

Adult/Senior Track Education Materials

The following tables include current approved education materials. Evidence-based curricula are listed in Table 1; a brief description and summary of evidence base is provided for each curriculum. Supporting materials are presented in Table 2; a brief description is provided for each supporting material. Education materials are available at no cost, unless otherwise specified in the description.

Evidence Base Definitions

Research-based evidence: is based upon relevant rigorous nutrition and public health nutrition research including systematically reviewed scientific evidence, and other published studies and evaluation reports that demonstrate significant effects on individual behaviors, food/physical activity environments, or policies across multiple populations, settings, or locales.

Practice-based evidence: is based upon published or unpublished evaluation reports and case studies by practitioners working in the field that have shown positive effects on individual behaviors, food/physical activity environments, or policies.

Emerging: includes community- or practitioner-driven activities that have the potential for obesity prevention, but have not yet been formally evaluated for obesity prevention outcomes.

SNAP-Ed Toolkit: Curriculum is recommended in the [SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States](#).

Table 1. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
About Eating 6 web-based modules; core constructs of eating competence; English & Spanish. Evaluation included.	MT2j, MT2l, MT3a	Practice <i>About Eating</i> is based on the constructs of the Satter Model of Eating Competence (ecSatter), a biopsychosocial model that addresses intrapersonal approaches to eating and food-related behaviors. <i>About Eating</i> modules were formatively tested with the low-income audience (1). Previous TRACKS research indicates that eating competence education may be beneficial for the low income audience (2). Accessibility of online nutrition education for the target audience is supported by cognitive interview findings from TRACKS formative evaluation. Findings revealed that 80% of low-income persons interviewed had access to the internet at home or another location (2).
A New You: Health for Every Body 10 lesson curriculum based on the Health at Every Size (HAES) model; group discussion, journaling; English. Evaluation tool included.	MT1f, MT2e1, MT2e2, MT2e3, MT3a	Practice Researchers have found that women who have realistic weight expectations for themselves tend to be happier and adopt healthier eating behaviors than those with unrealistic expectations (3). The strength of HAES programs is that participants develop more realistic expectations for themselves (4). They found that the benefits of the 10-week program were that the participants worried less about their weight and body size and began to concentrate on other positive attributes such as abilities and talents. Click here for more information (5).

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<p>A Taste of African Heritage 6 lessons, Adult/Senior participants, cooking lessons, food tastings. English. Cost: contact sarahm@oldwayspt.org</p>	<p>ST1f, ST1k, ST1m, ST1o, MT1c, MT1d, MT1j, MT1l, MT1m, MT2a, MT2b, MT2c, MT2f, MT2m, MT3a</p>	<p>Practice The curriculum has a pre-post survey that is administered at every lesson through the series. The initial round (2013-2014) of evaluation shows extraordinary results related to positive changes in participants' nutrition knowledge and behavior (adults purchasing and consuming more fruits and vegetables) as a result of participating in ATOAH lessons. 80% of participants cook more, 41% eat more leafy greens, fruits and whole grains, and 70% of participants eat vegetables daily as a result of the program.</p>
<p>Cooking Matters at the Store Interactive, guided grocery store tour; fruits & vegetables, comparing unit prices, comparing food labels, whole grains; English. Evaluation tool included.</p>	<p>ST1a, ST1b, ST1c, ST1d, ST1e, ST1g, ST1h, ST1i, ST1j, ST1k, ST2a, ST2b, ST2f, ST2l</p>	<p>Practice, SNAP-Ed Toolkit Practice Evaluation results show that the Cooking Matters nutrition education program has been successful at promoting key nutrition and food resource management behaviors among participants. One study of the program showed that there was a lasting change on the shopping habits of families. Depending on the behavior measured there was between a 53% to 89% improvement. Click here for more information (6).</p>
<p>Cooking Matters for Adults 6 lessons, approximately 2 hours each; English and Spanish. Evaluation tools included. Notes for TRACKS use: TRACKS funds cannot be used for:</p> <ul style="list-style-type: none"> • Groceries participants receive for at-home practice or • The \$10 challenge in Lesson 5 <p>Another funding source is needed for these intervention components.</p>	<p>MT1a, MT1f, MT1g, MT1h, MT1i, MT2a, MT2b, MT2c, MT2d, MT2e1, MT2e3, MT2f, MT2j, MT2l, MT3a, MT4a</p>	<p>Practice Practice evaluation results show that the Cooking Matters nutrition education program has been successful at promoting key nutrition and food resource management behaviors among participants. One study of the program showed that of almost 2200 Cooking Matters for Adults (formerly Eating Right) participants surveyed over 18 months, between 63% and 91% showed improvements, depending on the behavior measured. 85% of graduates made a Cooking Matters recipe at home and 71% of graduates are eating more vegetables (6).</p>

