

Arizona Nutrition Network

Obesity Prevention Resource Guide

June 2016



This resource guide is a product of the Arizona Department of Health Services' Supplemental Nutrition Assistance Program Education (SNAP-Ed) Nutrition Education and Obesity Prevention Program, known as the Arizona Nutrition Network (AzNN). The AzNN program team is led by Stephanie H. Martinez, in collaboration with the Office of Community Innovations within the Bureau of Nutrition and Physical Activity.

This document provides policy and direct education resources for local agencies and stakeholders regarding the focus areas and strategies of the Arizona Nutrition Network.

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Revised June 2016



Our Health and Where We Live

Our health is largely influenced by the choices we make for ourselves and our families. But the conditions in the communities where Americans live, learn, work and play also play an important role in people's ability to make those healthy choices.

Research shows that communities with smoke-free air laws, access to healthy foods, quality affordable housing, good schools and safe places to play are healthier than those that don't. In fact, the economic, social and physical environments that surround us can have a much greater impact on our health than how often we go to the doctor's office.

Health disparities caused by inequalities in education, employment, socioeconomic status, housing, community resources and transportation pose significant obstacles to improving the nation's overall health.

Targeted investments in our communities can help overcome these obstacles so that more Americans can lead healthy and productive lives.

Author(s): Robert Wood Johnson Foundation, September 2011, Publication: Health Policy Snapshot Series.



Background

Obesity is a significant and growing problem in Arizona and across the nation, which is influenced by changing lifestyles and behaviors. The long term implications make the issue around obesity prevention a priority in public health for Arizona.

The Arizona Department of Health Services has identified obesity as one of the leading health priorities in the 2016-2020 Arizona Health Improvement Plan. The ADHS Bureau of Nutrition and Physical Activity (BNPA) is the administrative entity for many of the United States Department of Agriculture (USDA) Nutrition Programs including: AzNN, [Special Nutrition Program for Women, Infants and Children \(WIC\)](#), [Commodity Supplemental Food Program \(CSFP\)](#), and [Farmers' Market Nutrition Program \(FMNP\)](#). BNPA also houses other obesity prevention programs such as the Community Health Strategies grants and Breastfeeding.

The development of the ADHS BNPA Obesity Prevention Action Plan lays a foundation for leveraging past and current ADHS efforts, while also building capacity around future plans to provide a framework on which to build further strategies to address obesity issues. AzNN uses this action plan as a guide to coordinate activities and collaborate with State related community nutrition education and obesity prevention programs to meet the SNAP-Ed goal and remain consistent with the [USDA Food and Nutrition Service \(FNS\)](#) mission, while reaching low-income families and individuals through multiple spheres of the [social-ecological model](#).

AzNN plays an important role in BNPA's statewide efforts to address the significant and complex problem of obesity. AzNN collaborates across existing programs and partners to leverage activities and deliver consistent messaging to influence obesity prevention where Arizonans live, learn, work, and play, while aligning efforts with the FNS mission, goal and focus of SNAP-Ed.

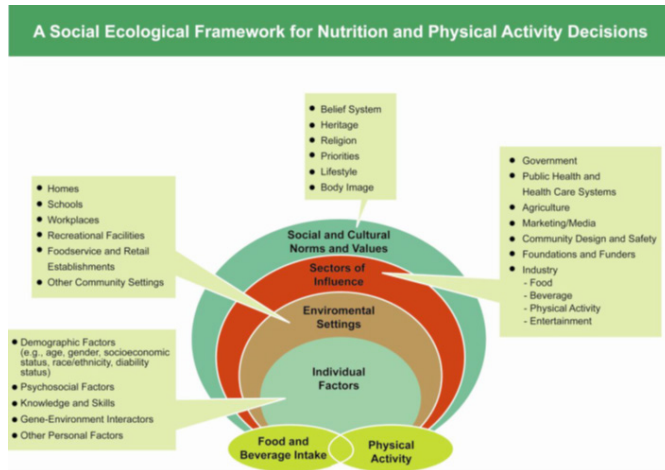
AzNN provides comprehensive public health nutrition services in cooperation with multiple state agencies, such as the Arizona Department of Economic Security (DES), Arizona Community Action Association (ACAA), Arizona Department of Education (ADE), and Arizona Department of Transportation (ADOT).

Model for Action

Prevention requires understanding the factors that influence nutrition and physical activity decisions. This model considered the complex interplay between individual factors, environmental settings, sectors of influence, and social and cultural norms and values



The [Spectrum Model of Prevention](#) and the social-ecological model will continue to guide AzNN efforts in obesity prevention. The AzNN approach is comprehensive, addressing multiple levels of the social-ecological framework to reach the Arizona SNAP-Ed target population in ways that are relevant and motivational to them, while addressing constraining environmental and/or social factors.



The AzNN comprehensive approach includes a combination of policy, systems, and environmental change (PSE) strategies, direct education, and social marketing efforts. AzNN services are strengthened by research and social marketing efforts led by BNPA’s Communication team. As defined in the SNAP-Ed Guidance, social marketing is a disciplined, consumer-focused, research-based process to plan, develop, implement, and evaluate interventions, programs and multiple channels of communications designed to influence the voluntary behavior of a large number of people in the target audience. AzNN social marketing campaigns are an important component in delivering nutrition education to the SNAP-Ed audience. AzNN campaigns focus efforts on the following behavioral outcomes in order to magnify the impact of SNAP-Ed:

- Make half your plate fruits and vegetables, at least half your grains whole grains, and switch to fat-free or low-fat milk and milk products;
- Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle; and
- Maintain appropriate calorie balance during each stage of life – childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.



AzNN is currently focusing on areas where the program's strengths and capabilities can have the greatest impact. AzNN will continue its core promotion and support of existing activities, and strive to identify opportunities to integrate obesity prevention recommendations that align with the existing program's federal regulations and Arizona programs and grants.

Introduction

This resource guide was designed to help local SNAP-Education agencies and stakeholders identify evidence-based obesity prevention PSE strategies and interventions to include in their SNAP-Education plans for Fiscal Year (FY) 2016 to 2018, to comply with the SNAP-Education Guidance requirement that SNAP-Education Plans must include multi-level interventions or public health approaches.

PSE strategies intend to supplement individual, group, and community based educational strategies used by nutrition and physical activity educators in a multi-component program delivery model. Education combined with PSE is more effective than either strategy alone for preventing overweight and obesity.

The United States Department of Agriculture and the [National Collaborative on Childhood Obesity Research \(NCCOR\)](#) identified the evidence-based obesity strategies and interventions appropriate for SNAP-Education. In addition to these strategies and interventions, this resource guide includes other nutrition and physical activity initiatives and direct education curricula. The strategies and interventions, along with additional resources are categorized by the following focus areas:

- Food Systems
- Active Living
- School Health
- Early Childhood
- Direct Education

A description of each resource can be found in the guide as well as on eatwellbewell.org.

AzNN encourages local SNAP-Education agencies and stakeholders to consider and select interventions appropriate for their communities. Research indicates an effective obesity prevention program takes a comprehensive approach and uses interventions across several settings. While the evidence does not identify a specific number of interventions or settings necessary for an effective obesity prevention program, studies have found using only one or two interventions limited to a single setting is less effective than comprehensive programs that implement multiple interventions across several settings.



Local SNAP-Ed agencies and stakeholders may use the resource guide to identify interventions that will complement the healthy eating recommendations of the Dietary Guidelines for Americans and messages from USDA’s nutrition assistance programs such as WIC, Child and Adult Care Food Program (CACFP), and the [School Meals Programs](#), as well as SNAP. AzNN suggests that local SNAP-Ed agencies and stakeholders consult with other local nutrition assistance programs before choosing interventions from this resource guide to include in their SNAP-Ed Plans.

In accordance with SNAP-Ed Guidance, local SNAP-Ed agencies and stakeholders with obesity prevention plans should ensure that their SNAP-Ed obesity prevention interventions complement and do not duplicate other local SNAP-Ed agency efforts.

This resource guide is a dynamic document. It is not an exhaustive compilation of potential interventions and resources that are appropriate for SNAP-Ed. Local SNAP-Ed agencies and stakeholders are reminded that activities should be conducted according to the Healthy Hunger-Free Kids Act (HHFKA), the Interim Rule, the most current SNAP-Ed Guidance, and other policy, considering the program’s low-income target population. AzNN is offering the resource guide as a starting point for ideas that local SNAP-Ed agencies and stakeholders may use to further their obesity prevention efforts through SNAP-Ed. AzNN will continue to work to refine and update the resource guide to ensure it provides a current list of evidence-based strategies, interventions, and resources. We welcome your submission of new strategies, interventions, and resources for consideration along with a justification for your submission.



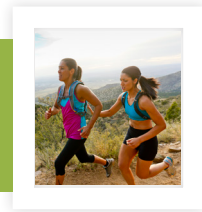
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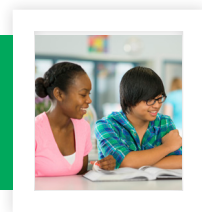
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Active Living



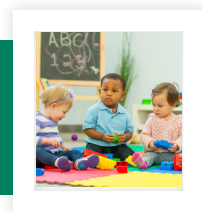
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Food Systems



Food Systems

Strategy 1: Increase availability of healthy food retail, including mobile vendors, farmers' markets, corner/country stores, and grocery stores.

Achieving a good diet requires access to nutritious food, but it also requires good choices from among the many thousands of products available at grocery stores and other food retailers – a real challenge for SNAP participants. Work to shape an environment that makes healthy choices easier.

Strategy 2: Encourage participation in community, home, school, and child care gardens.

Gardens can transform communities into places for folks to learn about how food is grown, the importance of good nutrition, and making better eating choices, all while providing opportunities for physical activity.

Strategy 3: Start and expand Farm to School, Farm to Child Care, Farm to Worksite programs.

Farm to establishment programs can help increase the availability of healthy, locally grown foods in schools, child care centers, and worksites while providing local growers with new markets. This nationwide movement enriches bodies and minds while supporting local economies.

Strategy 4: Support implementation and promotion of the Summer Food Service Program (SFSP).

