

## California Department of Public Health FFY 2016 SNAP-Ed Approved Curricula List

Title	Source	Status	Description	Language	Ages	Venue	Type	Main Topics
<b>Preschool</b>								
Build a Healthy Plate with Fewer Added Sugars	<a href="http://www.fns.usda.gov/sites/default/files/sugars.pdf">USDA TEAM Nutrition http://www.fns.usda.gov/sites/default/files/sugars.pdf</a>	PT	Child care provider handbook. Contains nutrition and wellness tips for young children. Approved for use with RYD.	English	3, 4, 5	pre	child care provider handbook	MyPlate, sugar, RYD
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/Spanish	3,4,5,6,7,8,9,10,11,12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
Color Me Healthy	<a href="http://centertrt.org/?p=intervention&amp;id=1095">http://centertrt.org/?p=intervention&amp;id=1095</a>	RT	Program with 14 lessons to improve fruit & veg intake and PA for preschool. Do not use these RYD lessons or recipes. Please use approved RYD material and recipes in Materials list.	English, some in Spanish	4,5	pre	curr	PA, eat healthy, fruit, veg
EatPlayGrow	<a href="http://cmom.org/sites/default/files/EatPlayGrowTM_Curriculum.pdf">http://cmom.org/sites/default/files/EatPlayGrowTM_Curriculum.pdf</a>	PT	Early childhood education curriculum (11 lessons for children <u>6 and under</u> and adult caregivers) to keep children healthy through creative strategies for families. Adapted from We Can! Program.	English, family handouts in Spanish	3,4,5,6	pre, s	curr	frt, veg, eat healthy, growing, PA, calcium, portions
Eat Well, Play Hard in Child Care Centers	<a href="http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm">http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm</a>	PT	For preschool children and parents. Includes 10 lessons each with 3 activities, parent letter, handout masters. 9 lessons have food demo. Time for activities varies. (From SNAP Ed Resource Library)	English	3,4, adult	pre	curr	cooking, snacks, veg, PA

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Farm to Preschool	<a href="http://www.farmtopreschool.org/documents/F2P%20Curriculum.pdf">Urban &amp; Environmental Policy Institute, Occidental College http://www.farmtopreschool.org/documents/F2P%20Curriculum.pdf</a>	PT	Preschool program for Sept. to May. Each month provides 3-4 brief lessons around specific fruit or vegetable. Recipes and optional activities. Can correlate to HOTM items.	English	3,4,5	pre	curr	frt, veg, eat healthy, growing
Grow it, Try it, Like it Preschool Fun with Fruits and Vegetables	<a href="http://www.fns.usda.gov/tn/grow-it-try-it-it">TEAM Nutrition USDA http://www.fns.usda.gov/tn/grow-it-try-it-it</a>	PT	Preschool kit with garden themes for 4 fruits and 3 veg. Hands on activities, nut ed and planting activities.	English	3, 4, 5	pre	lessons	garden, eat healthy, fruit, veg
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy

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<b>Kindergarten</b>								
Building a Healthy Me	<a href="http://www.healthyeating.org/Schools/Classroom-Programs/Kindergarten.aspx">Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/Kindergarten.aspx</a>	PT	Kindergarten program includes 8 units, each with 4 activities. Importance of eating food-group foods, classify foods into 5 groups, healthy snacks, breakfast as a healthy start. Engaging, fun activities (singing, writing, coloring, sorting).	English	4,5,6	s	curr	MyPlate, bkfst, snacks
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/Spanish	3,4,5,6,7,8,9,10,11,12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
Discover MyPlate: Nutrition Education for Kindergarten	<a href="http://www.fns.usda.gov/tn/discover-myplate">http://www.fns.usda.gov/tn/discover-myplate</a>	PT	Teacher's Guide With 6 Lessons and Classroom Celebration Ideas, 6 Emergent Readers (mini books for students & teacher's big book), original song, Food Cards, recipes (English & Spanish), a Student Workbook with 19 Activity Sheets, The Five Food Groups Poster, and 5 Parent Handouts (English & Spanish).	English, Spanish (handouts, recipes only)	5,6	s	curr	MyPlate, science, math, language, ethnic
EatPlayGrow	<a href="http://cmom.org/sites/default/files/EatPlayGrowTM_Curriculum.pdf">http://cmom.org/sites/default/files/EatPlayGrowTM_Curriculum.pdf</a>	PT	Early childhood education curriculum (11 lessons for children 6 and under and adult caregivers) to keep children healthy through creative strategies for families. Adapted from We Can! Program.	English, family handouts in Spanish	3,4,5,6	pre, s	curr	frt, veg, eat healthy, growing, PA, calcium, portions