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<p>Eat Healthy Be Active Community Workshops 6 lessons based on Dietary and Physical Activity Guidelines for Americans; eating on a budget, physical activity; English and Spanish. Evaluation tool included.</p> <p>Approved supporting material for Workshop 6 – Exercise and Physical Activity book referenced in Chapter 6, page 8</p>	<p>MT1f, MT1k, MT2a, MT2b, MT2e1, MT2e2, MT2e3, MT2m, MT3a</p>	<p>Practice Developed using health literacy principles, the workshops were pilot tested at ten sites across the U.S., including cooperative extension programs, worksite wellness, Head Start parents, and community groups. Pilot testing evaluations indicated that many participants made positive behavior changes in their nutrition choices and increased their physical activity levels after attending the workshops. An evaluation form is included at the end of each workshop so that you can gather feedback from participants. Click here for more information (7).</p>
<p>EAT.RIGHT. NOW. (Drexel)* A curriculum for grades 6-12 includes 4 caregiver workshops</p>	<p>MT1c, MT1d, MT1f, MT1i, MT2b, MT2c, MT2d, MT2f</p>	<p>Practice Drexel initiated a three year (FY 2013 - FY 2015) evaluation study to establish practice base for the high school component of their intervention. Practice evaluation results show the curriculum positively impacts attitudes, behaviors, and/or knowledge in regards to the importance of exercise, eating a variety of foods (including fruits, vegetables, low fat milk, and calcium rich foods), identifying soda as a source of empty calories, and decreasing soda intake (8). Middle school component evaluation is planned for FY 2016.</p>
<p>Eat Smart Live Strong 4 lessons for adults ages 60-74; fruits & vegetables, physical activity; English only. Participant Feedback Survey included.</p>	<p>MT1c, MT1d, MT1l, MT1m, MT2f, MT2h, MT3a, MT3b,</p>	<p>Research Based on the results of the FNS Wave II impact analysis (9), this intervention had a statistically significant impact on participants’ average daily consumption of fruits and vegetables combined as well as participants’ average daily consumption of fruits and participants’ average daily consumption of vegetables. The intervention increased participants’ average daily consumption of fruits and vegetables by a combined 0.52 cups; this amount compares favorably to other evaluations of nutrition education programs.</p>
<p>Eat Well Play Hard* A curriculum for 3-4 year olds includes a 10-module curriculum for caregivers of preschoolers. Activities, handouts, references, additional resources, and a handout disc. English.</p>	<p>MT2f, MT3a, MT3g, MT3h, MT4a, MT4b, MT4c, MT4d</p>	<p>Practice, SNAP-Ed Toolkit The program had significant impact on children’s daily at-home consumption of vegetables and their at-home use of 1% or fat-free milk based on parental reports. There was also a significant increase in the rate of child-initiated vegetable snacking and a trend toward increased parental offerings of vegetables as a snack, which may have led to the increase in vegetable consumption. Because the effect of the program on fruit consumption was smaller than the effect on vegetable consumption and because the inclusion of fruit increased the variability of the consumption estimates, the effect of the program on the combined measure of fruits and vegetables was not statistically significant (10).</p>