The Summer Food Service Program offers children nutritious meals during the summer, and in turn, curbs the higher risk of going hungry during the summer months. Work towards fighting hunger during the summer break when children do not have access to the free and reduced lunches provided by the USDA.

Strategy 5: Encourage use of farmers' market with SNAP and WIC access at key community outlets.

Increasing SNAP and WIC participant access to farmers' markets supports locally grown produce and local economic stability, as well as continued preservation of open land and urban sprawl.

Resources

A Practitioner’s Guide for Advancing Health Equity Community Strategies for Preventing Chronic Disease – Healthy Food and Beverage Strategies

This guide offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several PSE strategies.

Accepting SNAP Benefits at Your Farmers Market or Market Booth – A How-To Toolkit

This toolkit has been developed in order to assist market vendors, managers, volunteers and customers in offering a successful “SNAP at the Market” Program. Inside you will learn how to accept SNAP/EBT (formerly known as food stamps), where to get point of sale equipment, which foods are SNAP eligible, and more.

ADHS School Garden Program

The goal of the ADHS School Garden Program is to enable fresh produce to be safely served in school cafeterias from their on-site school garden. The program resources will help school gardens meet the requirements to be an approved source, as required in the Arizona Food Code.

Arizona Gardens for Learning: Creating and Sustaining Your School Garden

The guide is a comprehensive guidebook that provides a strong foundation to support the growing school garden movement. It was developed by a team of experienced garden educators, nutritionists, state officials, and other garden experts. This guidebook is a must-have resource for anyone looking to enhance learning through the use of gardens in schools and other community settings.

Arizona Master Gardener Program

The Arizona Master Gardeners are university-trained volunteers who serve as community educators. They work with the University of Arizona providing research based information on environmentally responsible gardening and landscaping to the public. Training, resources, and local technical assistance are all available.

Banking on Health: Improving Healthy Beverage & Nutrition Standards in Food Banks

This fact sheet provides an overview of the role of food banks and how they operate. It also describes why it’s important to develop guidelines for the nutritional quality of foods and beverages served at food banks, and it outlines common elements of strong healthy beverage and nutrition standards.

Calculating Selling Area for Healthy Retail: A Fact Sheet about Improving Access to Healthy Food

This tool is designed to explain how to measure the total selling area of a store, both floor area and shelf space, as well as calculate the total percentage of selling area devoted to a particular type of product like produce or staple foods.

The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables

This document provides guidance for program managers, policy makers, and others on how to select strategies to increase the consumption of fruits and vegetables. It offers the most relevant information on each type of strategy. This document includes key considerations, action steps, program examples, and resources. This document must be used to support the pre-identified strategies listed in this document.

Check Out Healthy Retail

This infographic uses key elements of the retail environment, including advertising, displays, and inventory, to portray a store that promotes health at every turn. It brings different policies that would simultaneously increase access to healthy food and beverages, regulate sales of tobacco products, and discourage the sale of unhealthy items. It is designed to educate stakeholders and advocates about healthy retail environments and help communities imagine how policy can support healthy retail.

Cooking Matters: Tour Leaders

Tour leaders complete a self-guided and individualized training on our online Learning Space, where they can connect with other leaders across the country and find resources to make their tours a success. After completing the training and setting up their tour, leaders receive a ringed flip book with talking points that are divided by the section of the store allowing them to rearrange the sections to match the layout of the store hosting the tour. It also includes information on MyPlate as a tool to plan and guide your shopping decisions through the store, and each section comes with objectives, suggested timing, key talking points and skills to cover and practice with tour participants.

Creating a Permit Program for Produce Cart Vendors: A Fact Sheet about Encouraging Healthy Cart Vending

This fact sheet provides an overview of a model produce cart ordinance and describes the many benefits of produce cart vending. The model ordinance creates a streamlined permit program to make it easier for produce cart vendors to bring fresh, uncut fruits and vegetables from a mobile cart directly to a neighborhood.

Dig, Eat, & Be Healthy: A Guide to Growing Food on Public Property

Growing food on public property – from vacant fields, to schoolyards, parks, utility rights-of-way, and even the rooftops of public buildings – can yield a diverse crop of community benefits. Fresh, healthy food is just the beginning: growing food on public property can also promote civic participation, public safety, food literacy, job skills, and urban greening – in short, healthier, more vibrant places. This guide provides users with the tools they need to access public land for growing food, including:

- opportunities to work with public agencies to identify and inventory suitable growing sites, and develop a process for partners to access these sites;
- common types of agreements that govern the relationship between food-growing groups and public entities, such as leases, licenses, and interagency agreements;
- common provisions in agreements, such as liability, utilities, maintenance, growing practices, contamination, access and security, and improvements;
- special issues related to growing food on school district property; and
- sample agreements from real-world urban agriculture projects on public land.

Digging In: Local Policies to Support Urban Agriculture

This infographic outlines policy strategies to support urban agriculture – including community gardens, urban farms, home gardens, and edible parks – to promote access to fresh and healthy food, civic participation, urban greening, public safety, and job skills.

The Economics of Local Food Systems

The Local Food System Toolkit was developed by the Agricultural Marketing Service (AMS) to help communities reliably evaluate the economic impact of investing in local and regional food systems. The Local Food System Toolkit provides detailed guidance in seven modules to measure and assess the expected economic impacts of local food investments. Using real-world projects, experiences, and applied research, it provides grounded, credible, and useable assessment methods. The Local Food System Toolkit can be used by policy makers, community leaders, private businesses or foundations to offer specific estimates that will help them decide whether to invest in initiatives that increase local food activity.

Equitable Development Toolkit: Equitable Food Hubs

This toolkit describes food hubs as an emerging retail strategy that has the potential to create a more equitable food system.

Farm to Work Toolkit

Farm to Work increases access to fresh fruits and vegetables in the work environment by providing a weekly opportunity for purchase and delivery of fresh produce from local farmers. The program was developed collaboratively by the Texas Department of State Health Services and the non-profit Sustainable Food Center. While addressing multiple levels of the socio-ecological model, the program's primary focus is to promote individual and group behavior change by modifying the work environment to increase access, availability, purchases, and use of healthy fruits and vegetables from local farms.

Financial Implications of Healthy Vending

This fact sheet demonstrates that revenue is unaffected by implementing healthy vending policies or programs.

From the Ground Up: Land Use Policies to Protect and Promote Farmers' Markets

This guide provides an overview of farmers' market policy issues and community tested best practices. It also features a set of complementary model land use policies for comprehensive plans and zoning ordinances. This guide was written for local government staff (planners, public health departments, etc.), elected officials, farmers' market managers, food policy councils, and other stakeholders, to provide practical guidance and tools that communities can customize to create more farmers' market opportunities and to ensure their long-term viability.

Geographic Preference: A Primer on Purchasing Fresh Local Food for Schools

This primer summarizes state and federal law and provides guidance for setting a preference that complies with both. It also provides step-by-step guidance on how a school district can implement a geographic preference policy starting with articulating the legal authority and rationale for buying local.

Green for Greens: Finding Public Funding for Healthy Food Retail

This guide provides a general overview of economic development and ideas for how to approach economic development agencies with healthy food retail proposals. It also provides a comprehensive overview of local, state, and federal economic development programs that have been or could be used for healthy food retail projects.

Ground Rules: A Legal Toolkit for Community Gardens

This toolkit is designed to help overcome the legal and practical barriers to establishing community gardens on land that is not municipally owned. It provides several model agreements and other documents that can easily be tailored, simplifying the process of building an agreement that benefits both landowners and the community.

Guide: Procuring Local Foods for Child Nutrition Programs

This guide covers procurement basics, defining local, where to find local products, and the variety of ways schools can purchase locally in accordance with regulations. Throughout the guide, examples illustrate the many mechanisms available for districts to procure local food.

Health on the Shelf: A Guide to Healthy Small Food Retailer Certification Programs

This toolkit describes how to create a strong, healthy small food retailer certification program that requires participating stores to increase the variety of healthy foods they sell, reduce the offerings of unhealthy foods, and proactively market healthy options with help from a sponsoring agency or organization. It provides step-by-step instructions for developing a certification program, with ideas and examples from existing programs.

Healthier Food Retail: An Action Guide for Public Health Practitioners

The purpose of Healthier Food Retail: An Action Guide for Public Health Practitioners is to provide guidance for public health practitioners on how to develop, implement, and partner on initiatives

Healthy Mobile Vending Policies

This fact sheet shows how mobile vending regulations can promote healthy eating in communities that need it the most.

Healthy Vending Guide

This guide will help organizations choose healthier products by providing: (1) healthy vending guidelines for food and beverage products, (2) sample policies to support and sustain healthy vending, and (3) marketing strategies to promote healthy options.

Let's Move: Garden Checklist

Community Garden:

Urban communities often find patches of land to host community gardens, and invite participants to help plant, harvest and enjoy the produce -- and in turn incorporate the necessary fruits, vegetables, vitamins and nutrients they need to stay healthy into their diets. Before you start a garden of your own, read and download this step-by-step guide, which offers important information about how to safely grow your own fruits and vegetables with others in your community.

School Garden:

School gardens offer opportunities for fun and physical activity while serving as an important educational tool to help students understand how healthy food is produced.

Before you start a garden of your own, read and download this step-by-step guide, which offers important information about how to safely grow your own fruits and vegetables with your students.

Nudges: Making the Healthy Choice the Easy Choice

There is no “one-size fits all” model for delivering nutrition education. Nonetheless, there are some widely accepted nutrition education and public health best practices, including simple changes to food distribution environments that “nudge” clients to select healthier options. With that in mind, Feeding America has taken note of the increased interest in applying nudge interventions to food bank and food pantry environments. Within this toolkit you will find ways to create a strategy that fits your food bank or food pantry’s needs to maximize the impact that nudges can make with your clients.

Promoting and Supporting School Salad Bars: A New Action Guide for State Health Practitioners

This guide will help you become an effective ambassador by providing the knowledge you need about salad bars. This guide offers you a variety of activities to support school salad bars, from initial strategies, such as starting a conversation about school salad bars in your state, to ambitious projects, such as evaluating how well salad bars are changing eating habits among students. The guide facilitates peer-to-peer learning by passing on information about other states’ successful salad bar projects to provide ideas about what could work for you. You might use this guide to help incorporate school salad bar strategies into your state work plans. This guide can be shared with your partners when you invite them to join you in your salad bar activities.