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Eating Healthy From Farm to Fork	<a href="http://ucanr.edu/sites/letseathealthy/Curriculum/Eating_Healthy_from_Farm_to_Fork_Promoting_School_Wellness_Kindergarten/">UC Cooperative Extension, ANR http://ucanr.edu/sites/letseathealthy/Curriculum/Eating_Healthy_from_Farm_to_Fork_Promoting_School_Wellness_Kindergarten/</a>	PT	Kindergarten curriculum with 10 lessons makes connection between local food systems, garden-based learning, school food service, healthy habits.	English, Spanish	5, 6, 7	s, as	curr	garden, eat healthy, foodservice, process, ethnic
Growing Healthy Habits	<a href="https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum">https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum</a>	PT	Elementary program focusing on integrating nutrition in classroom via gardening. Lessons meet science, lang. arts, soc. studies, health and math objectives. (From SNAP Ed Resource Finder). Remove references to brand names before using.	English	5, 6, 7, 8, 9, 10	s, as, ss	curr	f/v, grains, dairy, calories
Pick a Better Snack	<a href="http://www.idph.state.il.us/INN/PickABetterSnack.aspx">http://www.idph.state.il.us/INN/PickABetterSnack.aspx</a>	PT	5 monthly lessons for each grade (K-3) focus on seasonal fruits, vegetables. Includes PA/NE bingo cards, parent newsletters, social marketing components (radio, PSA, TV ads, posters etc.). (From SNAP Ed Resource Finder)	English, Spanish (family newsletters)	5,6,7,8,9, adults	s, as	lessons	f/v, PA, LF milk, media, ethnic
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy

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Title	Source	Status	Description	Language	Ages	Venue	Type	Main Topics
<b>Grades 1-3</b>								
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/ Spanish	3,4,5,6,7, 8,9,10,11, 12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
Growing Healthy Habits	<a href="https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum">https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum</a>	PT	Elementary program focusing on integrating nutrition in classroom via gardening. Lessons meet science, lang. arts, soc. studies, health and math objectives. (From SNAP Ed Resource Finder). Remove references to brand names before using.	English	5, 6, 7, 8, 9, 10	s, as, ss	curr	f/v, grains, dairy, calories
Healthy Choices, Healthy Me!	<a href="http://www.healthyeating.org/Schools/Classroom-Programs/2nd-Grade.aspx">http://www.healthyeating.org/Schools/Classroom-Programs/2nd-Grade.aspx</a>	PT	1st grade (8 lesson program) and 2nd grade (9 lesson program) have same name but different student workbooks based on core content standards. Aligns with CA education standards. Covers eating a variety of foods from each food group every day, balanced breakfast, healthy snacks and meals, active play.	English, Spanish	6,7	s	curr	MyPlate, eat healthy, breakfast, PA, snacks
Pick a Better Snack	<a href="http://www.idph.state.il.us/INN/PickABetterSnack.aspx">http://www.idph.state.il.us/INN/PickABetterSnack.aspx</a>	PT	5 monthly lessons for each grade (K-3) focus on seasonal fruits, vegetables. Includes PA/NE bingo cards, parent newsletters, social marketing components (radio, PSA, TV ads, posters etc.). (From SNAP Ed Resource Finder)	English, Spanish (family newsletters )	5,6,7,8,9, adults	s, as	lessons	f/v, PA, LF milk, media, ethnic