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<p>Eating Smart, Being Active 8 lessons for caregivers; exercise, food resource management, vegetables, whole grains, calcium, limiting high sugar/fat/salt, lean protein, healthy snacks; English and Spanish. Cost: Educator Guide \$54 (includes binder, lesson plans, & overview) Additional materials are available at an added cost.</p>	<p>MT1a, MT1c, MT1d, MT1h, MT1i, MT1j, MT2a, MT2b, MT2c, MT2d, MT2e, MT2f, MT2g, MT2h, MT2j, MT2l, MT3a, MT4a, MT4b, MT4c, MT4d</p>	<p>Research “The curriculum includes the latest research-based information from the Dietary Guidelines for Americans 2012.” Significant, positive behavior change was noted from pre and post test scores. A qualitative evaluation showed that participants made positive behavior changes from the physical activity content (11). Click here for more information about another study (12). Research based evaluations descriptions of Eating Smart, Being Active can be found here.</p>
<p>Eating Smart, Moving More Also known as <i>Faithful Families Eating Smart and Moving More</i> - 18 lessons based on core behaviors for obesity prevention; English and Spanish. Cost: \$500.</p>	<p>MT1c, MT1d, MT1f, MT1g, MT1h, MT1i, MT2a, MT2b, MT2c, MT2e1, MT2e3, MT2f, MT2i, MT2j, MT2l, MT3a, MT4a, MT4b, MT4c, MT4d</p>	<p>Practice <i>Eating Smart, Moving More</i> has been used by EFNEP in Pennsylvania and other states for over 5 years. Evaluation results provide evidence of desired positive behavior change. Evaluation was conducted with a pre/post diet recall and behavior checklist.</p>
<p>Family Champions. One Change at a Time Toolkit Three 45-minute cooking workshops for parents that includes some key messages of the Family Nutrition and Physical Activity survey (FNPA) developed by the Academy of Nutrition and Dietetics and Iowa State University. English and Spanish</p>	<p>MT1f</p>	<p>Practice Participants made changes in parenting and their own behavior across all focus groups and attributed these actions to their workshop participation. Behavior change was centered on the 8 Habits of Healthy Children and Families (Academy of Nutrition and Dietetics) (13). Click here for more information.</p>
<p><i>Just Say Yes to Fruits and Vegetables</i> 11 farmers market lessons, 11 food pantry lessons; fruits & vegetables, food safety, food budgets, recipes and cooking demonstrations; Contact ME for approved materials; Evaluation tool included.</p>	<p>MT1c, MT1d, MT1f, MT1h, MT2a, MT2b, MT2f, MT3a, MT4a,</p>	<p>Practice <i>Just Say Yes to Fruits and Vegetables (JSY)</i> curriculum has been piloted and evaluated by the New York Department of Health since 1997 and has been updated on a regular basis. Program evaluation has shown the curriculum to be effective in meeting program objectives; evaluation is reported on the JSY website (14).</p>

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Curriculum	Outcomes	Evidence Base
Heart Smarts (TFT) 8 lessons to educate corner store shoppers on healthy eating choices	ST1a, ST1b, ST1c, ST1d, ST1e, ST1f, ST1g, ST1h, ST1i, ST1j, ST1k, ST1l, ST1m, ST1n, ST2a, ST2b, ST2c, ST2d, ST2e, ST2f,	Emerging Multiple components of the Heart Smarts program have been independently piloted in several healthy corner stores in Philadelphia through non-SNAP-Ed funding sources over the past few years. TFT is proposing to fully integrate these multiple components into a single unified Heart Smarts program that spans across the PSE spectrum, and to evaluate the program as an emerging approach.
MyPlate for My Family: SNAP Nutrition Education 4 discussion sessions for caregivers of children ages 2-18; English & Spanish.	MT1c, MT1d, MT1f, MT2a, MT2m, MT3a	Practice <i>MyPlate for My Family</i> is an initiative of the USDA, Food and Nutrition Service (FNS). It is an update/replacement for <i>Loving Your Family, Feeding Their Future curriculum</i> . This project provides educational and promotional materials and techniques to help nutrition educators in their work with SNAP participants and eligibles. The client materials are specifically targeted and designed for English and Spanish speaking women with children ages 2 through 18. The Educator’s Guide addresses how to assist participants with limited English skills and diverse social needs.
<i>Nutrition for Life (HPC)</i> 4-part series of interactive lessons designed to be taught in 60-90 minutes in a group of 5-10 individuals. Includes information on food and nutrients to increase, food and nutrients to decrease, balancing calories to manage weigh and building healthy eating patterns and grocery shopping.	MT1f, MT1g, MT2b, MT2e1, MT2e2, MT2e3, MT2j, MT3a	Practice Practice evaluation results for Nutrition for Life, a goal setting curriculum, show significant improvement in self-efficacy and knowledge. Further analysis will be completed to determine behavior change (15).
Seniors Eating Well 9 lessons for middle-aged and older adults; English; includes evaluation; Cost: \$75.	MT1f, MT1g, MT1j, MT2a, MT2b, MT2c, MT2e1, MT2e3, MT2m, MT3a, MT4a	Practice Pilot testing has shown positive impact - increasing knowledge, skills/abilities, intent to change behaviors, and behavior change using 3-6 month follow-up surveys. Significant differences have been demonstrated by matching individuals’ pre- and post-behaviors using student t-tests. Click here for more information (16).

