

SNAP-Ed Approved Curricula List

- Review the **SNAP-Ed Curricula and Resource List Guidance** available at <http://www.eatwellbewell.org/contractors/housekeeping/meetings>

Title	Description	Adults	K-8	CACFP	Gardening	My Plate	My Pyramid	Protein	Whole Grain	Fruit/Veggies	Dairy	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP Outreach	COST
1. Bone Builders	<ul style="list-style-type: none"> Community-based osteoporosis prevention education program for women and older men in Arizona Educates women and older men to change their dietary and exercise habits to reduce the risks of osteoporosis. Six hour training at the University of Arizona Cooperative Extension is required to use this curriculum. Contact Elizabeth Schnoll, Health Educator at the University of Arizona Cooperative Extension for more details. Email: eschnoll@cals.arizona.edu www.bonebuilders.org 	X				X					X	Discusses PA	2010	No	FREE
2. Building Better Bones	<ul style="list-style-type: none"> Three lesson plans: Bone Up on Calcium, Bones-Move'em or Lose'em, Bone Up on Calcium at Fast Food Restaurants Pre and post assessments are available Must be updated to USDA Food Guidance standards. Grade: 5 http://www.fitbones.org/BBB/teachers/curriculum.htm 		X				X				X	Discusses and provides PA		No	FREE
3. California Healthy Kids Resource Center: Nutrition and Physical Activity Section Only	<ul style="list-style-type: none"> The Network for Healthy California of the California Department of Public Health and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based mathematics and nutrition instruction. Linking Mathematics and Nutrition lesson addresses the California content standards in mathematics and in health education. http://www.californiahealthykids.org/nutrition_instruction <p>Also check out:</p> <ol style="list-style-type: none"> Linking Language Arts and Nutrition Linking Science and Nutrition 		X			X						Discusses PA	2010	Yes	FREE
4. Coordinated Approach to Child Health (CATCH) & CATCH Early Childhood	<ul style="list-style-type: none"> A classroom and after-school health education curriculum. Provides a variety of programs, physical activity and nutrition resources Focuses on both nutrition and physical activity in the K-8, young children, and afterschool settings. Evidence-based practices; originally part multi-component, multi-year coordinated school health study http://catchusa.org/curriculum.htm http://catchusa.org/cec.htm 		X	X		X		X	X	X	X	Discusses and provides PA	2010	No	Cost Varies

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5. Color Me Healthy	<ul style="list-style-type: none"> Calcium activities related to eating healthy and being active Imaginary trips designed to capture the children’s interest and get them moving Songs written especially for this program Guidelines to help you eat healthy Grade: Pre - K (4 to 5 year olds) http://colormehealthy.com/ 		X		X		X			X		Provides PA	2005	No	Cost Varies
6. Dairy Council of California	<ul style="list-style-type: none"> Dairy Council of California creates curricula, materials, resources and single lesson plans for making balanced food choices. Nutrition Toolkits are available to educate parents. www.healthyeating.org http://www.healthyeating.org/Schools.aspx 	X	X			X	X	X	X	X	X	Discusses PA	2010	No	Cost Varies
7. Eat Well Play Hard in Child Care Settings Curriculum	<ul style="list-style-type: none"> Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings. http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm 		X	X				X	X	X	X	Discusses and provides PA	2010	Yes	FREE
8. Empower Me 4Life	<ul style="list-style-type: none"> Eight sessions (45 minutes each) Includes healthy living course that equips youth ages 8-12 with new attitudes, skills and knowledge about eating better and moving more. It is designed for implementation in afterschool and community settings and to be facilitated by teens or adult allies. Grades: K-6 https://www.healthiergeneration.org/take_action/empower_young_people/engage_youth/ <p>Also check out: Youth Engagement Guide (Healthier Generation resource):</p> <ul style="list-style-type: none"> https://www.healthiergeneration.org/asset/tmby3k/youthengagement_guide_v8-2.pdf 		K-6			X						Provides PA	2010	No	FREE

