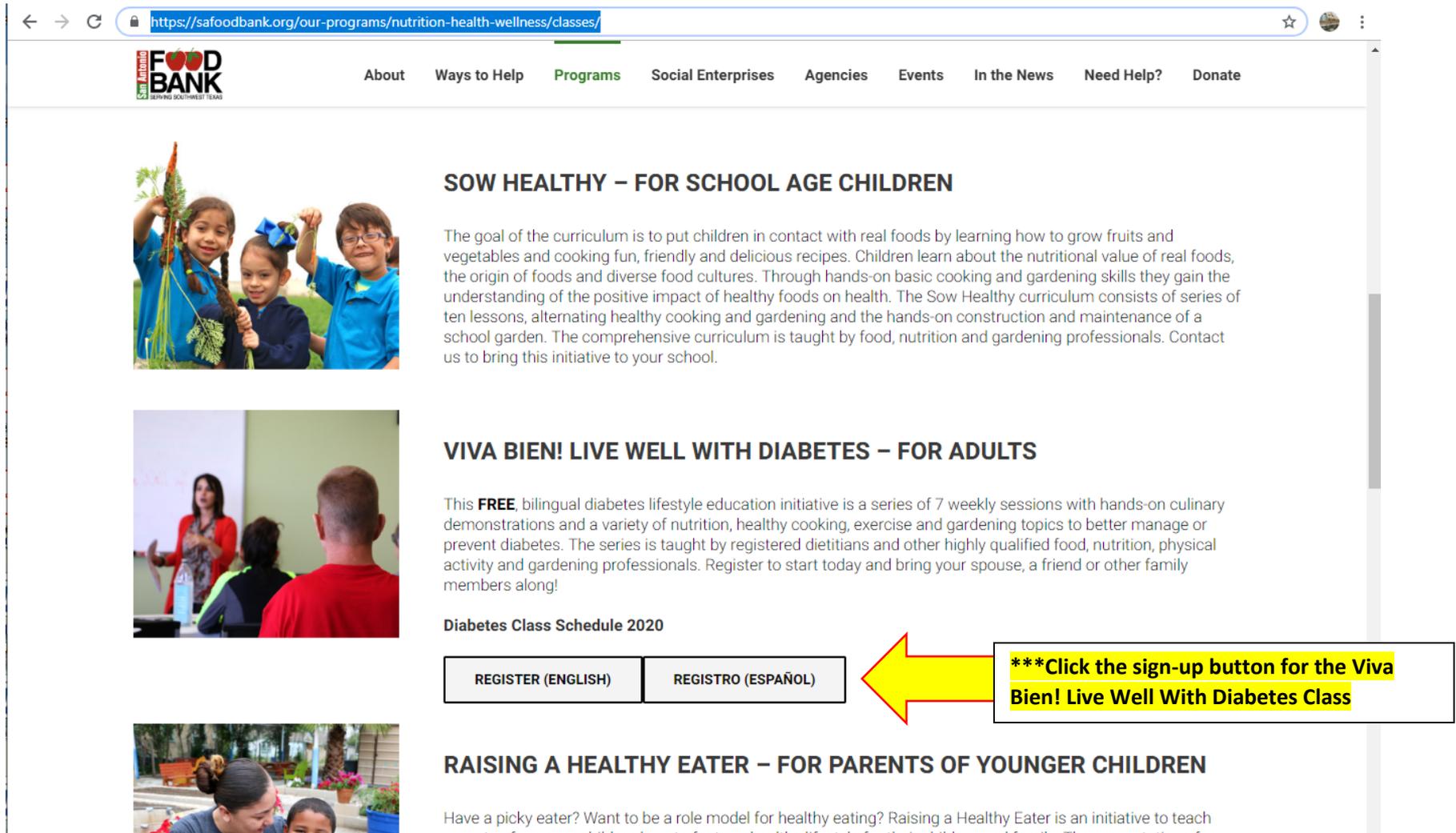


How to Sign Up for Viva Bien! Live Well With Diabetes through remind.com

Step 1: Go to our website: <https://safoodbank.org/our-programs/nutrition-health-wellness/classes/>



<https://safoodbank.org/our-programs/nutrition-health-wellness/classes/>

San Antonio FOOD BANK
SERVING SOUTHWEST TEXAS

About Ways to Help **Programs** Social Enterprises Agencies Events In the News Need Help? Donate

SOW HEALTHY – FOR SCHOOL AGE CHILDREN

The goal of the curriculum is to put children in contact with real foods by learning how to grow fruits and vegetables and cooking fun, friendly and delicious recipes. Children learn about the nutritional value of real foods, the origin of foods and diverse food cultures. Through hands-on basic cooking and gardening skills they gain the understanding of the positive impact of healthy foods on health. The Sow Healthy curriculum consists of series of ten lessons, alternating healthy cooking and gardening and the hands-on construction and maintenance of a school garden. The comprehensive curriculum is taught by food, nutrition and gardening professionals. Contact us to bring this initiative to your school.

