be careful** about drinking more caffeine or energy drinks than you normally drink. Extra caffeine can add to your anxiety, irritation or agitation.

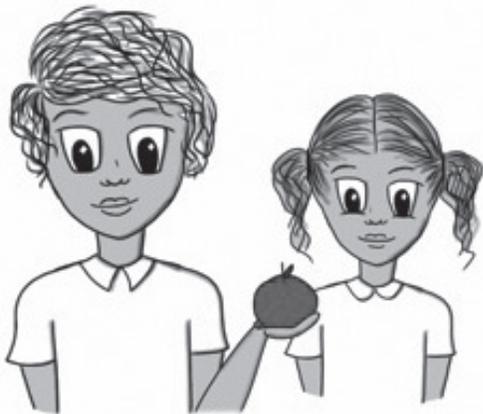
*(cont'd)*

*Please consult with your doctor before changing your diet.*

# Tips for great visits with your child

## Activities

- Plan some things you can do together, such as draw, read aloud, play a game or sing songs.
- Ask the visitation agency what toys and activities are available at the visit location.
- Bring a favorite toy, book or game to each visit.
- Make a Visitation Bag or Backpack to hold everything you need for visits.
- Help your child with their homework or pre-school activities. Ask them what they are learning and show them you support their education.
- Turn off your cell phone during visits so you won't be distracted by texts or calls.



## Food for visits

- Share nutritious food that your child will enjoy.
- Ask your social worker or the foster parent to tell you what your child is eating these days.
- Feeding your child is something that all parents do. Bring food that is part of your culture and family tradition.

## Staying Connected

- Attend all of your visits. Your children will miss you and won't understand if you aren't there.
- If you can't make a visit due to an appointment, let your social worker and the visit provider know as soon as possible. Sometimes a makeup visit can be scheduled.
- This time is for bonding with your children. Do not vent your frustrations about your case, social worker or others.
- Use a notebook that travels with your child to ask your child's foster parent or caregiver questions about your child's care. Ask about nap times, meal times, favorite activities, preferred food, and behavior.
- If you have questions or concerns about your child, talk to the visitation staff or your social worker before or after the visit, or at another time.

*Please consult with your doctor before changing your diet.*

# Keep your brain fed to be your best at assessments/evaluations

**These are ideas to help you do better at an evaluation. Research shows that when you don't eat, you are more likely to be anxious, irritated and say and do things that are not helpful.**

**Eating protein every 2–3 hours during a stressful day keeps nutrients going to your brain so you can stay calm and focused.**



At an evaluation, **it is normal to feel upset**, nervous, shaky, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. **It is important to eat breakfast** and meals throughout the day.

Prepare for your visit by eating some breakfast. **If you are not feeling hungry and/or your stomach has butterflies**, you can **drink some nutrients**, such as

- Milk
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- Protein shakes: Muscle Milk or Odwalla

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# Ideas for brain smart foods for an assessment/evaluation

## Brain foods you can buy at QFC/Albertson's/Safeway/Grocery Outlet/Winco are:

- Cliff bars
- Peanut butter
- Can of tuna
- Western Family Mac & Cheese
- Pepperoni
- Muscle Milk/CorePower Protein Shake
- Dozen eggs

## Fast foods, gas stations and food trucks:

- Egg sandwich, hamburger, tacos, burritos, hotdogs
- Chicken sandwiches, chicken nuggets

## Food to make at home:

- Boiled eggs: In a pot of boiling water, let whole eggs boil for 8 minutes. Rinse in cool water. Peel shell to eat
- Peanut butter sandwiches
- Lunch meat sandwiches
- Chicken for chicken sandwiches
- Bean burrito with cheese
- Peanut butter with apple or carrots
- Canned tuna with mustard as a sandwich

## Bring a bottle for water to drink.

 Remember: **Eating anything** is better than eating nothing, but consuming protein helps you **think and perform at your best.**

*Please consult with your doctor before changing your diet.*

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# FOOD DRIVE



Join King County Superior Court's P4P Program in collecting non-perishable high protein snacks for Families involved in Dependency Court



Our Goal is to help Families alleviate the stress and anxiety that may be present during dependency hearings. We plan to do this by offering families high protein snacks while waiting for their hearings and during mediations. Protein fed brains are shown to make better decisions even while in stressful circumstances.



Suggestions of nonperishable items are:  
Peanut butter crackers, beef or turkey jerky, canned meat, crackers and cheese, granola bars, protein bars, nuts, fruit chips.

Please drop off donations at:

KCCH: 2 <sup>nd</sup> Floor, Room C-202	MRJC: P4P Office, 1K
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# Protein For All Food Drive

Join \_\_\_\_\_ County Superior Court's  
P4P Program in collecting non-  
perishable high protein snacks for  
Families involved in Dependency  
Court

Please drop off donations at:

\_\_\_\_\_



Suggestions are nonperishable foods  
such as: peanut butter, crackers, jerky,  
cheese sticks, protein bars, nuts, non-  
refrigerated protein shakes

Monetary donations will be used to  
purchase food for the Protein for All  
Program.