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Sesame St – Food for Thought, Eating on a Budget* Videos and downloadable curriculum for 2-8 year old children and families including caregiver guide, stories, recipe cards, 4 lessons for workshops, and other ideas to make healthier food choices. English and Spanish.		Research, SNAP-Ed Toolkit Key findings from a randomized control evaluation indicated that after four weeks of exposure to the kit there was a positive impact on participants’ knowledge, behaviors and attitudes regarding how to cope with food insecurity and maintain healthy habits(17). The evaluation found clear evidence of positive effects among study participants in motivating many of the behaviors that it promoted, including: seeking information/assistance on how to cope with food insecurity; taking steps to save money on food; and taking steps to promote healthier eating in the family (such as offering whole grains, involving child in shopping and food preparation, and eating with a caregiver). The caregivers who used the <i>Food for Thought</i> kit also reported having less difficulty coping with their food insecurity and communicating with children about food security worries.
Walk with Ease 6 week course from the Arthritis Foundation taught by a certified leader (\$89 charge for online training). Includes strengthening and stretching exercises, motivational strategies, and online tools. Guidebook \$4.00 English/Spanish.	MT3a, MT3b, MT3c, MT3j	Research, SNAP-Ed Toolkit After the 6-week intervention, significant improvements were seen in almost all performance-based physical measures. 80% of participants agreed or strongly agreed they benefitted from the Walk with Ease program and were motivated to become more active (18). Click here for addition information.

Table 2. Supporting Materials

* Materials from Preschool and School-Age Tracks

Balance My Day * 30 lessons (divided into 15-25 minute sessions) per curriculum. Kindergarten through grade 5. English; Cost: \$79. Omit the following: K-2, lesson 3 on page 155-snack attack; 3-5, lesson 1 on pages 149, 155, 156- snack attack and eating disorders; entire lessons on physical activity from SPARK manual in the last sections of both curricula. Includes caregiver tip handouts.
BASICS curriculum * Iowa Nutrition & Physical Activity program includes Pick a Better Snack – fruit & vegetable bingo cards, 20 Teacher lessons and 48 Educator lessons for K-3. Each lesson promotes a fruit or vegetable; 24 low-fat milk lessons are designed for Kindergarten to 5 th grade, family newsletters & factsheets; English.
Be Active, Healthy and Happy! 8 chapter resource guide that outlines the 2008 Physical Activity Guidelines for Americans; An accompanying toolkit also contains posters, flyers, and fact sheets that promote and explain the guidelines. English only.
California Children’s Power Play! * 10 lessons, 4 th and 5 th grade students, Parent tip sheets and teacher resource kits that promote fruit and vegetable consumption, English & Spanish.
CATCH Early Childhood * 9 nutrition based lessons and 10 gardening-based lessons for preschoolers with games, hands-on gardening experiments, snacks preparation and taste-testing; Parent Tip Sheets (in English and Spanish), 4 hand puppets (one for each character), activity box and two music CD’s. English. Cost: \$275.

