



Nutrition Education & Obesity Prevention

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Policy and Procedure Training

October 3, 2013



Health and Wellness for all Arizonans

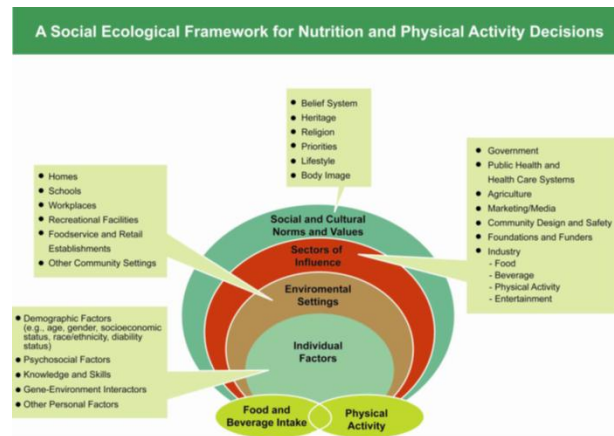
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Program Approach Policy

- **Social Ecological Model (SEM)**

- AzNN addresses multiple levels of this framework to reach the Arizona SNAP-Ed target population
- Relevant and motivational ways



Policy: Chapter 2 Section 1 Page 20

Program Approach Policy

- Collaboration with partners is critical:
 - maximize efforts,
 - reduce duplication of efforts,
 - and align SNAP-Ed's strategies with current public health practices for health promotion and disease prevention.

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Program Approach Procedures

- SNAP-Ed activities should include:
 1. Behaviorally-focused messages
 2. Use of motivators and reinforcements that are relevant to the audience
 3. Use multiple channels of communication to convey messages
 4. Approaches that provide for active personal engagement
 5. Incorporating an intensity/duration that provides the opportunity for multiple exposures to the message

Procedures: Chapter 2 Section 1 Page 20

Program Approach Procedures

- SNAP-Ed funds may be used for:
 1. Individual or group-based nutrition education, health promotion, and intervention strategies.
 2. Comprehensive, multi-level interventions at multiple complementary organizational and institutional levels.
 3. Community and public health approaches to improve nutrition.

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SNAP-Ed Activities Based on SEM

- Collaborating with schools and other organizations to improve nutrition environment.
- Coordinating with outside groups to strategize how healthier foods may be offered at sites such as emergency food sites.
- Coordinating with the WIC Program.

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Nutrition & Obesity Prevention Education Lessons and Activities Development Policy

- Activities must be written with clear, written goals and objectives.
 - Ensures information will be consistently taught by different nutrition educators.
- All activities must include a brief outreach message about the SNAP Program.
 - See Chapter 3 of P&P Manual: Social Marketing

Policy: Chapter 2 Section 2 Page 23

Nutrition & Obesity Prevention Education Lessons and Activities Development Procedures

**Refer to the AzNN Policy and Procedure
Manual Pages 23 to 25**



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Nutrition & Obesity Prevention Education Curriculum Guidance Policy

- Messages and lessons will be developed using credible, scientifically based information about:
 - Food
 - Nutrition
 - Physical Activity
- Messages should be simple

Policy Chapter 2 Section 4 Page 28

Nutrition & Obesity Prevention Education Curriculum Guidance Procedures

- Only reputable sources should be used.
- SNAP-Ed approved curricula and resources are available at:
 - <http://www.eatwellbewell.org/contractors/teaching-tools/lesson-plans>
- Examples of approved sources:
 - National Institutes of Health (NIH): <https://www.nih.gov/>
 - CDC: <http://www.cdc.gov/>
 - Physical Activity Guidelines for Americans (2008): <http://www.health.gov/paguidelines/>

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Guidance

SNAP-Ed Approved Curricula List

Review the SNAP-Ed Curricula and Resource List Guidance available at <http://www.eatwellbeand.com/contractors/numbersandmeasures/>