Providing Fresh Produce in Small Food Stores: Distribution Challenges & Solutions for Healthy Food Retail

This tool is intended to provide a range of promising, innovative strategies for overcoming the challenges of sourcing and marketing fresh produce at affordable prices.

Seeding the City: Land Use Policies to Promote Urban Agriculture

This toolkit provides a framework and model language for land use policies that local policymakers can tailor to promote and sustain urban agriculture in their communities.

Senior Nutrition Guide

This guide has been designed to help program directors and staff of Senior Grocery Programs better understand how to address the nutritional needs of their clients.

SNAP Training Guide for Retailers

This guide will help you learn the Program rules and answer common questions about SNAP. At the end of this publication there is information about the Program and how to apply for SNAP benefits. This guide covers sections which include information on basic guidelines, what SNAP benefits can buy, Electronic Benefits Transfer (EBT) cards, and penalties for breaking rules.

Spinach to Schoolyards: Legal Requirements for Starting a School Produce Stand in California

This fact sheet outlines the basic legal requirements for starting a school produce stand in California, including licensing, permitting, and food safety requirements. While this ChangeLab Solutions’ resource was designed for California communities, information contained within the guide can be adapted for use in other states as well.

Summer Lunch Buddies

The Summer Lunch Buddies Toolkit was developed to promote the Summer Food Service Program across Arizona. The Summer Food Service Program (SFSP) is a U.S. Department of Agriculture (USDA) Child Nutrition Program established to ensure that low-income children, ages 18 and younger, continue to receive nutritious meals when school is not in session. Free meals, that meet Federal nutrition guidelines, are provided to all children at approved SFSP sites in areas with significant concentrations of low-income children by schools, private non-profits and local or county governments. The SFSP is administered at the State level by the Arizona Department of Education (ADE). Food sites are located throughout Arizona. Sites provide FREE meals to children, ages 18 and younger, during approved meal service times and dates. Some sites may also offer adult meals at a discounted price.

Ten Steps to a Successful Vegetable Garden

This handout details the ten steps to a successful vegetable garden.

USDA Farm to School Toolkit: Growing Your Farm to School Program

The Farm to School Planning Toolkit guides you through questions to consider and helpful resource to reference when starting or growing a farm to school program. It is designed for use by schools, school districts, and community partners. The toolkit is filled with tips and examples, insights from others, and lists of resources for further research.

Active Living



Strategy 6: Build capacity to implement active living policy at the community level and by community organizations.

The ability for adults and children to be physically active in their community depends on whether the community is safe and walk-able. Go beyond the individual based interventions and explore the research and evidence based interventions that will guide you on how to make physical activity easier, safer, and more convenient.

Strategy 7: Promote participation in and use of area physical activity resources, including partnerships with parks and trails organizations, and other community organizations.

The way in which communities are designed and function can promote—or inhibit—physical activity for children and adults. Work together to achieve more! Develop community partnerships, and promote changes to local policy to improve access to of physical activity environments such as parks and trails to foster healthy living and prevent obesity.

Strategy 8: Support family-friendly physical activity opportunities throughout the year, throughout the community.

Join the family fun! Engaging families in physical activity can be a fun way to get everyone moving. Encourage lifelong motivation and involvement by leading and supporting physical activity efforts at family-friendly community sites events.

Strategy 9: Use point-of-decision prompts to encourage use of stairs.

It all adds up one step at a time! Encourage folks to take the stairs instead of the elevator. In combination with enhancements to stairs and stairwells, the point-of-decision prompts to encourage use of stairs is proven to be an effective evidence based approach in increasing the use of stairs to support an active lifestyle.

Resources

A Practitioner’s Guide for Advancing Health Equity Community Strategies for Preventing Chronic Disease – Active Living Strategies

The purpose of the Health Equity Guide is to assist practitioners with addressing the well-documented disparities in chronic disease health outcomes. This resource offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several policies, systems, and environmental improvement strategies focused on tobacco-free living, healthy food and beverages, and active living.

The Benefits of a Written Shared-Use Agreement

This fact sheet discusses the benefits of well written shared-use agreements.

Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy

Nemours Health and Prevention Services created these physical activity guidelines to help promote and support quality physical activity for children and youth

The CDC Guide to Strategies to Increase Physical Activity in the Community

This document provides guidance for program managers, policy makers, and others on how to select strategies to increase physical activity in the community. It offers the most relevant information on each type of strategy.

Complete Streets Talking Points: A Factsheet about Healthier Street Design

This fact sheet provides talking points and information to use when advocating for healthier street design.

Crossing with Confidence: Managing Risk When Creating Crossing Guard Programs in California

This comprehensive fact sheet discusses the legal implications of establishing a crossing guard program and identified concrete steps public entities – including school districts – can take to minimize their exposure to liability. While this ChangeLab Solutions’ resource was designed for California communities, information contained within the factsheet can be adapted for use in other states as well.

Developing a Joint Use Agreement: A Checklist of Issues to Consider

This checklist is designed to identify issues to consider when developing a joint use agreement to share existing facilities.

Get Out & Get Moving: Opportunities to Walk to School through Remote Drop-Off Programs

This fact sheet is intended to help districts, parents, and active transportation advocates understand the legal implications of implementing a remote drop-off program and determine whether it is appropriate for their community. It also includes a cost-benefit worksheet for districts to assess the relative risks of implementing a remote drop-off program versus existing drop-off routines. While this ChangeLab Solutions’ resource was designed for California communities, information contained within the factsheet can be adapted for use in other states as well.

Getting Students Active through Safe Routes to School: Policies and Action Steps for Education Policymakers and Professionals

This resource guide is intended for education policymakers, administrators and personnel at the state, school district, and individual school levels. It provides a detailed examination of the most up-to-date and relevant research linking physical activity and academic achievement, as well as the current rates of activity among school-aged youth. Common challenges and obstacles faced by schools—such as transportation costs, safety and liability issues—are discussed, as well as ways Safe Routes to School programs can help to mitigate these issues.

Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities

This guide provides a roadmap to making all types of communities bicycle friendly. This guide helps policy makers figure out where to start, and spells out how to effectively use policy to promote bicycling.

Guide for Recess Policy

This chart identifies components of a recess policy, recommended policy language, accountability measures and rationale for policy. The Guide for Recess Policy can be used to develop and evaluate recess policy at the state, school district or school level.

Healthy Community Design Resource Guide: Where Arizonans Live, Learn, Work, and Play

This resource guide provides public health and community partners with a concrete path to improve community health. These tools can be used comprehensively in an integrated approach that examines how well the physical characteristics of a community promote positive health outcomes, or individually to address a specific problem.

Healthy Community Design Toolkit: General Plan Updates

This toolkit has been prepared to assist Arizona communities in making changes what will result in the creation of a healthy physical environments for our residents. It provides a general overview of the process – explanation of the requirements and purpose for the plan, who to talk to in local government, how to get involved, a checklist for what policy topics should be addressed, and example policies that may be considered for incorporation into the plan.

Implementing Safe Routes to School in Low-Income Schools and Communities: A Resource Guide for Volunteers and Professionals

Safe Routes to School (SRTS) programs and projects help schools and communities improve safety, and get more children walking and bicycling to and from school. This resource guide focuses on schools and communities where at least half of students or community residents are low-income; it is intended to fill that gap.

Let's Ride: 4 Requirements for a Bikeable Community

This infographic outlines a few of the many strategies that can help get people bicycling around town.

Making Streets Welcome for Walking: A Factsheet about Principles of Walkable Streets

This fact sheet outlines three principles of walkable streets: safety, convenience, and comfort. It also offers strategies for combining efforts across different local agencies, and provides advice for making short-term improvements and lasting, long-term change that make it easier for people to choose healthier ways to get around.

Minimizing Liability Risk: A Factsheet about Safe Routes to School Programs

This fact sheet explains why liability fears shouldn't keep schools from supporting Safe Routes to School programs, and offers practical tips for schools and community advocates.

Model Joint Use Agreement Series

The National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN) developed model joint use agreements to aid the development of such agreements. There is no one model joint use agreement and there is no single method to develop an agreement, but these are a great start.

Move this Way: Making Neighborhoods more Walkable and Bikeable

This report explains how to use one set of tools – zoning and subdivision codes – to make communities more walkable and bikeable. It was designed to assist public health department professionals and advocates in their efforts to revise their local codes, but it may also be useful to other stakeholders routinely involved with updating and revising zoning and subdivision codes, including elected officials, planners, and local advocates.

On the Move: Safe Routes to School Policies in Rural School Districts

This resource calls out specific approaches and tools that may be particularly helpful for rural schools, exploring elements of the Safe Routes to School District Policy Workbook. It walks through why safe routes matter, how to succeed with safe routes, and policies that support walking and biking to schools.

Open Streets

The Open Streets Project is collaboration between the Alliance for Biking & Walking and The Street Plans Collaborative. The goal of the project is to share information about open streets and increase the number, size, and frequency of initiatives occurring across North America. The Open Streets Project includes a published guide and this interactive website, which allows advocates and new open streets organizers to explore open streets efforts in other peer cities

Opening School Property After Hours: A Primer on Liability

This fact sheet explains how state laws, insurance, and joint use agreements can help protect school districts from liability.

Physical Activity Builds a Healthy and Strong America

This infographic shows the effects of not getting enough physical activity on our nation's health, economy, and military readiness. It also emphasizes the many health, safety, and community benefits increased physical activity can offer.

Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth

The Midcourse Report is intended to identify interventions that can help increase physical activity in youth across a variety of settings. It focuses on 5 settings which include: schools, preschool and childcare centers, community, family and home, and primary care. The report also discusses the importance of each setting and its relation to youth physical activity and important precedents for policy involvement.

Playing Smart: A National Joint Use Toolkit

This toolkit is a nuts-and-bolts guide designed to help school staff and other community leaders craft and implement joint use agreements. Complete with model agreement language and success stories from communities around the country. This toolkit provides a comprehensive overview of the most common ways to finance joint use arrangements, and guidance on how to overcome obstacles that may arise in negotiating and enforcing a joint use agreement.

