

FFY 2018 Washington State SNAP-Ed Approved Curriculum

Please note: Blue shading = Newly added; Gold shading = change in audience; Gray Shading = Curriculum is emerging and must be used in coordination with IA, the evaluation team and the curriculum team. Definitions for evidence category are taken from the SNAPEd Toolkit, Glossary Terms. <https://snapedtoolkit.org/glossary/#E>

Evidence	Curriculum	Overview	Link	Comments
Research Tested	<p style="text-align: center;">CATCH (Coordinated Approach to Child Health) Grades 6-8</p>	<p>The Coordinated Approach to Child Health (CATCH) is a PSE change and direct education intervention aiming to prevent childhood obesity in school-age children. The two main behavioral targets are helping children identify and choose healthy foods and increasing moderate-to-vigorous physical activity (MVPA). CATCH’s training and curriculum materials provide the information and resources teachers need to implement strategies to improve child health.</p>	<p>http://catchinfo.org/programs/grades-6-8/</p>	<p>Implementation of this curricula requires training and purchase of materials. We will provide further information as soon as possible.</p>
Research Tested	<p style="text-align: center;">EATFIT (Grades 6-8)</p>	<p>EatFit is designed to improve the dietary and physical activity behaviors of middle school students. The EatFit package includes a magazine style workbook for every student, teacher curriculum, a website and dietary analysis found at www.eatfit.net, evaluation tools, slides, and marketing information. The curriculum contains nine hands-on, experiential lessons. Topics include goal setting, label reading, fast food, breakfast, exercise, energy balance and advertising. EatFit engages students in a personal self-assessment of eating and physical activity behaviors using www.eatfit.net. Based on the results, students set goals using “guided goal setting” principles. The curriculum provides skill-building activities to help reach those goals.</p>	<p>http://uccalfresh.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit</p>	<p>Implementation of this curricula would require purchase of teacher curriculum (\$18/each) and student workbooks (\$12/set of 10). We are looking at the possibility and cost of training and will provide that information to you as soon as possible.</p>
Research Tested	<p style="text-align: center;">Eating Smart • Being Active Originally written in 2005, with updates in 2010</p>	<p>An interactive 8 lesson adult curriculum which teaches the 2010 Dietary Guidelines and MyPlate messaging using a dialog based approach (minor changes were sent out to update the 2015 Dietary Guidelines) . Lessons are 60-90 minutes long and include hands-on activities, PA, tasting and tips.</p>	<p>Links to this curriculum are no longer available due to adoption of newly released materials, 2017</p>	

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Research Tested	Nutrition to Grow On-Grades 4-6	Teaches children and their families about nutrition through garden activities. Science, math, language arts, history, environmental studies, nutrition and health are reinforced. The curriculum is written for upper elementary aged students .	http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp	
Research Tested	ReFresh - Grades 4-5	The ReFresh curriculum was developed by the University of Maryland Extension, Food Supplement Nutrition Education Program (FSNE) for implementation in 4th and 5th grade classrooms. This curriculum focuses on encouraging students to consume more fruits, vegetables, and whole grains and being more physically active. Refresh places the focus on increasing exposure to fruits, vegetables, and whole grains through activities, food demonstrations, and tastings.	https://extension.umd.edu/sites/default/files/docs/publications/ReFreshFullCurriculum2013.pdf	
Evidence Based	Cooking Matters	Cooking Matters promotes healthy eating through educational tools, hands-on cooking courses, and interactive grocery store tours. Participants learn to shop smarter, use nutritional information to make healthier choices, and cook affordable meals. "At the Store" uses brand names and promotes Walmart. Must provide disclaimer before presenting.	www.cookingmatters.org	
Evidence Based	Eating Smart • Being Active 2017 Revision	An interactive 9 lesson adult curriculum which teaches the 2015 Dietary Guidelines and MyPlate messaging using a dialogue-based approach. Lessons are 60-90 minutes long. Each of the 9 lessons is designed to be taught in sequential order, building on previous lesson content. Lesson content includes physical activity, nutrition, healthy lifestyle choices, <i>food preparation</i> (cooking skill development), food safety, and food resource management. Food demonstrations and educator-prepared tasting are no longer included.	http://eatingsmartbeingactive.colostate.edu/	