Our goal is to help families alleviate the  
stress and anxiety that may be present  
during dependency hearings. We offer  
high protein snacks while waiting for the  
hearing and during mediations. Protein fed  
brains are shown to make better decisions  
even while in stressful circumstances.

## Donation Letter Suggestions

Your name and organization

Date

Dear \_\_\_\_\_,

Protein for All Program provides protein rich foods to individuals in high stress situations so they can be at their best. This program based on the scientific literature and clinical evidence. At \_\_\_\_\_ Superior County Court have found by offering protein bars, sandwiches, or nuts to families involve in the dependency court they are better able to engage in the process of the court.

We are fundraising/ collecting donations/ asking for support for the protein for all program:

1. Write a paragraph specifically how the individual can help

If you would like to know more about the Protein for All program, you can visit their website at [ProteinforAll.org](http://ProteinforAll.org).

Thank you for your support

# Steps to Evaluating Food Labels

## STEP 1: Amount of Protein

How much protein is in a serving?

## STEP 2: Amount of Calories

How many calories per serving?

## STEP 3: Serving Size

How much counts as one serving? When you eat it, do you eat more or less than the listed amount? For example, a bottle of soda often has '2.5 servings' even though most consumers drink the entire bottle in one sitting. The nutrition facts provided are for the specified serving size and may need to be adjusted up or down.

## STEP 4: Calculating Carbohydrates

Use this equation to calculate carbohydrates:

- A. Total Carbs (g)
- B. Dietary Fiber (g)
- C. Insoluble Fiber (g)

$$A - B - C = \text{Carbs}$$

## STEP 5: Carbohydrate to Protein Ratio

Use the carb count from Step 4 to find the carb to protein ratio. E.g. **10g carbs:5g protein** is a **2:1** ratio.

Different people feel better eating different ratios. **For most people ratios of 1:1, 2:1, 3:1, and 4:1 are meals ratios. 5:1 ratio and above are dessert.**

Do experiments to see what ratio keeps you from being hungry 2, 3, and 4 hours later.

## Do you know what you are eating?

## Do you believe the food industry knows about your individual health?

Nutrition Facts	
Serving Size	1 Bar (35g)
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 4g	<b>15%</b>
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**OUR TASTY INGREDIENTS:** ROLLED WHOLE GRAIN BLEND (HARD RED WHEAT, OATS, RYE, TRITICALE, BARLEY), BROWN RICE SYRUP, CHERRIES (CHERRIES, APPLE JUICE CONCENTRATE, RED TART CHERRY JUICE CONCENTRATE), SEMISWEET CHOCOLATE (EVAPORATED CANE JUICE, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), SOY PROTEIN ISOLATE, SOY GRITS, EVAPORATED CANE JUICE CRYSTALS, CHICORY ROOT FIBER, EVAPORATED CANE JUICE SYRUP, HONEY, CORN FLOUR, EXPELLER PRESSED CANOLA OIL, RICE STARCH, VEGETABLE GLYCERIN, OAT FIBER, EVAPORATED SALT.

**CONTAINS:** (WHOLE: HARD RED WHEAT, OATS, RYE, BARLEY, TRITICALE, BROWN RICE, BUCKWHEAT, SESAME SEEDS), NATURAL FLAVORS, MOLASSES, SOY LECITHIN, WHEY PROTEIN ISOLATE, ALMOND FLOUR, PEANUT FLOUR. **CONTAINS CHERRIES AND MAY CONTAIN CHERRY PITS. CONTAINS WHEAT, SOY, MILK, ALMOND AND PEANUT INGREDIENTS. MAY CONTAIN OTHER TREE NUTS.**

## STEP 6: Types & Amounts of Fats

Does the package say "No Trans Fats"? Check the ingredients for hydrogenated or partially-hydrogenated oils. Products without these are better choices. Note the industry is able to say zero when it is really 0.5 mg.

## STEP 7: Ingredients Evaluation

Can you easily read all of the ingredients names? Do you know what they are? In general, the more ingredients you recognize as natural, the better. Some strange sounding ingredients (like riboflavin, or vitamin B2) are simply official names for naturally occurring vitamins. Be especially cautious of foods with high fructose corn syrup.

## STEP 8: Place in Your Diet

This may be the most important part of reading labels: What purpose does this food serve in your diet? Is it a snack? Is it a meal? Is it a condiment? Is it entertainment (i.e. popcorn)? For example, it seems unreasonable to eat a 400 calorie nutrition bar as a snack but that same bar might be a good choice if it is a meal replacement.

## STEP 9: Do you like the taste.

Does this satisfy you? Don't eat things you really don't like, but not everything has to be delicious. Let yourself experiment with new or different foods with the goal of making small improvements.

MEAL: 1:1 to 3:1  
Carb to Protein Ratio

DESSERT: 4:1 to 6:1  
Carb to Protein Ratio

SUGAR CRACK: more than  
6:1 Carb to Protein Ratio



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Please consult your primary care provider before making any changes.