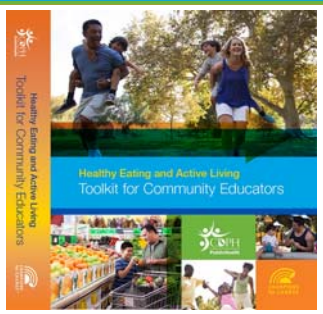
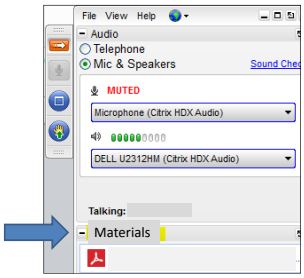
Healthy Eating and Active Living *Toolkit*



Materials



Trivia Question

How old is SNAP-Ed?

SNAP-Ed
Better Lives.
Stronger Communities.

MAINE SNAP-Ed
Healthy Eating on a Budget

Arkansas SNAP Ed
Smart Nutrition-Active People Education

SNAP education

Trivia Question

SNAP-Ed Starting in Wisconsin in 1988

Now 38 years old

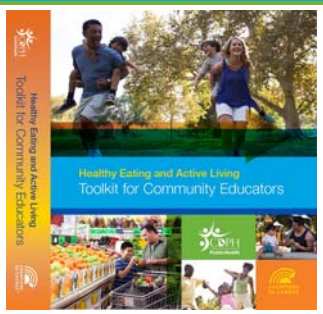
SNAP-Ed Better Lives. Stronger Communities.

MAINE SNAP-Ed Healthy Eating on a Budget

Arkansas SNAP Ed Smart Nutrition-Active People Education

SNAP education

Healthy Eating and Active Living *Toolkit*



CDSS

CDPH Public Health

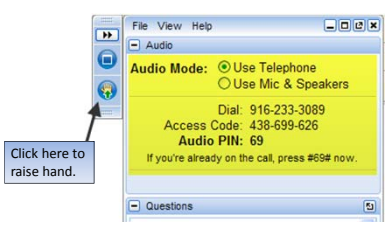
California Department of Aging

University of California calfresh Nutrition Education

Catholic Charities of California

Practice

Practice raising your hand.



Chat box Q&A

Answer questions in the chat box to “All Entire Audience” throughout the webinar.

Trivia Question

How many curricula are listed in the California SNAP-Ed Integrated Curricula List?

Trivia Question

Chat out your guesses

How many curricula are listed in the California SNAP-Ed Integrated Curricula List?

Trivia Question

How many different curricula are in the California SNAP-Ed Integrated Curricula List?

Answer: 90!

Today's Toolkit Presenters (and their tools)

Mike Elfant

Cyndi Walter

Maegan Jorgensen

Ruben Robles

Agenda

Compare and contrast the
Fruit, Vegetable and Physical Activity Toolbox
with the
Healthy Eating and Active Living Toolkit

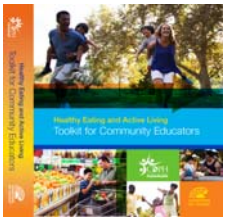
Mini – PA Break

Participate in a run through of
The "Cut Back on Salt and Sodium Module"

Tool*box* vs. Tool*kit*

Fruit, Vegetable, and Physical Activity **Toolbox**

Healthy Eating and Active Living ***Toolkit***



Tool*box* vs. Tool*kit*

Fruit, Vegetable, and Physical Activity **Toolbox**

128 ounces

Healthy Eating and Active Living ***Toolkit***

?

Tool*box* vs. Tool*kit*

Fruit, Vegetable, and Physical Activity **Toolbox**

128 ounces

Healthy Eating and Active Living ***Toolkit***

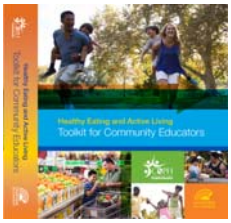
30 ounces

Tool***box*** vs. Tool***kit***

Fruit, Vegetable, and Physical Activity **Toolbox**

16 lessons

Healthy Eating and Active Living ***Toolkit***



7 lessons
6 required
1 optional

Tool***box*** vs. Tool***kit***

Fruit, Vegetable, and Physical Activity **Toolbox**

English and Spanish

Healthy Eating and Active Living ***Toolkit***

English, Spanish, Chinese Hmong, Vietnamese

More on the Toolkit

- Must do all 6 lessons
  - A 7th lesson is optional: Steps for Conducting Food Demonstrations and Sampling
- IOE not required, though it is optional

What's in the Toolkit?