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Evidence Based	<p style="text-align: center;">Eating Smart • Being Active 2017 Revision, Plus Pregnancy Lessons</p>	<p>EBSA contains three maternal and infant nutrition lessons as a supplement either ESBA core curriculum. These lessons are <i>Eating Smart and Being Active During Pregnancy</i> , <i>Feeding Your New Baby</i> , and <i>Feeding Your Baby Solid Foods</i>. The pregnancy lesson is designed to be taught early in pregnancy and covers topics about seeing a healthcare provider regularly, eating healthy and being active during pregnancy, and combating common pregnancy discomforts. The new baby lesson covers information about breastfeeding and formula feeding to aid women late in their pregnancies in deciding how to feed their babies. The solid food lesson is designed to be taught to mothers of young infants and provides information regarding how and what introduce solid foods.</p>	<p>http://eatingsmartbeingactive.colostate.edu/</p>	
Evidence Based	<p style="text-align: center;">Healthy Habits for Life</p>	<p>Healthy Habits for Life is a direct education and social marketing initiative designed to help parents and caregivers encourage children to build healthy habits early. The initiative features Sesame Street friends who model fun ways to move and play and encourage children to explore and enjoy healthy foods. Since 2004, messages about nutrition and exercise have been integrated into Sesame Street as part of the Healthy Habits for Life initiative. In 2006, multimedia outreach kits that include classroom activities, simple recipes, a storybook, and a DVD of <i>The Get Healthy Now Show!</i> were delivered to child care centers.</p>	<p>https://snapedtoolkit.org/interventions/programs/healthy-habits-for-life/</p>	
Evidence Based	<p style="text-align: center;">Media Smart Youth</p>	<p>Interactive after-school education program for ages 11-13 about media and how it can affect health, especially nutrition and PA. 10 (90-minute) lessons plus a major project, DVD included. Pre- and post-assessments and optional T-shirt activity.</p>	<p>www.nichd.nih.gov/msy/about/Pages/default.aspx</p>	

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Evidence Based	Pick a Better Snack & Act - Grades K-3	<p>These lessons are designed to encourage an increase in consumption of vegetables and fruits and to use them for healthy snack choices. The educator lessons for grades K-3 are designed to be taught by a nutrition educator. Each promotes a fruit or vegetable and engages students in experiential learning through a food tasting. All lesson components are provided at no cost including copy-ready handouts. These monthly lessons are coordinated with the Pick a better snack™ BINGO cards. Support materials including BINGO cards, fact sheets, family newsletters and corresponding lessons designed for classroom teachers can also be found on the website.</p>	<p>http://idph.iowa.gov/inn/pick-a-better-snack; https://www.educateiowa.gov/physical-activity</p>	
Evidence Based	Rethink Your Drink-Adults	<p>This is a one-hour, interactive lessons that focuses on defining healthy beverages, reading nutrition facts labels and finding different types of sugar in the ingredients list on products. Handouts are provided in both English and Spanish.</p>	<p>http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrinkCurriculum.aspx</p>	
Practice Tested	Eat Well Play Hard in Childcare Settings	<p>Eat Well Play Hard in Child Care Settings (EWPHCCS) is a direct education and PSE change intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers by using educational strategies and skill building activities to promote healthy behavior change. The intervention also builds social support within the child care environment by including teachers and care providers in lessons and encouraging positive role-modeling and classroom reinforcement of nutrition and physical activity messages.</p>	<p>https://snapedtoolkit.org/interventions/programs/eat-well-play-hard-in-child-care-settings-ewphccs/</p>	

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Practice Tested	CHFFF: Choose Health, Food, Fun & Fitness-Grades 3-6	Choose Health: Food, Fun, and Fitness (CHFFF) is an award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 8-12-year-olds (3rd-6th graders) . Developed by Cornell University's Division of Nutritional Sciences in collaboration with Cornell Cooperative Extension's 4-H Youth Development Program, CHFFF uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day. CHFFF is intended for use by Cooperative Extension educators and others with a background in nutrition and experience working with youth, and is aimed at a suggested group size of 10-12 children.	http://fnec.cornell.edu/partners/curricula/chfff/	
Practice Tested	Growing Healthy Habits-Grades K-5	The <i>Growing Healthy Habits</i> curriculum aims to use gardening as a tool to teach about nutrition, and to encourage students to consume more fruits and vegetables, and increase physical activity. Each lesson unit includes educator handouts, lesson plans, a journal entry activity, and a taste testing.	https://eatsmart.umd.edu/resources/curricula/growing-healthy-habits	
Practice Tested	Choose Health Action Teens	Choose Health Action Teens (CHAT) is a program of Cornell Cooperative Extension's 4-H and Nutrition departments. The program integrates youth civic engagement with efforts to encourage healthy lifestyles by engaging teens in teaching healthy eating and active living to younger youth. Educators and adult mentors to recruit, train, and mentor local teens to be CHATs who will teach or co-teach our newly developed nutrition curriculum, Choose Health: Food, Fun, and Fitness to 8-12-year-olds.	https://cfacaa.human.cornell.edu/dns.fnec/files/chat/CHAT_Facilitator_Guide_14.pdf	