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Serving Up MyPlate: A Yummy Curriculum	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum">http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum</a>	PT	Curriculum for grades 1-6 integrating nutrition into math, science, lang. arts, and health. 3 levels, each covering 2 grades, each with 3 sections 30-60 min each. CD, songs, poster, activities, game.	English, Spanish and Chinese (parent materials)	6, 7, 8, 9, 10, 11, 12	s, as	curr	sugar, fat, MyPlate, PA, meal planning, bev, RYD, f/v, recipe, label
Shaping Up My Choices	Dairy Council of California <a href="http://www.healthyeating.org/Schools/Classroom-Programs/3rd-Grade.aspx">http://www.healthyeating.org/Schools/Classroom-Programs/3rd-Grade.aspx</a>	PT	10-lesson program for 3rd grade aligns with CA education standards. 5 food groups, nutrients and roles in body, balanced breakfast and lunch, food label, portion sizes, healthy beverage choices (use NEOPB RYD materials instead), how to get active 60 minutes a day.	English, Spanish	8,9	s, as	curr	MyPlate, PA, label, bkfst portions
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy
The Great Garden Detective Adventure	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/great-garden-detective">http://www.fns.usda.gov/tn/great-garden-detective</a>	PT	Curriculum of 11 lessons for 3rd and 4th grades. Contains teacher guide, curriculum tools, parent newsletters, bulletin board materials, flash cards. Not all components allowable.	English	8, 9, 10	s, as	curr	MyPlate, frt, veg, garden, eat healthy, science, math, language arts

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<b>Grades 4-5</b>								
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/ Spanish	3,4,5,6,7, 8,9,10,11, 12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
Dig In!	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground">http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</a>	PT	Curriculum of 10 lessons for 5th & 6th grades. Each lesson has 3 activities (20-45 min). Includes teacher's guide, parent booklets, posters, handouts. Some of material may not be allowable. Optional class experiments, Extensions and Dig Deeper areas may not be usable. Check with PO before using these sections. Recipe portions not taste test size.	English, parent booklets in Spanish	10, 11, 12, adult	s, as, com	curr	eat healthy, frt, veg, carbs, MyPlate, garden, label
Growing Healthy Habits	<a href="https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum">https://extension.umd.edu/growit/youth-gardening/growing-healthy-habits-ghh-curriculum</a>	PT	Elementary program focusing on integrating nutrition in classroom via gardening. Lessons meet science, lang. arts, soc. studies, health and math objectives. (From SNAP Ed Resource Finder). Remove references to brand names before using.	English	5, 6, 7, 8, 9, 10	s, as, ss	curr	f/v, grains, dairy, calories

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Nourish: Food + Community	<a href="http://www.nourishlife.org/teach/curriculum/">WorldLink http://www.nourishlife.org/teach/curriculum/</a>	PT	Program for middle and high school. Only lessons 1-4 are approved by WRO. Address seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. DVD has not been approved.	English, Spanish	10,11,12, 13,14,15, 16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts
Nutrition Pathfinders	<a href="http://www.healthyeating.org/Schools/Classroom-Programs/4th-Grade.aspx">Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/4th-Grade.aspx</a>	PT	7 lesson program with pre and post assessments, aligns with CA Education Standards. 4th Grade: 5 food groups, nutrients, Nutrition Facts Label, measuring serving sizes, balanced meals, good choices. 5th Grade: healthy food and PA choices, measuring and remembering serving sizes, analyzing advertisements, balanced meals, good choices at restaurants.	English, Spanish	8,9,10	s	curr	adv., decisions, MyPlate, fast food, PA, portions
Power Play! Campaign Resources	<a href="http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx">http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx</a>	PT	NEOPB Idea and Resource Kits with activities and workbooks for 4th and 5th grade interventions to increase fruit and vegetable intake and physical activity.	English	9,10,11	s, as	kit	PA