Table of Contents

I. Introduction - Welcome 1
II. Eat the MyPlate Way 2-5
Hand-Outs:
II.A MyPlate Coloring Sheet
II.B MyPlate, MyWins: Make it yours
II.C Build a Healthy Meal
III. Make Half Your Plate Fruits and Veggies 6-9
Hand-Outs:
III.A Recommended Cups of Fruits and Vegetables for Adults
III.B What's in a Cup
III.C Fruit and Vegetable Scorecard
III.D My Meal Plan
III.E Energize Your Body with Fruits and Vegetables!
IV. Choose Healthy Beverages 10-17
Hand-Outs:
IV.A Choose MyPlate
IV.B Show Me the Sugar!
IV.C Make Better Beverage Choices
IV.D Cucumber Mint Breeze Recipe Card
IV.E Calculating How Much Sugar is in a Container
IV.F Calculations Key Drink Label Cards
IV.G How Much Sugar?
V. Cut Back on Salt and Sodium 18-21
Hand-Outs:
V.A How Much Sodium is in That Package?
V.B Sodium Content of a Sample Daily Menu
V.C Salt and Sodium
V.D Use These Seasonings Instead of Salt
VI. Get Physical 23-26
Hand-Outs:
VI.A Taking Your Pulse
VI.B Physical Activity Guidelines for Americans
VI.C Physical Activity Schedule
VII. Advocate for Fruits, Vegetables, and Physical Activity 27-31
Hand-Outs:
VII.A Steps to Advocate for Fruits, Vegetables, and Physical Activity in Your Community
VII.B Fruit and Vegetable Community Assessment
VII.C Physical Activity Community Assessment
VII.D Walkability Checklist
VIII. Steps for Conducting Food Demonstrations and Sampling (Optional Lesson) 32-33

What's in the Toolkit? – Lesson Plans

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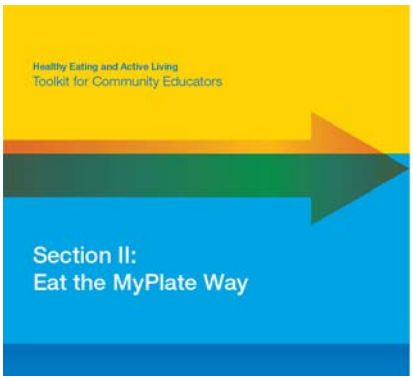
Sample Lesson Plan

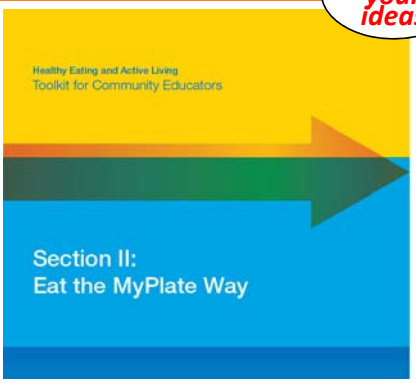
What's helpful to have in a lesson plan?



Sample Lesson Plan

Chat out your ideas

What's helpful to have in a lesson plan?



Sample Lesson Plan - Eat the MyPlate Way

Eat the MyPlate Way

LEARNING OBJECTIVES

By the end of the session, participants will be able to:

- Name three personal health benefits of eating healthy food.
- Identify the food groups to create a healthy plate.
- Assess current eating patterns and compare them to MyPlate recommendations.
- Plan a meal that meets MyPlate recommendations.

MATERIALS

- Sign-in sheet
- Name tags (optional)
- White board or flip chart
- Set of markers to record discussion questions
- Paper Plates in 12", 9", and 7" sizes
- Set of measuring cups to assist in menu planning
- Pencils or pens

HANDOUTS

- *MyPlate Coloring Sheets (copy printed back to back)*
- *MyPlate, MyWins: Make it yours*
- *MyPlate Build a Healthy Meal*

Eat the My Plate Way - Objectives

LEARNING OBJECTIVES

By the end of the session, participants will be able to:

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Eat the My Plate Way - Materials

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Eat the My Plate Way - Handouts

HANDOUTS

- *MyPlate Coloring Sheets (copy printed back to back)*
- *MyPlate, MyWins: Make it yours*
- *MyPlate Build a Healthy Meal*

Eat the My Plate Way - Preparation

PREPARATION

1. Review lesson plan and handouts.
2. Be prepared to explain and apply the information in the lesson.
3. Locate a room that will accommodate participants comfortably.
4. Prepare sign-in sheets and name tags (optional).
5. Make copies of participant handouts.
6. Display MyPlate poster.
7. Set up flip chart or white board to record discussion responses.

Eat the My Plate Way – Warm Up

WARM-UP ACTIVITY: WHAT ARE THE BENEFITS OF HEALTHY EATING?