VIVA BIEN! LIVE WELL WITH DIABETES – FOR ADULTS

This **FREE**, bilingual diabetes lifestyle education initiative is a series of 7 weekly sessions with hands-on culinary demonstrations and a variety of nutrition, healthy cooking, exercise and gardening topics to better manage or prevent diabetes. The series is taught by registered dietitians and other highly qualified food, nutrition, physical activity and gardening professionals. Register to start today and bring your spouse, a friend or other family members along!

Diabetes Class Schedule 2020

REGISTER (ENGLISH) **REGISTRO (ESPAÑOL)**

*****Click the sign-up button for the Viva Bien! Live Well With Diabetes Class**

RAISING A HEALTHY EATER – FOR PARENTS OF YOUNGER CHILDREN

Have a picky eater? Want to be a role model for healthy eating? Raising a Healthy Eater is an initiative to teach parents of younger children how to foster healthy habits for their children and family. The program focuses on...

Step 2: You will be directed to the www.remind.com/log_in page. You will need to create an account on this site.

The screenshot shows the login page for remind.com. The browser address bar displays https://www.remind.com/log_in. The page features a blue header with the remind logo and a 'Sign up' button. The main content area is titled 'Log in' and contains a central form with the following elements:

- Email address or phone number:** A text input field with the placeholder text 'Email address or phone number'.
- Password:** A text input field with the placeholder text 'Password' and a 'Forgot?' link.
- Stay logged in
- Log in:** A blue button.
- OR**
- Log in with Google:** A button with the Google logo.
- Don't have an account? Sign up!** A link at the bottom of the form.

A yellow callout box with a red arrow points to the 'Sign up!' link. The text inside the callout box reads: *****Click the Sign up! button to create an account.**

The footer contains the following links and information:

- Terms & Policies**
- PRODUCT**
 - Schools & Districts
 - Higher Education
 - Teachers
 - Families
 - Partners
- COMPANY**
 - About Us
 - Careers
 - Press
 - Resources
- COMMUNITY**
 - Engagement Ratings
 - Connected Educators
 - Trust & Safety
 - Help Center
 - Blog
- Social media icons for Facebook, Twitter, and Instagram.
- Certified by **iiIKEEPSAFE**

Step 3: You will be asked to enter in your e-mail or phone number

remind Schools & Districts Higher Ed Teachers Families Partners Log in Sign up X

Create an account

Enter your email or phone number

Continue

OR

 Sign up with Google

By signing up, you agree to our [Terms of Service](#) and [Privacy Policy](#).

Simple to use
If your community can text, they can use Remind.

Two-way messaging
A direct line between the people who matter most to student success.

Built for education
Making communication easier for educators—not more complicated.

Step 4: You will be sent a 4-digit code to your e-mail or phone number to confirm your sign up.

Remind Schools & Districts Higher Ed Teachers Families Partners Log in Sign up X

Reach students *where they are*

Communication for the school, home, and everywhere in between.

Sign up

Enter your code

To confirm your account, enter the 4-digit code sent to EatMoreVeggies@gmail.com

Didn't receive a code? [Send again](#)

Continue

By signing up, you agree to our [Terms of Service](#) and [Privacy Policy](#).

Enter in the 4-digit code sent to your email or phone number here

Simple to use
If your community can text, they can use Remind.

Two-way messaging
A direct line between the people who matter most to student success.

Built for education
Making communication easier for educators—not more complicated.

Step 5: You will be asked to enter in your name and create a password

The image shows a web browser window with the URL <https://www.remind.com/>. The page header includes the 'remind' logo and navigation links for 'Schools & Districts', 'Higher Ed', 'Teachers', 'Families', and 'Partners'. There are 'Log in' and 'Sign up' buttons in the top right. The main content area features a sign-up form with the following fields:

- First name:** A text input field with a yellow callout box pointing to it containing the text 'Enter in your first name here'.
- Last name:** A text input field with a yellow callout box pointing to it containing the text 'Enter in your last name here'.
- Password:** A text input field with a yellow callout box pointing to it containing the text 'Enter in your password here'.

Below the form is a blue button labeled 'Complete sign up'. Underneath the button, it states: 'By signing up, you agree to our [Terms of Service](#) and [Privacy Policy](#).'

The background of the page shows a blurred image of a school campus with students. At the bottom of the page, there are three columns of text with icons:

- Simple to use:** Accompanied by a paper airplane icon. Text: 'If your community can text, they can use Remind.'
- Two-way messaging:** Text: 'A direct line between the people who matter most to student success.'
- Built for education:** Accompanied by a school building icon. Text: 'Making communication easier for educators—not more complicated.'