Safe Routes to School: Approaches to Support Children Walking and Bicycling to School

This illustrated roadmap outlines thirteen policy options that can help make Safe Routes to School a permanent part of our communities. The accompanying brochure breaks down the policy options even further.

Safe Routes to School Guide

This guide is a comprehensive reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. It contains several chapters about specific topics of a SRTS program and is an “all-inclusive” guide.

Safe Routes to Schools Talking Points: A Factsheet to Help Create Safe Routes to School in Your Community

This fact sheet provides talking points and information to help communities create Safe Routes to School programs and policies.

Start or Join a Walking Club

This resource has a library of how-to guides featuring useful advice and tools for creating a successful Walking Club. You’ll find a variety of ideas here, so you can do what works best for your Walking Club.

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace

Steps to Wellness provide 7 specific steps to create, maintain, and sustain physical activity and wellness programs.

Walkability Checklist

This checklist helps give insight into walkability of a neighborhood. It contains insightful questions, allowing the user to evaluate specific aspects of a neighborhood’s walkability. In addition to the questions, the checklist provides both immediate answers and long-term solutions to a neighborhood’s potential problem areas.

Walking School Bus

This tool aims to help get kids more physically activity on their way to school. This resource identifies areas to work on in order to get a walking school bus in your community which includes where to start, reaching more children, identifying potential routes, finalizing logistics and kicking off the program.

What is a Joint Use Agreement? A Factsheet for Parents, Students, and Community Members

This fact sheet provides an introduction to and basic information about joint use agreements.

School Health



School Health

Strategy 10: Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with Local Education Agencies (LEAs).

Get involved in schools! Take action to advance school wellness policies by collaborating with LEAs to support the initiation and compliance of Local Wellness Policies in schools to encourage and promote student wellness, support childhood obesity prevention efforts, and aid in combating problems associated with poor nutrition and physical activity.

Strategy 11: Improve student, teacher, and staff access to nutrition information through menu labeling and classroom curriculum to improve student understanding of nutrition information.

Add healthy living to the lesson plan! Principals, teachers and parents can help make schools healthier places to learn by providing quality nutrition, and teaching children about the importance of embracing a healthy, active lifestyle. Motivate children and their mentors to live healthier through nutrition education.

Strategy 12: Support comprehensive school physical activity programming.

Empower school champions with a comprehensive school physical activity program that will increase student participation in physical activity, increase physical fitness, and enhance student knowledge and skills about why and how they should be physically active. Create active environments that enable all students to get moving and reach their full potential.

Resources

A Clear Call for Healthy Snacks at School

Many children consume up to half of their daily calories at school, so it is essential to make sure they have healthy snacks and drinks available, in addition to healthier meals.

Active School Neighborhood Checklist

This assessment tool will help communities, school-siting professionals, schools, and city officials identify barriers that prevent students from walking and biking to and from school each day and create solutions to encourage neighborhoods to be more physically active.

Addressing Sugary Drinks through the Local School Wellness Policy

This fact sheet discusses how school districts can use their school wellness policies to reduce sugary drink consumption. It includes information on what beverages schools can sell to students, the importance of addressing sugary drinks in local school wellness policies, and optional sugary drink policy elements that school districts can include in their local school wellness policy. While this ChangeLab Solutions' resource was designed for California communities, information contained within the factsheet can be adapted for use in other states as well.

Children's BMI Tool for Schools – Assessing Your Weight

The Children's BMI Tool for Schools is an Excel spreadsheet intended for use by school, child care, and other professionals who want to compute Body Mass Index (BMI) for a group of up to 2000 children, for example a school class room or grade.

Choosing Healthy Habits Planners

The Choosing Healthy Habits planners engage students with daily health-related activities at school, home and in their communities. The health habits challenge log enables students to set and track weekly healthy eating and physical activity goals.

Comprehensive School Physical Activity Program (CSPAP): A Guide for Schools

CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime

Comprehensive School Physical Activity Program (CSPAP) Policy Continuum

This tool identified meaningful steps along a path toward optimal policy. The continuum is divided into sections based on the five components of a Comprehensive Physical Activity Program (CSPAP), as identified by the National Association of Sport and Physical Education (NASPE).

Development of Physical Activity Policy

This worksheet provides a guide for school boards, superintendents, district staff and others to develop and review board policies and administrative regulations related to physical activity.

Fuel Up to Play 60

Fuel Up to Play 60 is a fun, interactive program that allows schools to decide how to make their school an even healthier place. Fuel Up to Play 60 complements other school wellness programs, and helps schools to meet their wellness goals by having adults and students working together.

Healthier Classroom Pledge

Utilize the Healthier Classroom Pledge to motivate environmental changes within classrooms.

Healthy School Celebrations

Good nutrition and the value of healthy food choices are often taught in the classroom. However, many times foods served in the classroom, in the case of a class party or rewards for behavior, are low in nutrients and high in calories. This sends students a mixed message – that good nutrition is just a part of their education and is not important to their health. To send the right message and to keep our children healthy, teachers, staff, and parents can work together to offer healthy classroom party alternatives.

Healthy School Meals Tip Sheet Series

This series of tip sheets help to implement the updated nutrition standards for school lunches.

Healthy Schools Program

The Alliance for a Healthier Generation's Healthy Schools Program is an evidence-based initiative that will help you to create and sustain healthy environments where your students can learn better and flourish.

Healthier US School Challenge

The Healthier US School Challenge: Smarter Lunchrooms (HUSC: SL) is a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity.

How to Enforce a Wellness Policy: A Factsheet for Parents and Community Advocates

This fact sheet is designed to help parents and community advocates ensure that their district's policy is enforced.

Increasing Access to Drinking Water in Schools

Drinking water can contribute to good health, and schools are in a unique position to promote healthy, dietary behaviors, including drinking water. This tool kit can be used by school health councils, nutrition services providers, principals, teachers, parents, and other school staff who are interested in increasing access to drinking water.

Let's Move Active Schools

Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools. It is the First Lady's initiative, and helps schools develop a culture in which physical activity and physical education are foundational to academic success.

Model School District Wellness Policy

This “basic” district-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program “Bronze” level recognition criteria, and minimum best practice standards accepted in the education and public health fields. Where appropriate, the template includes optional policy language school districts can use to establish a stronger policy that meets the Healthy Schools Program “Silver” or “Gold” levels. School districts should choose policy language that meets their current needs and also supports growth over time.

Nemours: Childhood Obesity Prevention Strategies for Rural Communities:

This toolkit is intended to provide a range of science-informed, promising or emerging obesity prevention strategies to address childhood obesity in rural communities in five different sectors that serve children.

Parent Engagement: Strategies for Involving Parents in School Health

This publication defines and describes parent engagement and identifies specific strategies and actions that schools can take to increase parent engagement in schools’ health promotion activities. The audiences for this publication include school administrators, teachers, support staff, parents, and others interested in promoting parent engagement. Each of these audiences has a different but important roles and responsibilities related to garnering support for, and implementing, these strategies and actions.

Physical Activity Leader (PAL) Learning System and Training

Society of Health and Physical Educators: Physical Activity Leader (PAL) Learning System and Training: An all-inclusive professional development resource within the Let’s Move! Active Schools framework. Adaptable to individual school environments, the PAL Learning System develops and supports individuals who will champion an effort to ensure 60 minutes per day of physical activity for all school-age youth.

Resource to Sustain and Strengthen Local Wellness Initiatives

This resource was developed for school districts and school sites that are starting to evaluate components of their local wellness policies. It is a guide for individuals and evaluation teams that want step-by-step instructions for conducting their evaluation, deciding what their results mean, and communicating their findings to stakeholders. It is designed to meet the initial needs of school districts and school sites that do not have personnel who are trained in evaluation and who do not have evaluation as core job components.

School Health Advisory Council (SHAC)

A SHAC is a group of individuals representing segments of the community, appointed by the school district, to serve at the district level to provide advice to the district on coordinated school health programming and its impact on student health and learning. The SHAC will assist the district in ensuring that local community values are reflected in the district’s health education instruction.

School Health Index

The School Health Index (SHI): Self-Assessment & Planning Guide 2014, is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs.

School Health Profiles

The School Health Profiles is a system of surveys assessing school health policies and practices in states, large urban school districts, territories, and tribal governments. Profile surveys are conducted every 2 years by education and health agencies among middle and high school principals and lead health education teachers.

School Wellness Committee Toolkit

This guide was created as a resource for school wellness committees to convene, plan, and implement their action plans. The tools and other tips contained in this toolkit are meant to coordinate with other Healthy School Program resources, and technical assistance is provided by the Alliance for a Healthier Generation.

School Wellness Policy Best Practices for Policy Development, Implementation, and Evaluation

This toolkit is designed to help schools implement the requirements of the Healthy, Hunger-Free Kids Act. Throughout the toolkit you will find best practice examples of the great things schools across Washington are doing to improve nutrition and physical activity.

Smart Snack Calculator

This calculator can be used to determine whether beverages, snacks, sides, or entrees, meet the new USDA Smart Snacks in School Guidelines.

Smart Snacks Infographic

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This infographic shows the difference between the types of snacks sold before Smart Snack standard and the types offered after the standard was implemented; it also highlights the difference in empty calories.

Smarter Lunchrooms Movement

The Smarter Lunchrooms Movement was started in 2009 with the goal of creating sustainable research-based lunchrooms that guide smarter choices. It is a grassroots movement of those concerned with the way children eat, and wish to change these behaviors through the application of evidence-based lunchroom focused principles that promote healthful eating.

State School Health Policy Database

This online database is a comprehensive set of laws and policies from 50 states on more than 40 school health topics. The database contains brief descriptions of laws, legal codes, rules, regulations, administrative orders, mandates, standards, resolutions, and other written means of exercising authority. The database is designed to supplement information contained in CDC's School Health Policies and Programs Study.

Weigh In: A Conversation Guide For Parents and Adult Caregivers

A conversation guide for parents and adult caregivers of children age 7 to 11 years old as it relates to being overweight and obesity.

The Wellness Impact: Enhancing Academic Success through Healthy School Environments

This report presents the case as to why schools have a more important role than ever in helping build the nation's future.