1. Introduce yourself and share with participants that you will be discussing the recommendations for healthy eating today using MyPlate as a guide.
2. Explain the objectives for the lesson.
3. Have participants pair up and discuss the benefits of healthy eating that they have heard about, or that they have experienced.
4. Ask participants to share their responses with the group. Wait for responses and write them on the flip chart or white board. If not mentioned, add that healthy eating contributes to:
   - Better health
   - Better dental health
   - Reduced risk of heart disease, type 2 diabetes, and high blood pressure
   - Healthier weight
5. Next ask participants what they have heard about MyPlate and record their answers on the flip chart or white board.

Note for Instructors

Having participants share the benefits of healthy eating helps you as the instructor understand what is important to them, and helps participants start to focus on the lesson topic.

Eat the My Plate Way – Note for Instructors

Note for Instructors

Having participants share the benefits of healthy eating helps you as the instructor understand what is important to them, and helps participants start to focus on the lesson topic.

Eat the My Plate Way – Activity

ACTIVITY: FOOD GROUPS

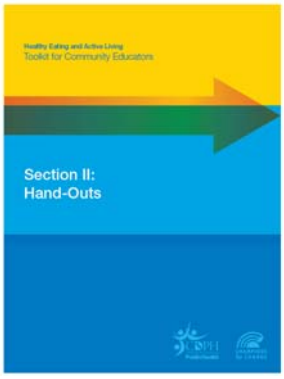
1. Ask for three volunteers to each share the foods they ate for one meal – breakfast, lunch, or dinner. Write the foods on the flip chart or white board.
2. Using the MyPlate, MyWins poster, review the sections of MyPlate, highlighting the foods included in each section, emphasizing that each food group makes an important contribution to overall health.
3. Using the MyPlate, MyWins poster, point to one food group and ask the group to identify the foods from the volunteers' meals that fit into that food group.
4. Repeat for each food group, correcting or clarifying the categorization as needed.

Eat the My Plate Way – Review, Evaluation, Next Steps

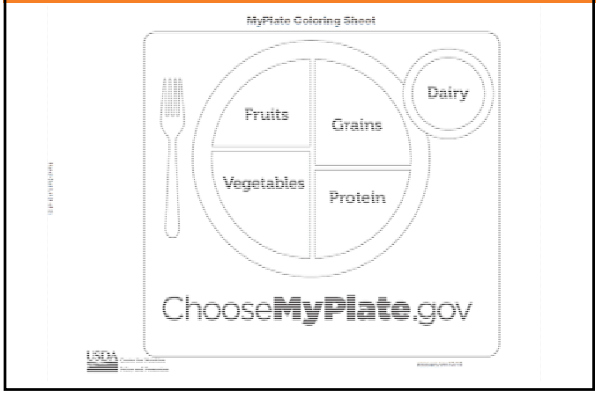
ACTIVITY: REVIEW, EVALUATION, PERSONAL NEXT STEPS

1. Ask participants to share how they could modify their current cooking patterns to follow MyPlate recommendations. Give a few examples if needed to start the discussion.

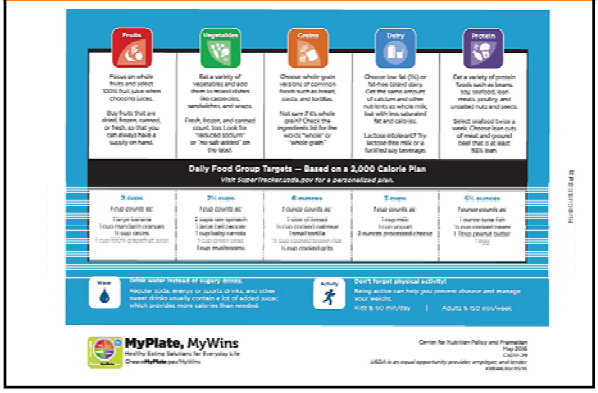
Eat the My Plate Way – Handouts



Eat the My Plate Way – Handouts



Eat the My Plate Way – Handouts



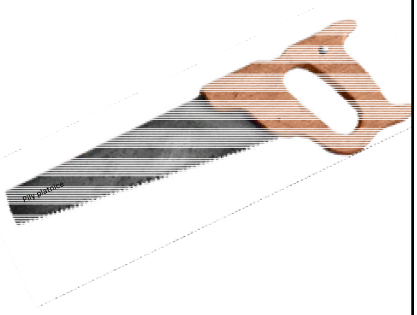
Questions?