Step 6: Next, It will ask you to agree to the User agreement.

remind

https://www.remind.com/setup/pii

Logged in as Jennifer Lankford
Not you? Log out

User agreement

By signing up, you agree to Remind's [Terms of Service](#) and [Privacy Policy](#).

You also agree to Remind collecting information from you in order to provide our service. This information includes your name, your school, your email, and your phone number. [Learn more](#)

Decline Accept

Click Accept to agree to user agreement

Step 7: Click on "I'm a student" to get signed up for class.

The screenshot shows a web browser window with the URL <https://www.remind.com/setup/role>. The page features the "remind" logo in the top left and a help icon in the top right. The main heading is "Tell us about yourself". Below this, there are four role selection cards:

- I'm a teacher**: Teacher, coach, club adviser, organizer, etc. (Icon: green apple)
- I'm a student**: Student in a class, member of a sports team, club participant, etc. (Icon: yellow pencil) - This card is highlighted with a yellow box and a red arrow pointing to it from a callout box.
- I'm a parent**: Parent or guardian (Icon: red heart)
- I'm an administrator**: Superintendent, principal, tech coordinator, etc. (Icon: yellow bell)

At the bottom left, it says "Logged in as Jennifer Lankford" with a link "Not you? Log out".

Click here "I'm a student" to get signed up.

Step 8: Next enter in your birthday (don't worry, no one will see this!)

← → ↻ 🏠 🔒 https://www.remind.com/setup/birthdate 📖 ☆ ⚙️ 📌 📄 ⋮

remind ?

What is your birthday?
No one else will see this information.

Month ▼ Day ▼ Year ▼

Save

Enter in your birthday here. No one will see it!

Logged in as Jennifer Lankford
Not you? [Log out](#)

Step 9: Add your phone number

← → ↻ 🏠 🔒 https://www.remind.com/setup/device/sms 📖 ☆ ⌵ 📄 ⌵ ⋮

remind ?

Add your phone number
You'll be sent a confirmation code.

+1 (555) 555-5555

Send code

Don't want to connect a phone number? [Skip this step](#)

Enter in your phone number here. You will be sent a confirmation code.

Logged in as Jennifer Lankford
Not you? [Log out](#)

Step 10: Enter in the 4-digit code you were sent at your phone number

← → ↻ 🏠 <https://www.remind.com/setup/device/sms> 📖 ☆ ⚙️ 📄 📄 ⋮

remind ⓘ

Enter your code

Please enter the 4-digit code sent to
1(210)555-5555

Submit

Didn't receive a code? [Resend](#) or [skip this step](#)

[Call me Instead](#)

Logged In as Jennifer Lankford
Not you? [Log out](#)

Enter in the 4-digit code you were sent to your phone.

Step 11: Enter in your class code. Your class code is:

The screenshot shows a web browser window with the URL <https://www.remind.com/setup/subscriptions>. The Remind logo is in the top left corner. The main content area is titled "Join a class". Below the title is a form with the label "Enter class code" and a help icon. The input field contains an "@" symbol and a vertical bar. To the right of the input field is a blue "Join" button. A yellow arrow with a red outline points from a text box on the right to the "Join" button. The text box contains the text "Enter in your class code. Your class code is:". Below the input field is a search icon and the text "Search for your class instead". At the bottom of the form is the text "Or create a class". In the bottom left corner of the page, it says "Logged in as Jennifer Lankford" and "Not you? Log out".

Step 12: Your classroom will pop-up next. You are officially apart of class! Here is where you will get updates, handouts, links to class and can ask questions and communicate with your teacher.

The screenshot shows a web browser window with the URL <https://www.remind.com/classes/vivatues/messages/1702a4a4-3916-4702-8496-f1f44fe9fb7c?origin=subscribed>. The page title is "Tuesdays (English)- Viva Bien! Diabetes Class (12:30p-1:30p)" by user @vivatues. A sidebar on the left shows the user's profile (Jennifer Lankford) and lists "CLASSES OWNED" (Create a class) and "CLASSES JOINED" (Join a class, Tuesdays (English)- Viv..., All Classes). The main content area has tabs for "MESSAGES", "FILES", "PEOPLE", and "INFORMATION". A search bar for people is present. A message from J. Lankford (Teacher) is shown, stating "You joined Tuesdays (English)- Viva Bien...". A system message indicates that J. Lankford is only reachable by email. A large green paper airplane icon is shown with a dotted line trailing behind it. Below the icon, a "Welcome!" message reads: "Hi! This is the beginning of your conversation with J. Lankford. You'll be able to see your message history here — and so can your administrator, so just keep that in mind." Below this, it says "You joined Tuesdays (English)- Viva Bien! Diabetes Class (12:30p-1:30p)." At the bottom, there is a message input field containing "Message J. Lankford" and a "Send" button. There are also "Attach" and "Translate" options.