Wellness Policy Fundamentals

The Wellness Policy Fundamentals lays out key considerations for developing a Local Wellness Policy Action Plan and goals of a policy. It walks through different policy areas and describes what should be included for an effective policy.

Early Childhood



Early Childhood

Strategy 13: Support development, implementation, and evaluation of food and beverage and physical activity policies and environments consistent with the Empower standards.

Become a wellness ambassador and help empower young children to learn habits they can keep for life! Strive to improve the quality of care at child care centers by initiating and coordinating activities to support a healthier child care environment.

Strategy 14: Improve capacity of child care providers and food service staff in nutrition education and healthy meal planning and food preparation.

Support the growth of leadership, collaboration, and efficacy of Early Care and Education (ECE) providers as they learn, change, grow, and become champions for children's health, development, and learning.

Strategy 15: Improve capacity of child care providers to provide children with opportunities for physical activity throughout the day, including outside play when possible.

Be a child care champion for healthy choices! Educate child care providers on the importance of providing opportunities for children to be physically active in a safe play space every day to help improve overall health including motor skills, social skills, and brain development. Support their efforts in making changes at their center.

Resources

Active Play: Fun Physical Activities for Young Children

This book offers 52 physical activities and their variations that are fun for young children. This is designed for children to develop fundamental movement skills and physical fitness, inclusive of children with special needs.

Caring for Our Children. National Health and Safety Performance Standards Guidelines for Early Care and Education Programs. 3rd Edition.

Caring for Our Children, 3rd Edition (CFOC3) is a collection of 686 national standards that represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

Child and Adult Care Food Program Meal Charts and One Page Summaries

Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

One Page Summaries of New Meal Standards (effective 10/1/2017)

- Infants
- Children and Adults
- Best Practices

New Meal Standard Charts (effective 10/1/2017)

- Infants
- Children
- Adults

Previous Meal Standards Charts

- Infants
- Children
- Adults

Child Care Provider's Guide: Helping Kids Eat Right and Stay Active in a Childcare Setting

This guide was created to help child care providers understand and address important nutrition and fitness issues for the children in your care including infants, toddlers and preschoolers.

Early Childhood Program Guidelines: Birth – Kindergarten

These guidelines are a set of recommended practices for programs to use as they strive for excellence in the care and education of young children throughout Arizona. This document is intended to provide guidance by delineating quality and providing a set of indicators that concretely describe what a program will look like when providing high quality early care and education for children birth through age six.

Early Learning Standards

The Arizona Early Learning Standards have been developed to provide a framework for the planning of quality learning experiences for all children three to five years of age. The standards cover a broad range of skill development and provide a useful instructional foundation for children from diverse backgrounds and with diverse abilities. The standards are intended for use by all those who work with young children in any early care and education setting in urban, rural and tribal communities.

Ellyn Satter Institute (ESI) - Division of Responsibility in Feeding:

Children develop eating competence step-by-step throughout the growing-up years when they are fed according to a stage-appropriate division of responsibility. At every stage, parents take leadership with feeding and let the child be self-directed with eating.

Ellyn Satter Institute (ESI) - Division of Responsibility with Activity:

Children are born loving their bodies, curious about them and inclined to be active. Parents provide structure, safety, and opportunities. Children choose how much and whether to move and the manner of moving.

Ellyn Satter Institute (ESI) - What Your Baby Can Do and How and What to Feed Them

This handout will help guide participants in making feeding decisions for their child.

The Empower Program

ECE providers are in a special position to empower young children to learn habits that can keep them healthy for life. ADHS developed the Empower Program in 2010 as a voluntary program to support licensed ECE facilities' efforts to empower young children to grow up healthy and is based on 10 program standards.

Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs

This guide is intended to help early care and learning professionals and their programs, including center based, family child care, Head Start and public preschools, successfully implement Family Style Dining practices. This guide focuses on serving meals family style with toddlers and preschoolers, though afterschool programs may adopt these practices as well.

The Great Outdoors: Restoring Children's Right to Play Outside

This book describes exciting playgrounds in the U.S. and other countries, and provides practical information on safety, accessibility, and curriculum.

Increasing Access to Drinking Water and Other Healthier Beverages in ECE Settings

The purpose of this guide is to explain why ECE centers or family child care homes should serve water to children under care, and to give information on how to do it. It also describes how providing water fits in with serving other beverages while complying with CACFP regulations.

Infant/Toddler Development Guidelines

These guidelines describe expectations about what infants and toddlers should know (understand) and do (competencies and skills) across multiple domains of development during specific age ranges, as well as what adults can do to support children's optimal learning and development.

Let's Move Child Care Technical Assistance Manual

This manual supports the Let's Move Child Care 5 Healthy Goals. Refer to this manual to understand common challenges providers face and suggestions to overcome them.

Move More North Carolina: A Guide to Creating Active Outdoor Play Spaces

This guide provides examples of active outdoor play spaces and best-practice tips for designing them. Use this guide to learn more about creating outdoor spaces that encourage more active play.

National Early Care and Education Learning Collaborative Project

This project aims to spread impactful, sustainable policy and practice improvements in ECE programs to prevent childhood obesity.

Nemours Best Practices for Healthy Eating

This guide is intended to serve as a practical tool for implementing feeding best practices for optimal nutrition in early care and education settings. Those who work in child care centers, schools, community organizations or primary health care practices play an important part in supporting children's development of healthy habits, both by providing nutritious food and by teaching children how to make healthy food choices. Children who learn these habits when they're young are more likely to continue making healthy choices in adulthood. By sharing information with families and early care and education providers, you can work with them as partners to support healthy children.

Nemours Best Practices for Physical Activity

Nemours Health and Prevention Services (NHPS) created these physical activity guidelines to help promote and support quality physical activity for children and youth. Those who work in child care centers, schools, community organizations or primary health care practices have powerful opportunities to ensure children have access to health-promoting physical activity on a daily basis. Equipped with information about best practices, parents, family members and neighbors can serve as important advocates to ensure that physical activity becomes a regular and enjoyable part of daily life for children.

Nemours Child Care Wellness Policy Workbook: Creating an Environment for Preschools to Develop Healthy Habits for Life

This workbook serves to help child care providers, families, and communities work together to raise fit, happy children. Child care providers and other early childhood professionals can use this workbook to develop their own individualized wellness policies.

Nemours: Childhood Obesity Prevention Strategies for Rural Communities

This toolkit aims to provide communities with a range of strategies, interventions and tools to make changes to barriers that rural communities face.

Nutrition and Physical Activity Self Assessment for Child-Care (NAP SACC)

This is a research-tested intervention program designed to enhance nutrition and physical activity practices in early care and education programs.

Nutrition and Wellness Tips for Young Children

Child care providers can create healthier environments for the children in their care with this collection of tip sheets! Each tip sheet focuses on a specific topic and includes a practical application section to help providers apply the tips to their child care program. By using the tip sheets when planning meals and activities for children ages 2 through 5 years old, providers can incorporate key recommendations and best practices into their menus and daily schedules. The handbook also provides CACFP success stories as well as links to additional resources available online.

Painting Preschool Playgrounds for Movement

This guide was developed to aid in designing and painting playgrounds with a goal of increasing opportunities for physical activity in preschools. The guide addresses: preschool physical activity recommendations; fundamental movement skills; suggested playground elements; and preparation and instructions for painting and tools to assist with playground designs.

Preventing Childhood Obesity in Early Care and Education Programs Second Edition. Selected Standards from Caring for Our Children National Health and Safety Performance Standards Guidelines for Early Care and Education Programs 3rd Edition

The second edition of Preventing Childhood Obesity in Early Care and Education Programs is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for ALL types of early care and education settings - centers and family child care homes. This manual provides the foundational knowledge and reasoning that supports obesity prevention standards in early care and education settings. Use this manual to understand rationale and more comprehensive background information pertaining to nutrition and physical activity standards.

Direct Education



Direct Education

Strategy 16: Provide evidence-based healthy eating and active living education in support of policy, system, and environmental change strategies to eligible audiences in eligible community sites to promote consumption of healthy foods and beverages and active lifestyles.

Knowledge is one of the key components to inspire change. Incorporate healthy eating and active living education and promotion in your efforts to empower people, eliminate health disparities, support clinical and community prevention services, and shape healthy and safe community environments.

Curricula

Activity and Eating Curriculum Description

High School: Help your high school students understand the essential connection between being physically active, making healthful food choices and maintaining long term good health. A PowerPoint presentation and accompanying script will help you walk high school students through the eight-page Activity + Eating workbook. This program may be taught in one or two sessions.

Audience: High School (Grades 9-12)
Number of Lessons: 1 - 2
Lesson Length: 50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Curriculum is single lesson; lesson can be split into two sessions if needed.

Building a Healthy Me! Curriculum Description

Completely revised and new this year, this kindergarten nutrition education program gives teachers the flexibility they need by offering fun activities that span from 5 to 15 minutes and fit into a variety of classroom themes. Plus, extension activities provide even more options so that teachers can teach what they want, when they want. Building a Healthy Me! nutrition program aligns with education standards, uses a proven behavior-change model and gives transitional kindergarten and kindergarten students the foundation they need to make healthy food choices.

Audience: Kindergarten
Number of Lessons: 32
Lesson Length: 5-15 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/catalog/>

Curriculum Implementation Guidelines

Unit 1 must be taught first, Units 2-5 can be taught in any order following Unit 1. Lessons in the curriculum are a series and not stand-alone lessons.

CATCH Early Childhood (Pre-K)

Curriculum Description

CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Modeled after the nationally recognized CATCH Program, CEC provides an environment where physical activity, health education, gardening and healthy eating behaviors are valued and taught. Little ones are motivated to walk, run, jump, dance and move their whole bodies while playing and having fun!

Audience: Pre-K (Ages 3-5)
Number of Lessons: 9 nutrition, 10 gardening (Separate Components)
Lesson Length: 20 minutes
College and Career Rediness Standards: No
Language: English
Price: \$275.00
Link: <http://catchinfo.org/programs/pre-k/>

Curriculum Implementation Guidelines

The lessons within each program are designed to be implemented in sequence. These lessons are not stand alone.

