


# PROTEIN FOR ALL

## Child Dependency Courts

**Protein for All** helps alleviate the stress and anxiety that families involved with child welfare often experience by offering high protein snacks.

Eating protein every 2–3 hours keeps nutrients going to the brain so it can stay calm and focused under stress.

- Before Court Hearings
- Team Meetings
- Family Time Visitation

 [Protein for All Website](#)

 [Protein for All Toolkit](#)

## Program Components

1

### Education

Educates people throughout the dependency court about small changes that they can make to have more energy and mental clarity.

2

### Champions

Local individuals who generate support, obtain needed resources and assist in maintaining the program.

3

### High Protein Snacks

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

4

### Systems

The community in a court or office is empowered to structure the program in any way that works for their unique situation.



Examples of protein rich foods include nuts, jerky, cheese, eggs, protein bars and protein shakes.