Title	Description	SNAP	PE	AG	ARTD	REPAIR	REPAIR/PE	REPAIR/AG	REPAIR/ARTD	REPAIR/REPAIR/PE	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP-Ed ERL	USD
1. Bone Builders	Community-based osteoporosis prevention education program for women and older men in Arizona. Focuses on weight-bearing exercise, calcium, and vitamin D. Includes a nutrition component.	X												FREE
2. Building Better Bones	Three lesson plan. Bone Up by Calcium. Bone Up by Calcium. Bone Up by Calcium. Includes a nutrition component.	X												FREE
3. California Health Side Scoop	The National Health Curriculum of the California Department of Public Health and the California Health Side Scoop (CHSS) developed this resource to support health educators in delivering nutrition education to students in California schools.	X												FREE
4. Coordinated Approach to Child Health (CACOPHONY) Curriculum	Includes a nutrition and physical activity curriculum. Focuses on both nutrition and physical activity in the K-5, young children, and school-age settings. Includes lesson plans, original part multi-component, multi-year coordinated curriculum.	X	X											COST Varies


SNAP-Ed Approved Resource List

Resource is solely physical activity and must be used alongside a nutrition lesson

Title	Description	SNAP	PE	AG	ARTD	REPAIR	REPAIR/PE	REPAIR/AG	REPAIR/ARTD	REPAIR/REPAIR/PE	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP-Ed ERL	USD
1. Guidelines for Nutrition & Physical Activity	The guidelines for nutrition and physical activity for young children of food and nutrition professionals. The guidelines are developed in response to the health needs and growing professional demands through research, education and advocacy.	X	X											Cost varies
2. Active Classroom Network	Free and self-administered activities. Includes lesson plans, activities, posters, and more. Includes a nutrition component.	X	X											FREE
3. Centers for Disease Control and Prevention	The CDC is one of the major operating components of the Department of Health and Human Services. CDC provides a wide spectrum of services. Includes a nutrition component.	X	X											FREE
4. Cooper 2017	Includes a nutrition and physical activity curriculum. Focuses on both nutrition and physical activity in the K-5, young children, and school-age settings. Includes lesson plans, original part multi-component, multi-year coordinated curriculum.	X	X											FREE
5. Cooper Guidelines for Children (GFC)	Includes a nutrition and physical activity curriculum. Focuses on both nutrition and physical activity in the K-5, young children, and school-age settings. Includes lesson plans, original part multi-component, multi-year coordinated curriculum.	X	X											FREE

SNAP-Ed Curricula and Resource List Guidance

- All curricula and supplemental resources (materials and educational tools) used must focus on primary prevention and be consistent with the Dietary Guidelines for Americans and the USDA Food Guidance System.
- Avoid the use of single lesson plans, curricula and supplemental resources that include:
 - brand names;
 - disparaging messages;
 - Medical Nutrition Therapy.
- Contractors are allowed to purchase educational reinforcement items (ERIs - memorabilia, souvenirs, promotional items, incentives, and educational extenders) that coordinate with a nutrition message. Refer to the AZNN Support Guide on page 18 for more details on SNAP-Ed-allowable ERIs.
- ERIs may include:
 - nutrition or physical activity posters
 - fat tubes
 - physical activity brochures and newsletters
 - food models
 - grain tubes
 - tear pads
- Physical activity and gardening are beneficial activities that can be used to support the core nutrition message of an activity, single lesson plan or curriculum. Refer to the AZNN Support Guide on pages 17 and 18 for detailed guidance on physical activity and gardening.
- The creation of a single lesson plan is allowable. Only resources from the SNAP-Ed Approved Resource List can be used to create a single lesson. All single lesson plans created by contractors must be reviewed and approved by a Registered Dietitian.
- The creation of curricula is allowable. Only resources from the SNAP-Ed Approved Resource List can be used to create curricula. All curricula created by contractors must be reviewed and approved by a Registered Dietitian.
- A. Any changes to the nutrition content or other modifications to lesson plans or curricula must be reviewed and approved by a Registered Dietitian.
 - B. Single lesson plans and curricula may be shortened to meet time requirements.