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Practice Tested	Cooking Matters at the Store	Cooking Matters at the Store for Adults is a guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars.	https://cookingmatters.org/at-the-store	
Practice Tested	Cooking Matters in Your Community	Cooking Matters in Your Community is a free guide to leading a food-based demonstration with adults, kids, teens, or families . It can be used anywhere by any individual. The guide provides simple instructions for planning and leading a demonstration, and includes tools like checklists, sample outlines, and culinary tips. It also contains a wealth of activities, handouts, and recipes.	https://cookingmatters.org/in-your-community	These lessons are written for use with teens when used with appropriately chosen activities within the curriculum. There is no charge and materials are downloadable from the Cooking Matters site.
Practice Tested	Cooking Matters in Your Food Pantry	A toolkit designed to be a comprehensive instruction guide to encourage healthy food choices within a food pantry or food-bank setting. The toolkit provides tips, activities, and recipes that can be used to execute a successful food-based demonstration while introducing key nutrition and food budgeting messages. All foods included in the activities and recipes provided are chosen based on their accessibility and affordability for the limited-resource families that Cooking Matters and its partner organizations serve. This resource also provides useful tools to help ensure that your pantry can provide healthy foods to the local community.	https://cookingmatters.org/sites/cookingmatters.org/files/CMYFP.pdf	
Practice Tested	Eat Smart, Live Strong	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. This resource was originally released in 2008 and was updated in 2013.	https://snaped.fns.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong	

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Practice Tested	Exercise Your Options- Grades 6 7-8	Exercise Your Options is skills-based to help students apply problem solving, reasoning, and critical thinking skills for middle-school students . Each lesson uses the same basic framework to maximize student learning: Anticipatory Set to introduce the lesson, Step-by-Step Procedures with Guided Practice, Check for Understanding, and Assessment.	http://www.healthyeating.org/Schools/Classroom-Programs/Middle-School.aspx	
Practice Tested	Family Gardening	Family Gardening is a series of 6 lessons focused on healthy eating and basic gardening. Lessons build on each other and connect healthy bodies to growing healthy food in a garden. The lessons are meant to be taught with both parents and children in attendance.	https://www.he.k-state.edu/fnp/educators/graphics-lab-materials/family-gardening/family-gardening-handouts/Family-Gardening-Leaders-Guide.pdf	
Practice Tested	Kids in the Kitchen- Grades 1-10	Kids in the Kitchen encourages young people to eat healthier meals and snacks as a result of hands-on cooking experiences. Youth participants learn to prepare simple, healthy foods they can make for themselves and their family members. Level A is for 6-9 year olds; Level B is for 10-12 year olds and Level C is for 13-15 year olds. Levels A and B contain seven lessons that cover topics like basic cooking skills, good nutrition, healthy food choices, food safety and physical activity. Level C has eight lessons that cover the topics in Levels A and B as well as a lesson on planning and preparing a complete meal based on USDA's MyPlate.	http://extension.missouri.edu/p/N800	
Practice Tested	MyPlate in Practice - Grade 3	MyPlate in Practice is a 3rd grade nutrition curriculum developed by WSU Extension Food Sense. It emphasizes eating healthy to stay healthy, using MyPlate as a guide to help select nutritious foods at every meal.	https://nutrition.wsu.edu/curricula/	