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[CATCH K-5](#) &

[CATCH Middle School \(6-8\)](#) *

Large school-based field trial aimed at improving school food service, nutrition and physical education. K-2 includes ten 25-minute lessons per grade; 3-5 includes 12-14 40-minute lessons per grade; and 6-8 includes 7-9 40-minute lessons per grade. Includes caregiver tip sheets.

[CATCH Kids Club](#) *

A physical activity and nutrition education program designed for elementary and middle school aged children (grades K-8) in after-school and summer settings. Lessons are organized by themes related to nutrition, physical activity, and screen-time reduction and a variety of teaching strategies are used (movement, activities, educational games, goal setting, etc.) Includes caregiver tip sheets.

Chop Chop

A quarterly cooking magazine for families. Used as a reinforcement item and/or supporting material with elementary students and caregivers.

[Color Me Healthy](#) *

Designed to improve fruit and vegetable intake and increase physical activity among children ages 4-5 years in child care and preschool settings. 12 lessons, CD with songs, and parent newsletter. English and Spanish. \$88/kit for orders under 100 kits. Spanish add on materials \$34/kit for orders under 100 kits.

Cookbooks (Compiled by Penn State Cooperative Extension Nutrition Links)

- Cooking With Grains
- Tasty Vegetable Dishes
- Tasty Soups
- Squash – The Garden Hero
- Recipes for Thanksgiving
- Quick and Easy Meals Using Household Staples

English only.

[Cooking with EFNEP Recipes for Eating Smart and Moving More](#)

Companion cookbook to the Eating Smart and Moving More curriculum. Includes easy recipes, shopping tips, how to choose and store specific fruits and vegetables, and ways to get your children active in the kitchen. Cost: English \$2.00 Spanish \$2.79

[Cooking With Kids](#) *

3 spiral-bound curriculum guides and student journals (grades K-1, grades 2-3, and grades 4-6), Hands-on learning with foods from diverse cultures. Includes recipes for home use and caregiver invitation to attend class. English & Spanish, Cost: \$175 for full set or \$60 for one grade.

[The Dairy Spot](#) *

Downloadable activity sheets, guides, handouts, posters, games and tip sheets available for all grades. Focus on Calcium. Also includes materials for parents. English only.

Dark Green Vegetables, Preschool SNAP-Ed Lesson Plan *

A single lesson to increase knowledge and awareness of the importance of eating green vegetables every day and to show children that green vegetables can be delicious. Includes recipe for “The Great Smoothie Taste Test” and a handout for caregivers with the smoothie recipe and taste testing feedback from the child.

EAT.RIGHT. NOW. (Einstein) *

Includes interactive lessons and activities on a variety of topics for students in grades Kindergarten-8. Components are as follows: Eat the Alphabet, MyPlate topics, Eating Around the World. Includes caregiver food fact sheets. English.

[Fruits and Veggies: More Matters](#)

Previously 5-a-Day sites; promote fruit and vegetable consumption; feature nutrition information & resources for professionals. English only.

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[*Families Understanding Nutrition \(F.U.N.\)*](#) *

28 lesson series for ages 3-5; uses the alphabet to teach about fruits and vegetables; lessons include taste testing, song, movement, games, crafts. Includes caregiver factsheets. English.

[Grow It, Try It, Like It](#) *

6 garden themed nutrition lessons for preschoolers and an educator's introduction/resource materials book. Includes hands-on activities, planting activities, activities introducing MyPlate, parent/child activities, handouts, and recipes. English.

[Good Food in Action Toolkit](#)

20 min. DVD demonstrating quick low-cost food preparation, poster display, brochures containing nutrition and food resource management tips, recipe cards, and resource guide; In English & Spanish. Cost: Contact Pennsylvania Nutrition Education Network.

[Keystone Color Me Healthy](#) *

Adapted from original Color Me Healthy Curriculum; includes supplemental activities and resources for the Color Me Healthy curriculum and family activity guides. English. Workbook and CD. Cost: \$5.

[Learning Zone Express](#) *

(School Nutrition and *MyPlate* products only)

Materials appropriate for PreK-12th with key messages about healthy eating, physical activity, and MyPlate Products include color worksheets, games, posters, table tents, banners, and nutrition education reinforcement items. In English & some in Spanish. Cost: Varies based on product.