Procedures Chapter 2 Pages 28 to 30

SNAP-Ed Recommended Gardening Curricula and Resources

Title	Description	SNAP	PE	AG	ARTD	REPAIR	REPAIR/PE	REPAIR/AG	REPAIR/ARTD	REPAIR/REPAIR/PE	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP-Ed ERL	USD
1. Eatwell Beand Youth Plate	Introduces the world of plants through hands-on work. Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, discussion, journaling, discussion of findings, and writing. Includes a nutrition component.	X	X											120.00
2. Early System	Encourages young children to eat more vegetables by planting, harvesting, and preparing their own vegetable garden. Includes a nutrition component.	X	X											120.00
3. Eat to Talk and Beyond	Includes a nutrition and physical activity curriculum. Focuses on both nutrition and physical activity in the K-5, young children, and school-age settings. Includes lesson plans, original part multi-component, multi-year coordinated curriculum.	X	X											120.00
4. Fun to Fork Activity	Part of fun activity book that teaches children the stages of planting, growing, harvesting, preparing, and eating. Includes a nutrition component.	X	X											1.25 per book
5. Grow, Eat, Thank - Growing Gardens for Health	Curriculum for grades K-5 that promotes nutrition, vegetable gardening and physical activity to teach children about the benefits of fruits, vegetables, and their uses.	X	X											120.00 plus shipping

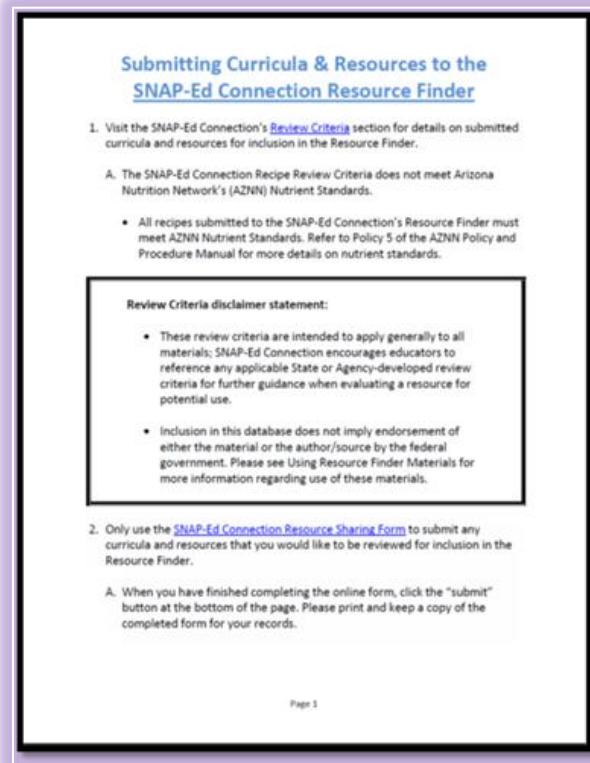


Submitting Curricula & Resources to the SNAP-Ed Connection Resource Finder Policy

- SNAP-Ed Connection Resource Finder:
 - Contractors must submit agency created material for approval.

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Submitting Curricula & Resources to the SNAP-Ed Connection Resource Finder Procedures



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Questions?