Mini-P.A. Break

Let's "build" a fence

Mini-P.A. Break

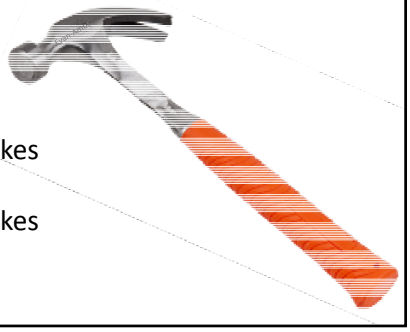
Let's "build" a fence



5 saw strokes
Right arm
5 saw strokes
Left arm

Mini-P.A. Break

Let's "build" a fence



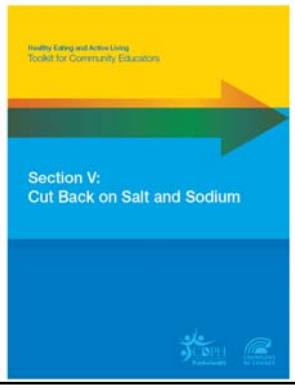
5 hammer strikes
Right arm
5 hammer strikes
Left arm

Mini-P.A. Break

Let's "build" a fence

5 brush strokes
Right arm
5 brush strokes
Left arm

Let's Try it! Cut Back on Salt and Sodium



Let's Try it! Cut Back on Salt and Sodium

LEARNING OBJECTIVES

By the end of the session, participants will be able to:

- Identify names and forms of salt.
- Identify amounts of sodium found in foods.
- Name three personal benefits of eating lower sodium meals.
- Plan a daily menu with reduced sodium.

Rank these from least to most sodium

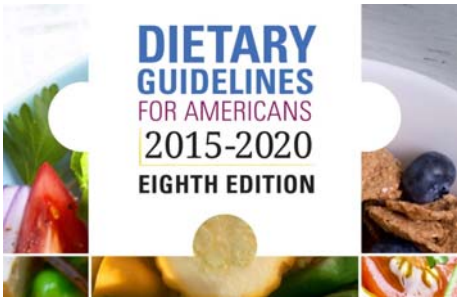
Rank these from least to most sodium

1 teaspoon of salt

2300 mg grams of sodium =

1 teaspoon of salt

Dietary Guidelines For Americans



2300 mg sodium per day limit

What have you heard about salt?

Chat out your ideas

What do you think your clients would say?

How Much Sodium is in that Package?

Look at your handout

Nutrition Facts

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 290 mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber <1g	1%
Sugars 1g	
Protein 2g	

Serving Size

Sodium

How Much Sodium is in that Package?

Sodium comes in many forms. Look for these words in the "Ingredients" list:

- Salt
- Monosodium glutamate
- Disodium phosphate
- Sodium benzoate
- Sodium hydroxide
- Sodium citrate
- Sodium caseinate
- Sodium sulfite

Forms of sodium in our food

INGREDIENTS: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less Than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (including Yellow 6) and Citric Acid.

Sample ingredients

Question

Where do YOU think most of the sodium in YOUR diet come from?

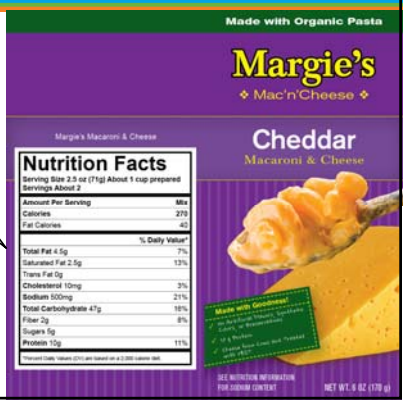
Question

Where do YOU think most of the sodium in YOUR diet come from?

Chat out your ideas

Let's Look at Some Labels

How much sodium do I have?

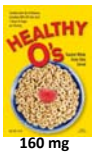


Let's Look at Some Labels

How much sodium do I have?

Rank these from least to most sodium

95 mg



160 mg

160 mg

330 mg

390 mg

500 mg

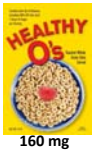
810 mg

810 mg

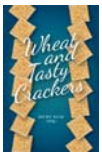
What surprised you about this?

Chat out

95 mg



160 mg



160 mg

330 mg

390 mg

500 mg

810 mg

810 mg

Aw Nuts!

This is a "serving" of nuts

How much do most people eat?

Why is it important to lower sodium?

Why is it important to lower sodium?

What would your clients say?

Chat out your ideas

Why is it important to lower sodium?

Kidneys

Heart

Swelling

Ways to Reduce Sodium Intake

Ways to Reduce Sodium Intake

- Which herbs or spices do you think your clients use?
- Which ones might they be interested in?