[Lunchbox Chatter](#) *

5 newsletters; addresses the topic of packing healthy lunches for preschoolers & includes suggestions for ways to incorporate fruits, vegetables, grains, protein, and dairy foods; contains a worksheet for child to complete. English.

[Make Your Calories Count](#)

An online training module that reviews the Nutrition Facts label. English only.

[Maximizing the Message](#) *

16 audience-tested core nutrition messages, Mothers of elementary school-aged children, and 8-10 year old children, English.

[Media Smart Youth: Eat, Think and Be Active!](#) *

7 chapters [chapters 1, 2 (only activity B), 4, 5, 6, 8, and 9] for students ages 11 to 13 that discuss the connection between media and health using nutrition and physical activity examples. Includes classroom materials, student and caregiver handouts, recipes, food tasting ideas, and group activities. English only.

[MyPlate](#)

Official USDA food guidance; graphic representation of principles of the 2010 Dietary Guidelines; tracker feature gives guidance tailored to the user's gender and age; In English & Spanish.

[MyPlate for Older Adults](#)

Adaptation of *MyPlate* for use with older adults.

[MyPlate Handouts \(MO\)](#)

[MyPlate Handouts \(FL\)](#)

Power Point slides, handouts, tip sheets for teaching MyPlate; English & Spanish

[National Nutrition Month](#)

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Resources include a toolkit, handout/tip sheets, interactive quizzes and games. When materials are released each year, interested partners must contact the ME for review/approval of materials.

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Table 2. Supporting Materials

* Materials from Preschool and School-Age Tracks

[NEEDs For Tots](#) *

Based on the Division of Responsibility in Feeding, 6 lessons for preschool children ages 2–5. English. Includes caregiver handouts. Contact the [NEEDs Center](#) for more information.

[ne/Frames](#)

A Guide to Whole Grain Foods (Eng/Sp); A Guide to Eating Well (Eng/Sp); A Guide to Healthy Foods and Herbs (Eng/Sp); Breakfast is Smart* (Eng); Shop for Folic Acid (Eng/Sp)*; Meal Time is Family Time (Eng/Sp); Eating Together as a Family is Worth it (Eng/Sp); Eggs Can Make it Happen (Eng); Should I Eat Less Salt (Eng); My Child’s Weight (Eng/Sp); Eating For Healthy Teeth & A Great Smile (Eng/Sp); Active Kids: What’s Your Role? (Eng)

*Kansas State University programs

[Nibbles for Health: Nutrition Newsletters](#) *

30 reproducible newsletters on healthy eating along with a CD that offers child care center staff guidance on conducting discussions with parents in 4 sharing sessions.

[Nutrition To Grow On](#) *

Nine lessons designed to teach children (grades 4-6) and their families about nutrition by relating each lesson to a garden activity. Includes a caregiver tip sheet for each lesson. English only.

[Nutrition Nuggets](#) *

Prepared nutrition newsletters targeting caregivers of elementary students; include nutrition tips, recipes, ideas for increasing physical activity. Schools/school districts purchase subscription allowing unlimited reproduction. In English & Spanish. Cost: starting at \$219 (based on size of school district) \$119 extra for Spanish

[Organ Wise Guys Food of the Month Kit](#) *

Includes 2 Sets of 25 posters, 24 buttons, 24 laminated cafeteria cards, Organ Wise Guys window clings, In Search of MyPlate Assembly Kit (CD with slides), and Website access to monthly parent/adult newsletters in English or Spanish, activity sheets, clip art for menus, and suggested companion USDA materials. Appropriate for K-5. Cost: \$395.00

[Pennsylvania Produce](#)

A guide to produce grown in Pennsylvania from Penn State Extension.

[Power Panther Pals](#) *

8-week health education program for elementary school students (grades K-5) to increase their fruit and vegetable consumption and physical activity; includes lesson plans, tastings, games and handouts for caregivers. English only.

[Sesame St - Healthy Habits for Life](#) *

Teaches pre-school children about eating right and being active. Videos and downloadable curriculum (lessons, activities, and caregiver handouts) encourage students to explore and enjoy healthy foods. English and Spanish.