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Serving Up MyPlate: A Yummy Curriculum	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum">http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum</a>	PT	Curriculum for grades 1-6 integrating nutrition into math, science, lang. arts, and health. 3 levels, each covering 2 grades, each with 3 sections 30-60 min each. CD, songs, poster, activities, game.	English, Spanish and Chinese (parent materials)	6, 7, 8, 9, 10, 11, 12	s, as	curr	sugar, fat, MyPlate, PA, meal planning, bev, RYD, f/v, recipe, label
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy
The Great Garden Detective Adventure	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/great-garden-detective">http://www.fns.usda.gov/tn/great-garden-detective</a>	PT	Curriculum of 11 lessons for 3rd and 4th grades. Contains teacher guide, curriculum tools, parent newsletters, bulletin board materials, flash cards. Not all components allowable.	English	8, 9, 10	s, as	curr	MyPlate, frt, veg, garden, eat healthy, science, math, language arts

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Title	Source	Status	Description	Language	Ages	Venue	Type	Main Topics
<b>Middle School</b>								
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/Spanish	3,4,5,6,7,8,9,10,11,12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
Dig In!	USDA TEAM Nutrition <a href="http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground">http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</a>	PT	Curriculum of 10 lessons for 5th & 6th grades. Each lesson has 3 activities (20-45 min). Includes teacher's guide, parent booklets, posters, handouts. Some of material may not be allowable. Optional class experiments, Extensions and Dig Deeper areas may not be usable. Check with PO before using these sections. Recipe portions not taste test size.	English, parent booklets in Spanish	10, 11, 12, adult	s, as, com	curr	eat healthy, frt, veg, carbs, MyPlate, garden, label
EatFit	UC Cooperative Extension (avail at CHKRC) <a href="http://ucanr.org/sites/letseahealthy/Curriculum/Eat_Fit/">http://ucanr.org/sites/letseahealthy/Curriculum/Eat_Fit/</a>	PT	9 week curriculum for middle school focuses on behavioral strategies, online analysis tools for diet. Can be for after school. No cost.	English	10, 11, 12, 13, 14	s, as	curr	fitness, energy, food label, breakfast, fast food

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Exercise Your Options	<a href="http://www.healthyeating.org/Schools/Classroom-Programs/Middle-School.aspx">Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/Middle-School.aspx</a>	PT	6 lesson program for middle school with pre- and post- assessment, aligns with CA education standards. Skills-based to help students apply problem-solving, reasoning, critical thinking to make better choices for real-life issues.	English	10,11,12,13	s, as	curr	making healthy choices, food groups, breakfast, food records, PA
Nourish: Food + Community	<a href="http://www.nourishlife.org/teach/curriculum/">WorldLink http://www.nourishlife.org/teach/curriculum/</a>	PT	Program for middle and high school. Only lessons 1-4 are approved by WRO. Address seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. DVD has not been approved.	English, Spanish	10,11,12,13,14,15,16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts
Nutrition Voyage: The Quest to Be Our Best	<a href="http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best">http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best</a>	PT	From Team Nutrition. 3 inquiry based lessons each for 7th and 8th grades. Healthy food & PA choices; investigate, challenge, evaluate and reflect. Includes video clips & print materials, for students, teachers, principals, school food service staff, parents.	English	12,13	s, as	lessons	f/v, survey, snack, PA