Fresh, Frozen, or Low Sodium Canned

Fresh

Frozen

Regular Canned

Low Sodium Canned

Fresh, Frozen, or Low Sodium Canned

Eat more

Fresh

Frozen

Eat more

Regular Canned

Eat less

Eat more

Low Sodium Canned

Planning Meals Lower in Sodium

Sodium Content of a Sample Daily Menu

Breakfast	*Milligrams (mg) of sodium*
3 slices bacon	450
2 scrambled eggs	160
1 plain bagel	450
2 tablespoons light plain cream cheese	140
6 oz. orange juice	0
Total Breakfast	**1,200 mg of sodium**
Lunch	
Ham and cheese sandwich (2 oz. sliced ham-480, 1 slice American cheese-250, 2 slices whole wheat bread-340)	1,070
1 tablespoon mayonnaise	90
2 teaspoons mustard	110
1 pickle spear	320
1/2 cup canned chunky chicken noodle soup	485
2 saltine crackers	75
16 oz. diet energy drink	250
Total Lunch	**2,400 mg of sodium**
Dinner	
Spicy crispy chicken drumstick	440
Spicy crispy chicken breast	1,250
1 biscuit	520
BBQ baked beans	680
Cole slaw	160
Dutch apple pie slice	300
16 oz. soda	50
Total Dinner	**3,400 mg sodium**
GRAND TOTAL	**7,000 mg of sodium!**

Source: Values taken from nutrition information labels of brands available at local grocery stores and fast food outlets.

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Breakfast	**Milligrams (mg) of sodium**
3 slices Bacon	450
2 scrambled eggs	160
1 plain bagel	450
2 tablespoons light plain cream cheese	140
6 oz. orange juice	0
Total Breakfast	**1,200 mg of sodium**

Lunch	Milligrams (mg) of sodium
Ham and cheese sandwich	1070
2 slices whole wheat bread	
1 tablespoon mayonnaise	90
2 teaspoons mustard	110
1 pickle spear	320
½ cup canned chunky chicken noodle soup	485
2 saltine crackers	75
16 oz. diet energy drink	250
Total Lunch	**2,400 mg of sodium**

Dinner	Milligrams (mg) of sodium
Spicy crispy chicken drumstick	440
Spicy crispy chicken breast	1250
1 biscuit	520
BBQ baked beans	680
Cole slaw	160
Dutch apple pie slice	300
16 oz. 7up	100
Total Dinner	**3,400 mg of sodium**

Daily Meals Grand Total

Breakfast

+

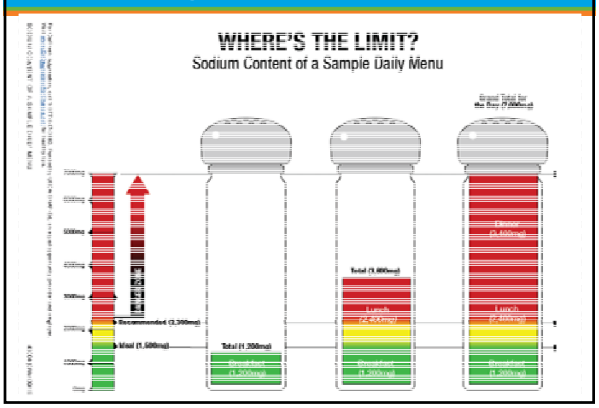
Lunch

+

Dinner

Grand Total **7,000 mg of sodium**

Planning Meals Lower in Sodium



How could you lower the sodium?

- Look at your handout
- How you could reduce sodium in this diet?

Chat out your ideas

"Salt and Sodium" Handout

Find this Handout

Use these seasonings instead of salt

Allspice	Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies
Basil	Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
Bay leaves	Lean meats, stews, poultry, soups, tomatoes
Caraway seeds	Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
Chives	Salads, sauces, soups, lean meat dishes, vegetables
Cider vinegar	Salads, vegetables, sauces
Cinnamon	Fruits (especially apples), breads, pie crusts
Curry powder	Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
Dill	Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
Garlic (not garlic salt)	Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
Ginger	Chicken, fruits
Lemon juice	Lean meats, fish, poultry, salads, vegetables
Mustard (dry)	Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
Nutmeg	Fruits, piecrust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
Onion (not onion salt)	Lean meats, stews, vegetables, salads, soups

Accessing the Toolkit

Coming Up…

Evaluation
Another webinar

Questions?

This session has been brought to you on behalf of

The California Department of Social Services,

the California Department of Public Health Nutrition Education and Obesity Prevention Branch,

University of California CalFresh,

California Department of Aging, and

Catholic Charities of California