CATCH Kids Club (K-5, 5-8)

Curriculum Description

Designed for the teacher and non-professional instructor, these health education lessons are organized into seven themes related to physical activity, nutrition, and screen time reduction. The lessons incorporate a variety of teaching strategies, including physical activity-based activities, individual practice, cooperative learning groups, large-group discussions, educational games, goal setting, and hands on snack preparation. In each manual seven family tip sheets, available in English and Spanish, reinforce parental participation, which contributes to the effectiveness of positive changes in eating and physical activity behaviors.

Audience: Grades K-5 and 5-8
Number of Lessons: 36
Lesson Length: 30-60 minutes
College and Career Rediness Standards: No
Language: English
Price: \$247.50
Link: <http://catchusa.org/ckc.htm>

Curriculum Implementation Guidelines

Basic Concept Theme must be taught first. Other themes may be taught in any order, but the lessons within those themes must be taught in the order as it appears in the table of contents. Activity Box activities may be taught as stand-alone activities.

Color Me Healthy

Curriculum Description

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

Audience: Pre-School (Ages 4-5 years old)
Number of Lessons: 12 (circle time)
Lesson Length: N/A
College and Career Rediness Standards: No
Language: English (Spanish Add-Ons)
Price: \$88
Link: <http://colormehealthy.com/>

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons. Color Me Healthy is designed to be used in family daycare homes, Head Start classrooms, and childcare centers serving 4 and 5 year olds.

Cooking Matters for Chefs and Kids

Curriculum Description

Cooking Matters for Chefs and Kids is an easy-to-use guide that helps chefs, nutrition educators, and food service professionals provide hands-on instruction that will help kids develop a love of cooking and the skills to make healthy food choices wherever they go. Within the guide you will find a variety of resources to help you engage kids, including tips and advice for planning fun activities, materials lists and activity instructions, appealing and interactive recipes for kids, and fun handouts that supplement the lessons of each activity.

Audience: Adults and Kids
Number of Lessons: 11
Lesson Length: 30 minutes
College and Career Rediness Standards: No
Language: English
Price: Free
Link: <http://cookingmatters.org/educational-tools>

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons and can be implemented by anyone with culinary training in any community.

Dig In!

Curriculum Description

Dig In is a standards-based educational journey through the world of gardening and nutrition. Developed under the United States Department of Agriculture's (USDA) Team Nutrition initiative, this supplemental unit is designed to encourage 5th and 6th graders to eat more fruits and vegetables and develop an awareness of how these foods are grown. You can use Dig In! to add fun and interactive activities to Math, Science, and English Language Arts lessons, while also helping your students learn healthy eating habits.

Audience: 5th and 6th Grade
Number of Lessons: 10 (3 sessions within each lesson)
Lesson Length: 30-60 minute sessions
College and Career Readiness Standards: Yes
Language: English (Spanish Hand-Outs)
Price: Free
Link: http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=643

Curriculum Implementation Guidelines

Lessons can be taught in any order and may be taught individually. Lessons must be taught in their entirety (all sessions within each lesson must be taught). Sessions within each lesson must be taught in order.

Discover MyPlate

Curriculum Description

Discover MyPlate is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles for children. Kindergarten teachers can meet education standards for Math, Science, English Language Arts, and Health using the 6 ready-to-go and interactive lessons. Children become food-smart as they practice counting, reading, writing, and more.

Audience: Kindergarten
Number of Lessons: 6
Lesson Length: Varies
College and Career Readiness Standards: Yes
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/discover-myplate>

Curriculum Implementation Guidelines

Lessons are part of a series (not stand-alone lessons). Intended to be taught in 6 weeks or it can be taught over a course several months. Lesson may be extended based on supplemental activities from this curriculum.

Eat Healthy, Be Active

Curriculum Description

Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2008 and 2010 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach adults in a wide variety of community settings.

Audience: Adults and Seniors
Number of Lessons: 6
Lesson Length: 60 minutes
College and Career Rediness Standards: N/A
Language: English and Spanish
Price: Free
Link: <http://www.health.gov/dietaryguidelines/workshops/>

Curriculum Implementation Guidelines

Curriculum can be taught in a series or as stand-alone lessons. Optimally, the workshops can be offered in full as a series of six, or you can select the particular workshop(s) that would best fit the needs of your audience.

Eat Play Grow

Curriculum Description

EatPlayGrow™ is a new early childhood health curriculum developed in partnership with the National Institutes of Health (NIH). The Children’s Museum of Manhattan (CMOM) adapted the We Can!® obesity prevention program (originally for ages 8-13) creating EatPlayGrow™ to teach children ages 6 and younger and their adult caregivers how to make healthy nutrition and physical activity choices. This curriculum combines the latest science and research from the NIH with CMOM’s holistic arts and literacy-based pedagogy to engage families and adults who work with young children. The curriculum uses creative programs and consistent health messages in formal and informal learning environments.

Audience: Ages 6 and younger
Number of Lessons: 11
Lesson Length: 70 minutes
College and Career Rediness Standards: No
Language: English (Spanish Handouts)
Price: Free
Link: <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow-guide.htm>

Curriculum Implementation Guidelines

Curriculum can be taught as a series or stand-alone lessons. Each lesson clearly defines the appropriate National Pre-K Health Performance Standards and Preschool Readiness Skills they meet. Keeping in mind that children learn at their own pace, teachers and parents can feel free to adjust the length of activities accordingly. All lesson plans have visual aids that can be used to support and reinforce the lesson themes.

Eat Smart, Live Strong

Curriculum Description

Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs. The intervention can support the efforts of program providers and communities in delivering nutrition education to low-income older adults. Each session in Eat Smart, Live Strong focuses on changing behavior by guiding participants in learning and practicing new skills.

Audience: Seniors (60-74 years old)

Number of Lessons: 4

Lesson Length: 45 minutes

College and Career Rediness Standards: N/A

Language: English (Spanish Handouts)

Price: Free

Link: <http://snap.nal.usda.gov/resource-library/eat-smart-live-strong-nutrition-education-older-adults/eat-smart-live-strong>

Curriculum Implementation Guidelines

Can be taught as a series or as single, stand-alone lessons.

Eat Together, Eat Better

Curriculum Description

The Eat Together, Eat Better lessons support nutrition, parent, and youth educators in teaching the importance of family meals. The lessons use a mix of interactive learning formats, including small-and large-group discussions, brainstorming, planning, and cooking activities. All of these activities create discussion, encourage problem solving, and develop skills to support family meals.

Audience: Adults and Children

Number of Lessons: 3 (adult, child and family sessions per lesson)

Lesson Length: 45-60 minutes

College and Career Rediness Standards: No

Language: English (Spanish Handouts)

Price: Free

Link: <http://nutrition.wsu.edu/ETEB/>

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons, but each session of the lesson must be taught (child, parent and family sessions).

Eat Well Play Hard in Childcare Settings

Curriculum Description

Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings.

Audience: Pre-School
Number of Lessons: 9
Lesson Length: 15-30 minutes
College and Career Readiness Standards: N/A
Language: English
Price: Free
Link: <https://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm>

Curriculum Implementation Guidelines

Curriculum can be taught as stand-alone lessons. Time may be varied according to class size, age etc. Parent Pages for parents to take home and do activities with their children after each lesson.

Eating Smart Being Active

Curriculum Description

Eating Smart Being Active is designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. The teaching techniques in the lesson plans are based on the adult learning principle, dialogue-based learning or learner-centered education.

Audience: Adults with young children
Number of Lessons: 8
Lesson Length: 60-90 minutes
College and Career Readiness Standards: N/A
Language: English and Spanish
Price: \$54+
Link: <http://www.ext.colostate.edu/esba/>

Curriculum Implementation Guidelines

The curriculum consists of eight core lessons, each 60 to 90 minutes long, are designed to be taught in order.

Exercise Your Options

Curriculum Description

Comprehensive curriculum package with lesson plans for eight consecutive class sessions. Exercise Your Options is designed to help middle school students make healthier food and physical activity choices on a daily basis. Identifying problems, considering options, and developing plans to solve the problems are important skills. Exercise Your Options allows students to practice these skills on an important issue – the choices they make that affect their health.

Audience: Middle School (6th - 8th Grades)
Number of Lessons: 6
Lesson Length: 40-50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Curriculum lessons must be taught in their entirety and in the order they appear.

The Great Garden Detective

Curriculum Description

Discover 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. This eleven-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.

Audience: 3rd-4th Grade
Number of Lessons: 11
Lesson Length: 90-100 minutes
College and Career Rediness Standards: No
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/great-garden-detective>

Curriculum Implementation Guidelines

Lessons are part of a series and must be taught in order. Curriculum flexibility based on garden type and size of garden.

Grow It, Try It, Like It!

Curriculum Description

Grow It, Try, Like It! is a nutrition education kit. Featuring MyPlate is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe; and three vegetables - spinach, sweet potatoes, and crookneck squash. The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

Audience: Pre-School
Number of Lessons: 7 Booklets (5 lessons per booklet)
Lesson Length: 15-30 minutes
College and Career Readiness Standards: N/A
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/grow-it-try-it-it>

Curriculum Implementation Guidelines

The booklets are taught in sequential order and follow a Day 1 to Day 5 Planning Chart (lessons are taught in sequential order, not stand-alone lessons).

Growing Healthy Habits

Curriculum Description

Growing Healthy Habits is a gardening and nutrition education curriculum for elementary aged kids. This resource focuses on integrating nutrition into the classroom through gardening and scripted lessons that meet science, language arts, social studies, health, and math objectives. Growing Healthy Habits uses gardening as a tool for encouraging students to consume more fruits and vegetables and whole grains, and increase physical activity.

Audience: Kindergarten, 1st, 2nd, 3rd, 4th, 5th grades
Number of Lessons: 9 Units (3 lessons per unit)
Lesson Length: 25-50 minutes
College and Career Readiness Standards: Yes
Language: English
Price: Free
Link: <http://md.nutrition-ed.org/>

Curriculum Implementation Guidelines

Units are to be taught in sequential order. Each unit has lessons that are taught in sequential order.