[Show Me Nutrition \(Pre-K\)](#) *

11 lessons featuring children's books with healthy eating messages. Includes family newsletters. English. Cost: \$25.00

[Show Me Nutrition](#) *

Curriculum for grades K-8 emphasizing nutrition, physical activity, and related decision-making skills. Includes family newsletters. English only. Cost: \$20 for printed copies, \$30 for CDs.

[SNAP Recipe Finder](#)

The SNAP Recipe Finder helps you create cookbooks and shopping lists. Use it to search for recipes based on ingredients you have on hand, total cost, cost per serving, and even find recipes based on the cooking equipment available.

[Team Nutrition: Dig In](#) *

Ten (10) lessons for 5th & 6th grades include activities in growing, harvesting, tasting, and learning about fruits and vegetables with information on how to start and maintain a garden to grow the fruits and vegetables featured in the lessons. Includes caregiver booklet. English

[Team Nutrition: Discover MyPlate](#) *

Six (6) standards-based, inquiry-led, student-centered and teacher approved lessons for kindergarten. Includes caregiver handouts.

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[Team Nutrition: Great Garden Detective Adventure](#) *

Eleven (11) lessons for grades 3 & 4 focused on discovering what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home; includes 10 caregiver handouts; English

[Team Nutrition: Serving Up My Plate](#) *

Nine (9) lessons for K-6 introduce importance of eating from all 5 food groups using MyPlate icon and importance of physical activity to stay healthy. Includes a caregiver booklet. English

[The Heat Club \(Healthy Eating, Active Time\)](#) *

Includes 26 hands-on activities for elementary school children in after school programs to improve eating habits and increase physical activity levels; also includes family tip sheets matched with specific activities; available in English, Haitian Creole, Portuguese & Spanish; Cost: \$50

Walk Indoors! With Leslie Sansone

Exercise video with 6 segments: Walk Indoors, Add Upper Body, Add Weight, Interval Training, Stretch, and Add Intensity. Use the DVD for short walking exercise breaks and/or give as a reinforcement item to promote physical activity at home. New Jersey SNAP-Ed version. English only. Cost: Approximately \$3.00 Ordering information: NJ SNAP-Ed/EFNEP/Nutritional Sciences, 11 Suydam St. 2nd Floor, New Brunswick, NJ 08901, Attention Dr. Debra Palmer

Websites

The following websites may be used as resources. Content and materials that are (1) within the scope of SNAP-Ed and (2) appropriate for the SNAP-Ed target audience may be used according to the supporting materials definition. Cite content used to compile partner-specific supporting materials. Cite the original source if content or materials are not authored by the website author. Curricula posted on these websites are not permitted for use as supporting materials. Curricula must be submitted for review, according to Policy NE-06, and if approved, will be added to the curricula list.

- [SNAP-Ed Connection](#)
- [Centers for Disease Control and Prevention](#)
- [The Academy of Nutrition and Dietetics](#)
- California Department of Public Health, [SNAP-Ed Worksite Program](#)
- California Department of Public Health, [California Policy, Systems, and Environmental Changes Resource Guide](#)
- [CookShop: Emerging](#)
- *Let's Move!*
 - [Healthy Families](#)
 - [Healthy Communities](#)
 - [Cities, Towns, & Counties](#)
 - [Museums & Gardens](#)
 - [Outside](#)
- The National Gardening Association, [Kids Gardening Program](#)
- The [Nutrition Environment Measurement Survey](#)
- [Safe Routes to School](#)
- [Cent\\$ible: Practice](#)
- USDA, [Team Nutrition](#)

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 6. Share Our Strength. *Cooking Matters 2013 Annual Review* [Internet]. 2013 p. 40. Available from: http://cookingmatters.org/sites/default/files/CookingMatters_2013_AnnualReview_FOR_WEB.pdf
 7. Just Released: Eat Healthy • Be Active Community Workshop Series [Internet]. [cited 2014 May 15]. Available from: <http://www.linkedin.com/groups/Just-Released-Eat-Healthy-Be-3669887.S.112596504>
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