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Serving Up MyPlate: A Yummy Curriculum	<a href="http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum">USDA TEAM Nutrition http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum</a>	PT	Curriculum for grades 1-6 integrating nutrition into math, science, lang. arts, and health. 3 levels, each covering 2 grades, each with 3 sections 30-60 min each. CD, songs, poster, activities, game.	English, Spanish and Chinese (parent materials)	6, 7, 8, 9, 10, 11, 12	s, as	curr	sugar, fat, MyPlate, PA, meal planning, bev, RYD, f/v, recipe, label
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy

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<b>High School</b>								
Activity + Eating	<a href="http://www.healthyeating.org/Schools/Classroom-Programs/High-School.aspx">Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/High-School.aspx</a>	PT	Single lesson (1-2 class periods) for high school shows connection between PA, food choices and health. PowerPoint with script, 8 page workbook. Hunger cues, small changes to maintain healthy weight, importance of breakfast, healthy meals and snacks when rushed or eating out, estimating serving sizes, food groups, health benefits of PA.	English, Spanish	15,16,17, 18	s, as	lesson	eat healthy, PA, bev, MyPlate, decisions, weight
High School Lesson Plans and Presentations (Pennsylvania SNAP-Ed/Drexel University)	<a href="http://www.drexel.edu/nutritioneducation/hs_lesson_plans.html">http://www.drexel.edu/nutritioneducation/hs_lesson_plans.html</a>	PT	14 lessons for high school students with accompanying PowerPoints. Topics: Breakfast, Calcium, Drinks, Energy Balance, Fast Food, Fear Factor, Fiber, Food Safety, PA, MyPlate, Nutrition Jeopardy, Snacks, Sports Nutrition, SoFAs	English	15,16,17, 18	s	lessons, PowerPoints	Nutrition, healthy food choices, PA
Nourish: Food + Community	<a href="http://www.nourishlife.org/each/curriculum/">WorldLink http://www.nourishlife.org/each/curriculum/</a>	PT	Program for middle and high school. Only lessons 1-4 are approved by WRO. Address seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. DVD has not been approved.	English, Spanish	10,11,12, 13,14,15, 16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts

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Rethink Your Drink-- High School Lessons	<a href="http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrinkCurriculum.aspx">NEOPB http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrinkCurriculum.aspx</a>	PT	High school program includes 3 lessons: What's in Your Drink, Think Before You Drink, Empower Yourself. Each can be done in segments (10 segments total). Includes handouts (E & Sp), student survey, tips, resources. Lesson only in English.	English, Spanish	15, 16, 17, 18	s, as	curr	sugar, RYD, bev.
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy
SuperTracker Nutrition Lesson Plans for High School Students	<a href="http://www.choosemyplate.gov/downloads/SuperTrackerHSLessonPlans1.pdf">http://www.choosemyplate.gov/downloads/SuperTrackerHSLessonPlans1.pdf</a>	PT	Series of 4 lessons to help HS students use SuperTracker to build healthier diet & increase PA. Includes resources, printable materials. MyPlate, healthy snacks, food prep, calorie balance.	English	15,16,17, 18	s	curr	MyPlate, PA

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<b>After School</b>								
CATCH Coordinated Approach to Child Health	<a href="http://catchusa.org/">http://catchusa.org/</a>	PT	Program for preschool through 8th and afterschool. Aimed at improving school nutrition, PA, food service.	English/ Spanish	3,4,5,6,7, 8,9,10,11, 12,13	pre, s, as	curr	PA, eat healthy, ethnic, garden
EatFit	UC Cooperative Extension (avail at CHKRC) <a href="http://ucanr.org/sites/letseahealthy/Curriculum/Eat_Fit/">http://ucanr.org/sites/letseahealthy/Curriculum/Eat_Fit/</a>	PT	9 week curriculum for middle school focuses on behavioral strategies, online analysis tools for diet. Can be for after school. No cost.	English	10, 11, 12, 13, 14	s, as	curr	fitness, energy, food label, breakfast, fast food
Media Smart Youth: Eat, Think and Be Active	National Institute of Child Health and Human Development (avail at CHKRC) <a href="https://www.nichd.nih.gov/mesy/Pages/index.aspx">https://www.nichd.nih.gov/mesy/Pages/index.aspx</a>	PT	Interactive after-school education program for ages 11-13 about media and how it can affect their health, especially nutrition and PA. 10 lessons and a major project, DVD. From 2005, may need to be revised. Discuss with PO.	English, Spanish	11, 12, 13	as	DVD, lessons	adv, PA, disease, eat healthy, ethnic
Nourish: Food + Community	WorldLink <a href="http://www.nourishlife.org/teach/curriculum/">http://www.nourishlife.org/teach/curriculum/</a>	PT	Program for middle and high school. Only lessons 1-4 are approved by WRO. Address seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. DVD has not been approved.	English, Spanish	10,11,12, 13,14,15, 16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts

**California Department of Public Health FFY 2016 SNAP-Ed Approved Curricula List**

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Power Play! Community Youth Organization Idea & Resource Kit	<a href="http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx">NEOPB http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx</a>	PT	NEOPB 20 activities for youth leaders to implement in after school, summer school and clubs serving 5 - 11 yr. olds. Includes worksheets and parent materials.	English, Spanish	5, 6, 7, 8, 9, 10, 11, adult, staff	s, as, ss, com	toolkit	PA, eat healthy, ethnic
Sports, Play & Active Recreation for Kids	<a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a>	RT	Research-tested PA and nutrition intervention programs for pre-K through 12th grades.	English	3,4,5,6,7, 8,9,10,11, 12,13,14, 15,16,17, 18	s, as	curr, staff development, support	PA, eat healthy

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<b>Adult</b>								
Choosing Healthy Beverages	<a href="http://www.cdph.ca.gov/programs/cpns/Documents/R_YD_Lesson-Web.pdf">NEOPB http://www.cdph.ca.gov/programs/cpns/Documents/R_YD_Lesson-Web.pdf</a>	PT	NEOPB 60 minute single lesson for adults. Includes MyPlate, label reading, link with chronic disease, types of sugary drinks, calculation of sugar and ID drinks low in sugar.	English	adult	com	lesson	RYD, sugar, label, MyPlate
Cooking For Health Academy	<a href="#">coming soon</a>	PT	Alameda County developed 6-class series (2 hours each). Each class includes nutrition education, food safety, produce/shopping tips, cooking and food preparation skills, and a hands-on practice session.	English	adults	com	curr	MyPlate, F/V, whole grains, proteins, healthy fats, sodium, sugar
Cooking Matters at the Store	<a href="http://cookingmatters.org/">Share our Strength http://cookingmatters.org/</a>	PT	Single lesson program that empowers families with skills, knowledge to prepare healthy meals. Shopping at store uses brand names and promotes Walmart. Must provide disclaimer before presenting.	English	adults (parents)	com	lesson -- grocery store tour	food labels, unit prices, whole grains, produce