Healthy Choices Healthy Me (1st Grade)

Curriculum Description

Healthy Choices Healthy Me (1st Grade) is a nutrition program containing eight sequential lessons that align with education standards. These lessons can be integrated into units on math, social science, health, language arts and physical education. The lessons were created using a behavior-change model that teaches about healthy eating and physical activity, and encourages change in behaviors and attitudes in students.

Audience: 1st Grade
Number of Lessons: 8
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Teach lessons in their entirety and order they appear.

Healthy Choices Healthy Me (2nd Grade)

Curriculum Description

Healthy Choices Healthy Me (2nd Grade) is nutrition program containing nine lessons built on the information taught in Healthy Choices Healthy Me (1st grade). The lessons cover eating a variety of foods from each food group every day, eating a balanced breakfast most days, eating healthy snacks and meals whenever they can, and participating in active play for at least 60 minutes a day.

Audience: 2nd Grade
Number of Lessons: 9
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Teach lessons in their entirety and order they appear.

Healthy Classrooms Healthy Schools Curriculum Description

Healthy Classrooms, Healthy Schools helps teachers transform their classroom and school into environments promoting healthy eating and physical activity. This curriculum includes two sets of supplemental lessons, one for grades K-2 and one for grades 3-5. Healthy Classrooms, Healthy schools can also be ordered with companion books that have nutrition and physical activity themes tailored to individual grades, K-5. The curriculum includes eight lessons incorporating 27 activities

Audience: K-2, 3-5
Number of Lessons: 8
Lesson Length: Varies
Common Core: No
College and Career Rediness Standards: English
Price: \$85
Link: <http://www.michiganfitness.org/healthy-classrooms-healthy-schools>

Curriculum Implementation Guidelines

It is highly encouraged to follow implementation guidelines as written in the books, not a requirement.

Junior Master Gardener (Level 1, Level 2) Curriculum Description

The Junior Master Gardener (JMG) program is modeled after the Master Gardener program, and offers horticulture and environmental science education through gardening and other activities. It engages children in group and individual learning experiences that promote a love of gardening, and develop an appreciation for the environment. JMG encourages youth to be of service to others through service learning and leadership development projects, and rewards them with certification.

Audience: Level 1 (Grades 3-5), Level 2 (Grades 6-8)
Number of Lessons: 12 Chapters (multiple activities per chapter)
Lesson Length: 30-45 minutes
College and Career Rediness Standards: No
Language: English
Price: \$42 (Teacher guide), \$15 (Student Handbook)
Link: <http://www.jmgkids.us/>

Curriculum Implementation Guidelines

Lessons may be used individually as stand-alone lessons. Program can be implemented in schools, after-school programs, or other groups interested in young gardeners.

KidQuest

Curriculum Description

KidQuest is a school based nutrition and physical activity program designed specifically for pre-adolescents in the 5th and 6th grade. Each nutrition lesson includes a brief instructional slideshow followed by hands on group activities. Since the program's inception in 2004, the development of this curriculum has been supported by pilot testing in South Dakota schools and guided by the results of research efforts.

Audience: 5th and 6th Grades

Number of Lessons: 8

Lesson Length: 30 minutes

College and Career Rediness Standards: No

Language: English

Price: \$30

Link: <http://igrow.org/product/kidquest-electronic-version/#sthash.wqs9mBBp.dpuf>

Curriculum Implementation Guidelines

Lessons are to be taught in sequential order and it is recommended that lessons are taught within a week of each other because lesson concepts build upon one another. Physical activity lessons, within the curriculum (10 min.), can be provided after each nutrition lesson.

Media Smart Youth

Curriculum Description

Media Smarty Youth is an interactive after-school education program for young people ages 11–13. It is designed to help teach children about the complex media world around them and how it can affect their health-especially in the areas of nutrition and physical activity.

Audience: 6th-8th Grades

Number of Lessons: 10

Lesson Length: 90 minutes

College and Career Rediness Standards: No

Language: English

Price: Free

Link: <http://www.nichd.nih.gov/msy/Pages/index.aspx>

Curriculum Implementation Guidelines

Curriculum offers structured lessons and a suggested time length, but can be flexible with time and audience. This program allows you to choose how often your group wants to meet to do the lessons.

Note: This curriculum uses brand names, contractors must follow the brand name guidelines outlined in the AzNN Policies and Procedures Manual.while using this curriculum.

MyPlate for My Family

Curriculum Description

MyPlate for My Family: SNAP Nutrition Education is a MyPlate resource that supports SNAP-Ed nutrition education and obesity prevention efforts, and is based on recommendations from the Dietary Guidelines for Americans. It is targeted to parents and caregivers who are SNAP participants or eligible for SNAP, and play a key role in planning, purchasing, and preparing food for their families.

Audience: Adults with Children
Number of Lessons: 4
Lesson Length: 45 minutes
College and Career Rediness Standards: No
Language: English and Spanish
Price: Free
Link: <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family#educators>

Curriculum Implementation Guidelines

Lesson can be taught as stand-alone sessions. This curriculum is designed to be taught to parents with children ages 2-18 years old.

Nutrition Pathfinders (4th Grade)

Curriculum Description

Nutrition Pathfinders (4th grade) is a seven-lesson nutrition program that aligns with Education Standards, and it can easily integrate into units on Science, Social Studies, Health, Language Arts, Math and Physical Education. Students will analyze their own food and activity records to make goals for improvement.

Audience: 4th Grade
Number of Lessons: 7
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English and Spanish
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in the order as they appear.

Nutrition Pathfinders (5th Grade)

Curriculum Description

Nutrition Pathfinders (5th Grade) is a seven lesson curriculum built on the concepts taught in the Nutrition Pathfinders (4th grade). The curriculum emphasizes serving sizes and how to choose healthy options when eating out. Online teacher materials supplement this program. Pre-and post-assessments are included to provide insight into student learning.

Audience: 5th Grade
Number of Lessons: 7
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English and Spanish
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in the order as they appear.

Nutrition To Grow On

Curriculum Description

Nutrition to Grow On is nine lessons designed to teach children and their families about nutrition by relating each lesson to a garden activity. The curriculum uses the garden to integrate disciplines in science, mathematics, language arts, history, environmental studies, nutrition, and health, while reinforcing some of the California academic content standards. School gardens are wonderful sources of food, beauty, and outlets for physical activity; they can also help students discover fresh food and learn to make healthier food choices. The curriculum taps into instructional gardens to cultivate the students' talents and skills while enriching their capacities for observation and thinking.

Audience: 3rd-5th Grade
Number of Lessons: 9
Lesson Length: 90 minutes
College and Career Rediness Standards: No
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>

Curriculum Implementation Guidelines

The curriculum is divided into nine lessons on topics related to a healthy lifestyle. Although the lessons were developed to build on one another, they may also be taught independently.

Nutrition Voyage: The Quest To Be Our Best Curriculum Description

Nutrition Voyage: The Quest To Be Our Best takes 7th and 8th grade classes on an exploratory journey into school wellness. Opportunities for students to investigate, participate in a challenge, evaluate, and reflect.

Audience: 7th and 8th Grade
Number of Lessons: 3 Lessons (3 Sessions per Lesson)
Lesson Length: 40 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best>

Curriculum Implementation Guidelines

Lessons may be taught as stand-alone lessons, but the sessions within each lesson must be taught in order.

Serving Up MyPlate a Yummy Curriculum Curriculum Description

Serving up MyPlate a Yummy Curriculum is collection of classroom materials that help elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.

Audience: Level 1: 1st-2nd, Level 2: 3rd-4th, Level 3: 5th-6th Grade
Number of Lessons: 3 Lessons (3 Sessions per Lesson) per Level
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

Curriculum Implementation Guidelines

The curriculum is sequential (not stand-alone lessons) and must be taught in order, including sessions within each lesson.

Shaping Up My Choices

Curriculum Description

Shaping Up My Choices is a 10-lesson nutrition program that aligns with education standards, and can easily integrate into units on language arts, math, science, social studies, health and physical education. As with all of these curriculum kits, it includes a pre-assessment and post-assessment to gauge changes in student knowledge and achievement.

Audience: 3rd Grade
Number of Lessons: 10
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in order as they appear.

Super Tracker

Curriculum Description

The USDA Center for Nutrition Policy and Promotion, in conjunction with Team Nutrition, developed lesson plans for high school students using the engaging, interactive SuperTracker tool to help students think critically about their food and physical activity choices. SuperTracker is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool. Based on the Dietary Guidelines for Americans, this tool is designed to assist individuals as they make lifestyle changes to reduce the risk of chronic disease and maintain a healthy weight. Using this free, online tool, students can choose a variety of features to support nutrition and physical activity goals.

Audience: High School (9th-12th Grades)
Number of Lessons: 4
Lesson Length: 40 minutes
College and Career Rediness Standards: No
Language: English
Price: Free
Link: <http://www.choosemyplate.gov/information-educators.html>

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons. These lesson plans are designed for high school Health, Physical Education, and Family and Consumer Science teachers; however, the resources provided allow any teacher to promote health and wellness in their classrooms, with or without experience in nutrition education.

We Can! Energize Our Families

Curriculum Description

The We Can! Energize Our Families: Parent Program is a four session program with activities for parents to encourage a healthy weight in their family. The core concept explored is “energy balance” or the long-term balance between energy in (calories from food) and energy out (calories burned through physical activity). In a fun and hands-on way, the sessions focus on helping participants learn essential skills that can help their families make healthy food choices, become more physically active, and reduce recreational screen time.

Audience: Adults

Number of Lessons: 4

Lesson Length: 90 minutes

College and Career Readiness Standards: No

Language: English

Price: Free

Link: <http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm#parent-program>

Curriculum Implementation Guidelines

Lessons are part of a 4 session program and must be taught in order.

Resources

2008 Physical Activity Guidelines for Americans At-A-Glance: A Fact Sheet for Adults

A quick and easy to read fact sheet that summarizes the basic information of the 2008 Physical Activity Guidelines for Americans, and provides examples of physical activity to help get adults started.

2008 Physical Activity Guidelines for Americans At-A-Glance: A Fact Sheet for Professionals

Here is a quick and easy desk-side reference to the 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services.

2008 Physical Activity Guidelines for Americans Fact Sheet Series

This fact sheet is for health professionals on physical activity guidelines for adults.