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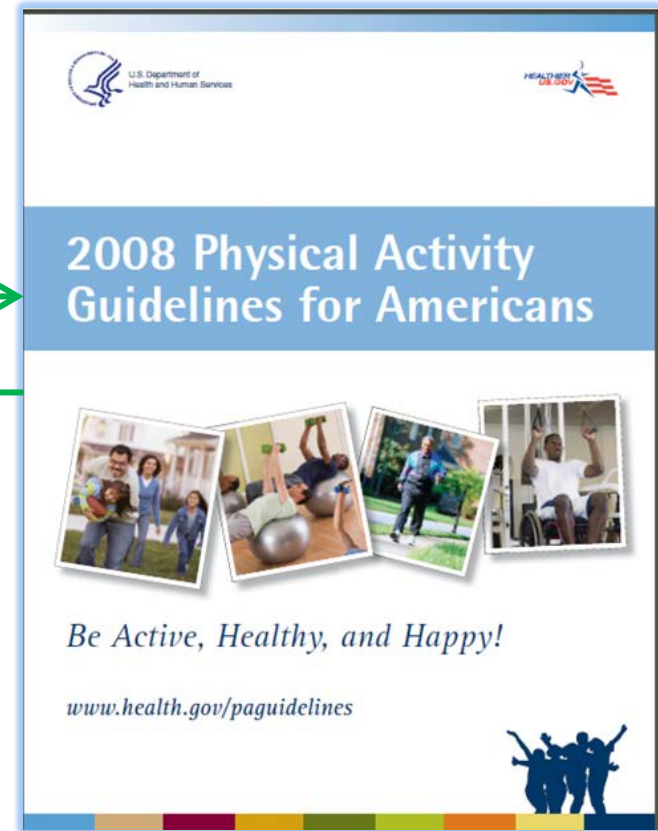
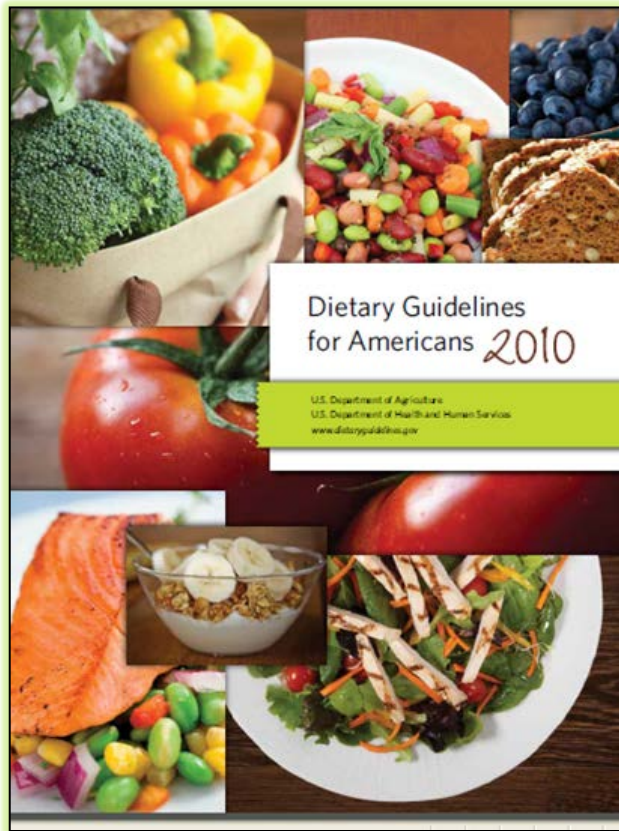


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Physical Activity Education and Promotion



<http://www.cnpp.usda.gov/dgas2010-policydocument.htm>

<http://www.health.gov/paguidelines/>

Physical Activity Education and Promotion

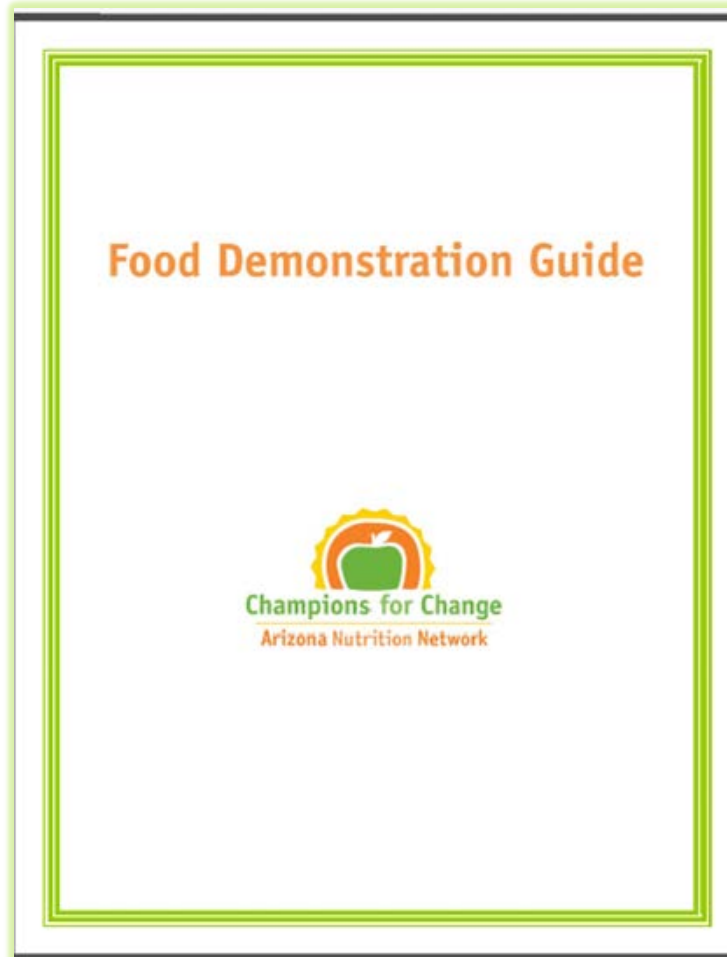
Allowed:

- Tracking BMI
- Reinforcement and teaching Items
- On-going physical activity classes

*See Appendix J for Allowable/Unallowable Costs Table



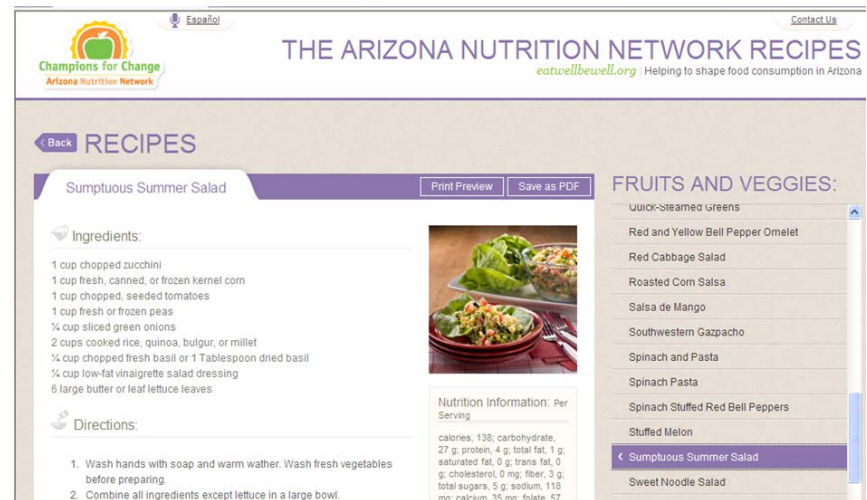
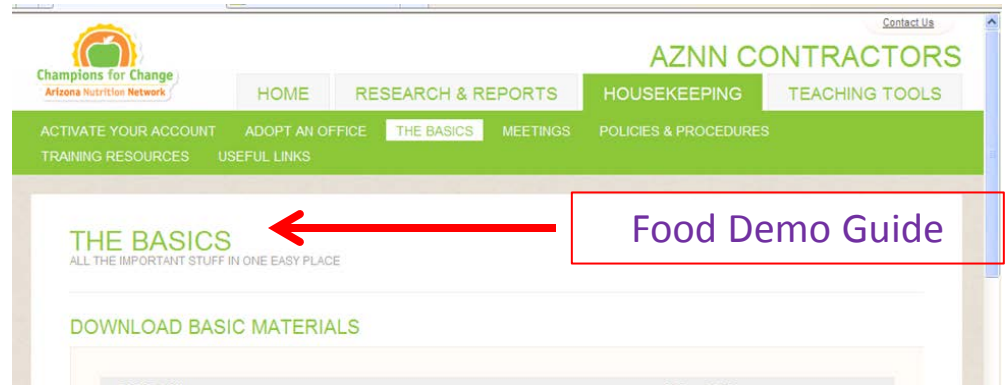
Food Demonstrations



<http://www.eatwellbewell.org/uploads/media/documents/aznn-food-demonstration-guide.pdf>

Food Demonstrations

- Refer to Food Demonstration Guide
- ADHS Food Demonstration Training
- Demonstrators must have Food Handler's card
- Utilize AzNN recipes
<http://www.eatwellbewell.org/recipes>



Recipe Nutrient Standards


Criteria for AzNN activities or materials:

- Cost
- Ease
- Nutrients


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Mango Salsa


[Print Preview](#) [Save as PDF](#)

 **Ingredients:**


- 1 fresh mango
- ½ small red onion, chopped
- 1 tablespoon fresh cilantro, chopped
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice

 **Directions:**

1. Wash hands with warm water and soap.
2. Cut the mango in half around the large pit. Remove pit.
3. Use a knife to cut a criss-cross pattern through the fruit, but not the skin.
4. Press the skin so the cubes pop out. Cut mango cubes off the skin.
5. Chop mango cubes into smaller pieces.
6. Place in a medium bowl and stir in onion, cilantro, salt and lime juice.
7. Serve with baked tortilla chips, baked chicken or fish.