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Eat Healthy, Be Active Community Workshops	<a href="http://www.health.gov/dietaryguidelines/workshops/">http://www.health.gov/dietaryguidelines/workshops/</a>	PT	Six 1-hour workshops based on DGA 2010 and 2008 PA Guidelines. Each workshop includes lesson plan, learning objective, talking points, hands-on activities, videos, handouts. For community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach adults in variety of community settings.	English, Spanish	staff, adult	com	curr	quick healthy meals and snacks on a budget, losing weight, PA
Eat Right When Money's Tight / Money For Food	<a href="http://www.uwex.edu/ces/wnep/teach/mff/index.cfm">http://www.uwex.edu/ces/wnep/teach/mff/index.cfm</a>	PT	12 short interactive lessons to teach meal planning and budgeting. 20 minutes or less per lesson, for small groups or adapted to individuals. (From SNAP Ed Resource Library)	English/ Spanish	adult	com	curr, lessons	menu planning, preparation, budget, label, ethnic
Eat Smart Live Strong	USDA SNAP -Ed <a href="http://snap.nal.usda.gov/resource-library/eat-smart-live-strong-nutrition-education-older-adults/eat-smart-live-strong">http://snap.nal.usda.gov/resource-library/eat-smart-live-strong-nutrition-education-older-adults/eat-smart-live-strong</a>	PT	Intervention to improve fruit and vegetable consumption and PA for 60-74 year olds. 4 sessions, comes as kit including welcome letter.	English, Spanish	60 +	com	lessons	PA, recipes, shopping, f/v, planning, ethnic
Eating Smart - Being Active	<a href="http://www.eatingsmartbeingactive.com/">http://www.eatingsmartbeingactive.com/</a>	PT	8 lessons for adults/parents, to be used in order. 60-90 min. For class < 12 people. Covers PA, shopping, planning, veg, whole grains, salt/sugar/fat. May be a cost. (From SNAP Ed Resource Finder)	English	adult	com	curr	PA, shopping, planning, veg, whole grains, salt, sugar, fat

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Making Your Food Dollars Work	<a href="https://mdc.itap.purdue.edu/item.asp?itemID=19744">https://mdc.itap.purdue.edu/item.asp?itemID=19744</a>	PT	For low-income adults, 4 lessons best for one-on-one, can be adapted for up to 10. Each lesson takes 10-15 min. Tracking income and expenses, comparison-shopping, impulse buying, meal planning. All handouts and recipes provided on CD in English and Spanish. Companion curriculum to CFS-749, Small Steps to Health, 9-lesson curriculum to help low-income adults improve diet quality, food security, family food safety. Cost \$60 + (From SNAP Ed Resource Library)	English, Spanish	adult	com	curr	shopping, budget, ethnic
MyPlate for My Family Education Toolkit	<a href="http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family">http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family</a>	PT	Educator's Handbook, 4 lessons, participant handouts, marketing brochure, optional handouts. Topics: MyPlate Family Meals, Food & PA, Veg & Fruits, Active Family Time.	English, Spanish (handouts only)	family	com	lessons	MyPlate
Nourish: Food + Community	WorldLink <a href="http://www.nourishlife.org/each/curriculum/">http://www.nourishlife.org/each/curriculum/</a>	PT	Program for middle and high school. Only lessons 1-4 are approved by WRO. Address seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. DVD has not been approved.	English, Spanish	10,11,12, 13,14,15, 16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts

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Nutrition 5 Class Series -- Updated April 2015	<a href="http://www.cdph.ca.gov/programs/cpns/Pages/LessonPlans.aspx">Orange Co. Health Care Agency http://www.cdph.ca.gov/programs/cpns/Pages/LessonPlans.aspx</a>	PT	<p>Contractor developed</p> <p>Intended use of “Nutrition 5 Class Series”</p> <p>Lesson #1 – Build a Healthy Plate</p> <p>Lesson #2 – Planning Healthy Meals</p> <p>Lesson #3 – Shopping on a Budget</p> <p>Lesson #4 – What’s on a Label?</p> <p>Lesson #5 – Rethink Your Drink</p> <ul style="list-style-type: none"> <li>• 5 lessons given in a series on 5 separate days</li> <li>• 5 lessons given in a series on 3 separate days (Lesson 1, Lessons 2 &amp; 3 combined, Lessons 4 &amp; 5 combined)</li> <li>• 3 lessons given in a series by Peer Educators on 3 separate days (Lesson 1, Lesson 4 and Lesson 5)</li> <li>• 5 lessons given separately – used as single-session classes, modified to meet 30 minute to 90 minutes formats as needed; edit lesson text or expand interactive activities, food demos, etc.</li> </ul>	English, Spanish	adult (RYD is ok for teens)	com, s	lessons	MyPlate, eat healthy, RYD, shopping, planning, budget, portions, f/v, ethnic