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Practice Tested	Plan, Shop, Save, Cook Grades 9-12	<i>Plan, Shop, Save & Cook</i> is an adult nutrition curriculum developed by the University of California’s CalFresh Nutrition Education Program and based on a lesson from Eating Smart Being Active.	https://nutrition.wsu.edu/curricula/	Several agencies and those involved on the Older Youth Project have recommended we use these lessons with older youth. Many high school students are the primary grocery shoppers and the information contained in these lessons is relevant and useful for this audience. We have a request out to California to approve such use and have a tentative OK. Use of this curriculum with older youth will require use of their evaluation tool. Details will be sent to all agencies as soon as we have an agreement with the authors.
Practice Tested	Nutrition in Me - Grades 3-4	Practice-based curriculum developed at WSU Extension Chelan/Douglas/Okanogan Counties for grades 3 and 4 . Lessons include physical activity and food tasting. Grade 3 emphasizes food safety, physical activity, whole grains, fruits, calcium-rich foods and protein in six lessons. Grade 4 emphasizes MyPlate, label reading, breakfast, beverage choices, fast foods and media in six lessons.	https://nutrition.wsu.edu/curricula/	
Practice Tested	Read for Health - Grades 1-2	This curriculum was initially developed by the University of Maryland Extension, Supplemental Nutrition Assistance Program Education (SNAP-Ed). Aligned with a state- wide initiative to increase youth and adult literacy skills, particularly with low-income populations, <i>Read for Health</i> uses language arts as a method to teach nutrition and encourage physical activity and healthy eating. This program targets young children and adults in elementary schools, public libraries, child care and community centers. This curriculum for grades 1-2 was revised and tested at WSU Extension.	https://nutrition.wsu.edu/curricula/	

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Practice Tested	<p style="text-align: center;">Rethink Your Drink - Older Youth Lessons Grades 9-12</p>	<p>Program includes 3 lessons: What's in Your Drink, Think Before You Drink, Empower Yourself. Each can be done in segments (10 segments total, 40-60 minutes each). Includes handouts, student survey, tips, resources.</p>	<p>http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrinkCurriculum.aspx</p>	
Practice Tested	<p style="text-align: center;">Show Me Nutrition - Grades K-8</p>	<p>Show Me Nutrition is a comprehensive nutrition curriculum that teaches youths from preschool through junior high how to have a healthy lifestyle. Several important health themes are taught in each grade level, such as nutrition, food safety, physical activity, media influence and body image, and the grade levels are designed for continuity. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels. The preschool through fifth grade curricula include family newsletters that help family members and caregivers support learning from each grade level. Each curriculum includes handouts to reinforce lesson content with families and caregivers.</p>	<p>http://extension.missouri.edu/p/SMN100</p>	
Practice Tested	<p style="text-align: center;">Super Tracker Grades 9-12</p>	<p>Help students in grades 9-12 learn how to build a healthy diet using SuperTracker. The lesson plans include a variety of topics such as selecting healthy snacks, finding personal recommendations for what and how much to eat, evaluating food selections, and building healthy meals. Each lesson plan includes learning objectives, detailed instructions, and accompanying resources and handouts.</p>	<p>https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL.pdf</p>	

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Emerging	Grazin' with Marty Moose - Grade 2	Originally developed by the Cent\$ible Nutrition Program (University of Wyoming Cooperative Extension) as <i>Grazin' the Pyramid with Marty Moose</i> , <i>Grazin' with Marty Moose</i> was expanded and nutrition content was simplified to target second grade students in Washington State. We found the lovable character of Marty Moose, plus the lesson activities and introduction to accepting “differences” truly inspiring and perfect for engaging imaginative second graders. Together, Marty and the natural setting of the forest with its plants and animals provided a storybook backdrop on which to lay a foundation for understanding that basic nutrition, physical activity, and valuing differences are natural and vital for healthy, happy living.	https://nutrition.wsu.edu/curricula/	Use of curriculum considered to be emerging should be done only after consultation with IA. If emerging curriculum are used, IA and agency should work with the state evaluation team to coordinate appropriate evaluation.
Emerging-not yet tested	Energize Your Life! Garden for a Healthier You	Gardening for A Healthy You! is a series of four adult nutrition lessons taught in conjunction with seasonal gardening topics. The lessons include nutrition and healthy living topics that support the 2015 Dietary Guidelines for Americans. Each lesson includes an outline with talking points, activities, resources for the class leader, handouts for the participants and gardening topics relating to the core nutrition concept being taught.	https://nutrition.wsu.edu/curricula/	Use of curriculum considered to be emerging should be done only after consultation with IA. If emerging curriculum are used, IA and agency should work with the state evaluation team to coordinate appropriate evaluation. This curriculum is complementary to our other adult curriculum. Participants, after having taken basic nutrition education curricula, may want to grow gardens. This set of lessons provides additional, not repetitive information, and meets the needs of clients who want to learn more and grow food.