Academy of Nutrition and Dietetics (AND): Food Storage Savvy: Your Guide to What Goes Where Infographic

First comes shopping, then comes putting food away — but where? You may be surprised to learn the best places to store your groceries! Here's a helpful guide from the Academy of Nutrition and Dietetics.

Academy of Nutrition and Dietetics (AND): Healthy Schools Raise Healthy Kids Infographic

The Healthy, Hunger-Free Kids Act establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide, and prepare them to be productive students.

Academy of Nutrition and Dietetics (AND): Nourish to Flourish Infographic

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.

Be Active Your Way – A Guide for Adults: Based on the 2008 Physical Activity Guidelines for Americans

Fit physical activity into your life – your way. This guide is for users, between the ages of 18 to 64. Helps users keep track of the number of days, types of activities, and times that fit their schedule to keep active.

Be Active Your Way Posters Series

This poster shows Americans doing physical activity. Display these posters in high-visibility areas of your organization or event.

Be Active Your Way Event Flyer Series

This event flyer shows Americans doing physical activity. Promote your physical activity event using these flyers.

CDC BMI Calculator and Interpretation

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people, and is used to screen for weight categories that may lead to health problems. Calculate adult, child, and teen BMI using the BMI calculator widget.

Chill: Refrigerate Promptly

This handout describes how to refrigerate food promptly and properly to reduce the risk of foodborne illness.

Clean: Wash Hands and Surfaces Often

This handout focuses on the importance of washing hands and surfaces often.

Cook: Cook to Proper Temperatures

This handout highlights the proper cooking temperatures for food.

Cook: Keep Your Family Safe from Food Poisoning

This handout reports the safe minimum internal temperatures for cooking food.

Cooking 101 Handout Series

This handout series provides basic cooking information to use with families.

Cooking Matters Presents: Sugar Shocker

This handout describes how to compare labels to choose foods lower in sugar.

Eating Healthy 7 day Menu

This sample weekly menu meets all nutritional needs at a cost below current average food costs.

Feeding America: Senior Health Infographic

Infographic depicting how senior's facing hunger have an increased risk of developing health issues.

Foods That Belong to MyPlate Food Groups

Colorful overview page of the foods that belong to each of the food groups on the USDA My Plate.

Fruits and Veggies More Matters™ – Activity Pages for Kids

Use these activity sheets to help you and your children visualize cup equivalents, and to help motivate them to increase the number of fruits and vegetables they eat each day.

Fruit and Veggies More Matters™ – Coloring Pages for Kids

Introduce children to the energetic Fruit and Veggie Color Champions and the basic principles behind Fruits and Veggies – More Matters (logo) with these beautifully illustrated coloring and activity pages. Eating fruits and vegetables in all forms – fresh frozen, canned, dried and 100% juice – can be a world of fun!

Fruits and Veggies More Matters™: Storing Fresh Fruits and Vegetables for Best Flavor

Great tasting fruits and vegetables begin with proper storage at home. This handout outlines storage requirements of fruits and vegetables.

Get Your Plate in Shape Writing Assignment

A creative writing assignment for school-age children that initiates thinking on how to choose foods to create a healthy meal.

Go Smart: Active Children Do Better

Bring movement back into the daily lives of young children with these fun and simple activities.

Go4Life

Go4Life from the National Institute on Aging at NIH is designed to help older adults fit exercise and physical activity into their daily life. This resource explores the kinds of exercises and physical activity that improve health and physical ability.

GoNoodle

Without leaving the classroom, students participate in a variety of purposeful movement designed to get the wiggles out and refocus the classroom — all in five minutes or less. GoNoodle involves movement activities that develop memory and fluency in math, spelling, and vocabulary.

Healthy Food Bank Hub: Eat Right's 3 Tips for a Healthy Family: Eat, Play, Rest

A nutrition and lifestyle handout that encourages family's to live healthier lives.

Healthy Food Bank Hub: Eat Right's Creative Ways to Use Healthy Foods from the Food Bank

Tips on the many ways you can use healthy foods from the food bank.

Healthy Food Bank Hub: Eat Right's Make the Most of Your Food Budget

Tips on how to stretch your food dollars while on a budget.

Healthy Food Bank Hub: Eat Right's Simple Cooking Tips for Stretching Meals

Tips to help save time, money, and food.

Healthy Food Bank Hub: Eat Right's the MyPlate One-Pot Meal

This handout teaches how one-pot meals make cooking easy, fun, and can be more affordable.

Healthy Habits for Life

This resource kit will give child care providers the tools they need to teach children about eating right and being physically active using familiar Sesame Street characters.

Hey Kids ...What's On Your Plate?

A MyPlate handout highlighting the USDA nutrition and physical activity messages.

HOPSports Brain Breaks

HOPSports Brain Breaks® Physical Activity Solutions are web-based 2-5 minute activity breaks designed for the individual classroom setting. Without any additional planning or preparation time teachers have an instant additional resource tool to revitalize the classroom environment and activate student learning. Classroom teachers are continually asked to do more with less, and HOPSports Brain Breaks® Physical Activity Solutions help increase test scores and fulfill mandates for increased physical activity and nutrition education without compromising valuable instructional time

Introducing MyPlate for Younger Children

Use this colorful MyPlate sheet to introduce the plate and the food groups.

JAM (Just-a-Minute) School Program

JAM resources offer simple, fun, energetic fitness routines and healthier living tips that people of all ages and abilities can confidently participate in and use.

Let's Move! Screen Time Log

Use this log to determine how much time you are spending in front of a screen.

Meeting Your MyPlate Goals On A Budget (Pages 1 to 14)

Use the tips in this guide to fill your plate with healthy foods without breaking the bank.

My Native Plate

This colorful handout developed by Indian Health Service shows balanced meals with reasonable portion sizes. This tool shows three easy steps to knowing what and how much to eat. The front features a dinner plate. The back shows youth, breakfast, lunch, and optional dinner plates. Based on the USDA MyPlate and designed for Native audiences.

MyPlate Colors of the Food Groups

This MyPlate page teaches children about the foods belonging to each colored section of the MyPlate.

MyPlate Food Group Servings and Amounts

This colorful handout highlights the healthy servings from each of the food groups on the MyPlate.

MyPlate Learning Sheet Series

Teach children about foods from the food groups using the MyPlate learning sheets.

MyPlate Teaches Kids To Balance Healthy Foods With Exercise

This fun colorful page shows children the importance of balancing their food choices on My Plate with daily activity.

MyPlate Tip 1 Balance Foods and Activity

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number one promotes balancing activity with daily exercise.

MyPlate Tip 2 Are You Full

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number two promotes eating nutrient rich foods to help feel fuller longer.

MyPlate Tip 3 Watch Portion Sizes

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number three emphasizes the importance of monitoring portion sizes of meals.

MyPlate Tip 4 Everyday Foods

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number four promotes portion control.

MyPlate Tip 5 More Fruits and Vegetables

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number five promotes the goodness of fruits and vegetables.

My Plate Tip 6 Go LowFat with Milk

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number six teaches children about low fat dairy foods.

MyPlate Tip 7 More Whole Grains

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number seven promotes eating healthy whole grains that are high in fiber.

MyPlate Tip 8 Eating Once In A While Foods and MyPlate

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number eight promotes making healthy choices when eating out.

MyPlate Tip 9 Less Salt on MyPlate Please Lower Sodium

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number nine promotes lower sodium foods choices.

MyPlate Tip 10 Choose Water with MyPlate Healthy Beverages

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number ten promotes water as a healthy choice for children.

Parents Tips! Getting Kids in the Kitchen

Use this tip sheet to help parents get kids cooking in the kitchen.

Separate: Don't Cross Contaminate

This handout describes the proper way to handle raw meat, poultry and seafood to prevent cross contamination and prevent the spread of bacteria.

SNAP-Ed Works Infographic

SNAP-Ed infographic illustrates how critical SNAP-Ed is in supporting healthy eating; though it makes up just a fraction of SNAP funding, SNAP-Ed efforts are making a real difference.

Tummy Time: Five Moves for Baby's First Workout

Use these steps for your baby's tummy time workout.

Types of Physical Activity

Programmed, Lifestyle, and Work physical activity all build upon each other. They help meet physical activity goals, reduce boredom, and keep both mind and body challenged! These activities help weight management and benefit your health.

University of Nebraska-Lincoln Nutrition Education Program: Fact Sheets

Set of 30 fruit and vegetable fact sheets with information about: nutrition, uses, description, varieties, where first cultivated, and whether they are grown in Nebraska.

USDA ChooseMyPlate

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

USDA ChooseMyPlate: 10 Tips Nutrition Education Series

The Ten Tip Nutrition Education Series provide consumers and professionals with high quality, easy-to-follow tips in a convenient and printable format.

USDA ChooseMyPlate Activity Sheets

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

USDA ChooseMyPlate Community Toolkit

This toolkit is intended to provide guidance for you, your family, and your community to eat health-fully and be active to maintain a healthy weight, and to help you share that guidance with those around you.

USDA ChooseMyPlate Dietary Guidelines Brochure: Let's eat for the Health of it

This dietary guidelines brochure guides consumers to build a healthy plate.

USDA ChooseMyPlate: Eating healthier and feeling better using the Nutrition Facts Label

This handout describes in detail the sections of the Nutrition Facts Label.

USDA ChooseMyPlate: Eating on a Budget – 3 P's: Plan, Purchase, and Prepare

The 3 P's are reminders to help you stay within your food budget.

USDA ChooseMyPlate: Food Safety Advice

This tip sheet covers food safety information on how to clean, separate, cook, and chill food properly.

USDA ChooseMyPlate: Healthy Eating for Preschoolers

Use this daily food plan as a general guide for preschoolers.

USDA ChooseMyPlate: Healthy Eating on a Budget

Eating healthy doesn't have to be expensive. Use these tips and materials to make healthy choices while staying within your budget.

USDA ChooseMyPlate: Tips for Increasing Physical Activity

This tip sheet encourages daily physical activity at home, at work, or at play.

USDA ChooseMyPlate: What is Physical Activity?

This handout defines and highlights examples of various intensity levels of physical activity.



Champions for Change

Arizona Nutrition Network

eatwellbewell.org