 **Servings:**

Makes 4 servings (1/2 cup per serving). Recipe provided by Nutrition.oov



Nutrition Information: Per Serving

Nutrient analysis per serving (1/2 cup): Calories 40; carbohydrate 10 gm; protein 0 gm; total fat 0 gm; saturated fat 0 gm; trans fat 0 gm; cholesterol 0 mg; fiber 1 gm; total sugars 8 gm; sodium 150 mg; calcium 9 mg; folate 10 mcg; iron 0.10 mg; percent calories from fat 0%.

Recipe Nutrient Standards

Nutrients	Recipe Standards
Total Fat	≤ 35% Kcals ¹
Saturated Fat	≤ 10% Kcals
Trans Fat	≤ 0.5 g/serving
Sodium	≤ 480 mg/serving
Fiber	≥ 0.014 g/Kcal ²
* Added Sugars	≤ 15% Kcals
Calcium	≥ 100 mg/serving ³

¹The fat found naturally in fruits and vegetables does not contribute to the limits above. Further, up to ¼ oz. of nuts is allowed per serving without their fat content contributing to these restrictions. Nuts and nut butters must be in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).

²Fiber standard does not apply to low fat dairy recipes.

³Calcium standard applies only to low fat dairy recipes.

* Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

Recipe Format

- Title
- Ingredients
- Directions
- Yield
- Nutrient Analysis

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Mango Salsa Print Preview Save as PDF

Ingredients:


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- ½ small red onion, chopped
- 1 tablespoon fresh cilantro, chopped
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice

Directions:

1. Wash hands with warm water and soap.
2. Cut the mango in half around the large pit. Remove pit.
3. Use a knife to cut a criss-cross pattern through the fruit, but not the skin.
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Recipe Evaluation and Nutrient Criteria Check Sheet

*Appendix G

**Arizona Nutrition Network
Recipe Evaluation and Nutrient Criteria Check Sheet**

Recipe Name: _____

Yes	No	Recipe Evaluation
		Recipe contains 10 ingredients or less. (Excludes water, cooking spray, and seasonings).
		Recipe features readily available, low cost foods.
		Recipe follows standard AzNN format for capitalization, margin justification, and terminology.
		Weights and measures are specified and spelled out for all ingredients.
		No brand names are used in the recipe.
		Common preparation terms are used.
		Recipe directions are numbered, written in brief logical steps and easy to understand. Recipe ends with an action statement (e.g. Serve immediately).
		Cooking times and temperatures are complete.
		The number of servings is included at the end of the instructions with an approximate serving size.

Meets	Does Not Meet	Nutrient Criteria
		Recipe analyzed using approved nutrition analysis software.
		Recipe analysis is included at the end of the recipe and contains the required nutrients.
		Fat: Contains $\leq 35\%$ calories from fat.
		Saturated Fat: $\leq 10\%$ calories from saturated fat.
		Trans Fat: ≤ 0.5 g/serving.
		Sodium: ≤ 480 milligrams of sodium per serving.
		Added Sugar: $\leq 15\%$ of total calories.
		Fiber: ≥ 0.014 g/kcal (except low fat dairy recipes)
		Calcium: ≥ 100 mg calcium per serving for low fat dairy recipes.
		Fruits and Veggies – More Matters® Recipe: ≥ 1 serving of fruit and/or vegetable per 250kcal.

Reviewed by: _____
Date: _____

Recipe Nutrient Standards and Format

- Exceptions
 - Recognize need for nutrition education materials for emergency food sites
- Contact Network Nutritionists:

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Questions?



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