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Parent Lesson Plans: Advocating for Healthier School Environments	<a href="http://www.californiaprojectlean.org/docuserfiles/ParentLessonPlans.pdf">Project LEAN http://www.californiaprojectlean.org/docuserfiles/ParentLessonPlans.pdf</a>	PT	Companion to Parents in Action. 4 lesson plans cover how parents and schools can work together, foods and beverages, PA, joint use and identifying problems and solutions.	English, Spanish	adults (parents of elementary, middle & high school students)	com	lessons	PA, eat healthy, RYD, community, ethnic
Rethink Your Drink-- Choosing Healthy Beverages	<a href="http://www.cdph.ca.gov/programs/cpns/Documents/RYD_Lesson-Web.pdf">NEOPB http://www.cdph.ca.gov/programs/cpns/Documents/RYD_Lesson-Web.pdf</a>	PT	NEOPB one hour lesson for adults. Lesson and handouts in PDF only. Power Point for TOT can be adapted to use when doing lesson. June 2014: Spanish lesson pending.	English, Spanish	adult	com	lesson	sugar, RYD, bev.
Strong Bones Healthy Family (Huesos Fuertes, Familia Saludable)	<a href="http://californiaprojectlean.org/docuserfiles//CPL%20Consumer%20Materials%20Order%20Form_06_24_2014.pdf">http://californiaprojectlean.org/docuserfiles//CPL%20Consumer%20Materials%20Order%20Form_06_24_2014.pdf</a>	PT	Encourages lowfat dairy consumption. Set of 4 lessons with handouts, designed to be taught by promotoras. For adults. \$20	English, Spanish	adult	com	curr	dairy, minerals, ethnic
Toolbox for Community Educators.	<a href="http://www.cdph.ca.gov/programs/cpns/Pages/Toolbox.aspx">http://www.cdph.ca.gov/programs/cpns/Pages/Toolbox.aspx</a>	PT	NEOPB toolkit to help African American and Latino adults increase fruit and vegetable consumption and PA. Music and dance are incorporated.	English, Spanish	adult	com	toolkit	eat healthy, PA, ethnic, f/v

<b>Legend</b>		
<b>Column</b>	<b>Abbreviation</b>	<b>Key</b>
Status	<b>RT</b>	research-tested
Status	<b>PT</b>	practice-tested
<b>Column</b>	<b>Abbreviation</b>	<b>Key</b>
Venue	<b>as</b>	after school
Venue	<b>com</b>	community
Venue	<b>pre</b>	preschool
Venue	<b>s</b>	school
Venue	<b>ss</b>	summer school
<b>Column</b>	<b>Abbreviation</b>	<b>Key</b>
Topics	<b>adv</b>	advertising
Topics	<b>bev</b>	beverages
Topics	<b>bkfst</b>	breakfast
Topics	<b>budget</b>	doing well on less money
Topics	<b>comm serv</b>	community service
Topics	<b>ESL</b>	English as a second language
Topics	<b>ethnic</b>	indicates available in multiple languages &/or various cultures addressed
Topics	<b>frt</b>	fruit
Topics	<b>f/v</b>	fruit and vegetables
Topics	<b>FM</b>	farmers' market
Topics	<b>growing</b>	how a produce item goes from seed to eating
Topics	<b>HOTM</b>	Harvest of the Month
Topics	<b>label</b>	how to read a label, samples of labels
Topics	<b>meals</b>	one or more of the three major meals
Topics	<b>modeling</b>	being a role model
Topics	<b>PA</b>	physical activity
Topics	<b>photo</b>	actual photos used rather than drawings
Topics	<b>process</b>	involves how an item is taken from point A to point D
Topics	<b>RYD</b>	ReThink Your Drink
Topics	<b>safety</b>	food safety
Topics	<b>training</b>	for staff
Topics	<b>veg</b>	vegetables