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9. Exercise Your Options	<ul style="list-style-type: none"> This six-lesson nutrition program with a pre- and post- assessment that aligns with California education standards. The lessons were created using a behavior-change model that allows students to apply their unique perspectives to the decisions they make every day that influence their health. Grades: 6-8 http://www.healthyeating.org/Schools/Classroom-Programs/Middle-School.aspx?Referer=dairycouncilofca 		X			X		X	X	X	X	Discusses PA	2010	No	\$42.00 plus shipping
10. Fitness for Life	<ul style="list-style-type: none"> Comprehensive K-12 Program designed to help students take responsibility for their own activity, fitness, and health and to prepare them to be physically active throughout their adult lives. Resources available for Wellness Coordinators, and Teachers The K-6 Program provides, 9 books, 10 DVDS, 1 CD-ROM1 music CD Grades: K-12 http://www.fitnessforlife.org/ 		X			X						Provides PA	2010	No	Cost Varies: \$36.00 to 49.00 per book.
11. Food, Fun, and Reading	<ul style="list-style-type: none"> Nutrition and literacy program developed for pre-school through grade 2. Children learn about food and nutrition by having children's storybooks with food-related themes read to them and then participating in hands-on nutrition activities. Grades: Pre-K to 2 http://www.uvm.edu/extension/food/?Page=food-fun.html&SM=sm-healthyeating.html <p>Also check out: Food, Culture and Reading:</p> <ul style="list-style-type: none"> Uses literature to learn about food, nutrition, healthy living, and different cultures. Grades: 4 - 6 http://www.4-h.org/resource-library/curriculum/4-h-food-culture-and-reading/ 		X			X						Provides PA	2010	No	Cost Varies: \$12.50 to \$15.00
12. Fruit and Veggies More Matters	<ul style="list-style-type: none"> Pre and Post assessment Promotes eating a variety of Fruits and Veggies Daily. http://www.eatwellbewell.org/uploads/media/documents/fvmmcurriculum.pdf 		X							X		Discusses PA	2010	No	Cost Varies

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13. Healthy Classrooms, Healthy Schools	<ul style="list-style-type: none"> Michigan Fitness Foundation created Healthy Classrooms, Healthy Schools for K-5 grade levels. Component of the PE-Nut Program. Includes eight lessons incorporating 27 activities. Teachers can introduce and reinforce healthy messages using lessons such as Fill Your Plate with Colors and Super Snacks and Healthy Parties. Grades: K-2 and 3-5 http://www.michiganfitness.org/healthy-classrooms-healthy-schools Also check out: PE-Nut Program http://www.michiganfitness.org/pe-nut 		X			X		X	X	X	X	Provides PA	2010	No	Cost Varies
14. Maricopa County Department of Public Health Education Toolkits	<ul style="list-style-type: none"> All Lesson plans: MyPlate, Do Your Dairy, Let's Eat a Rainbow, and Think Your Drink Toolkits include PowerPoint presentations, teacher's guide, activities, posters, and take-home handouts for parents. Grades: K-8 http://www.maricopaschoolwellness.org/ Also, check out these resources: Physical Activity Booklet - Activity Breaks: Quick and Easy Classroom-Based Physical Activities. Includes nutrition discussions with each activity about MyPlate, and each food group. Activities are appropriate for K-8, and adults. School Wellness Guide: Quick, and easy ideas on how to eat well and be active. http://www.maricopa.gov/publichealth/Services/Nutrition/teachers.aspx 		X			X		X	X	X	X	PA Booklet Provides PA	2010	Yes	FREE
15. Media Smart Youth: Eat, Think, and Be Active!	<ul style="list-style-type: none"> Interactive after-school education program for youth ages 11 to 13. Combines media literacy and youth development principles and practices with up-to-date research findings and federal recommendations about nutrition and physical activity. It is also consistent with widely accepted, national learning standards. The program aims to improve youth's media smarts—also known as media literacy. Through the program, young people learn to question the <i>what</i>, <i>why</i>, and <i>how</i> behind the words and images. As a result, they develop critical thinking skills that help them form their own opinions and make their own choices about the messages they see and hear. Grades: 6-8 http://www.nichd.nih.gov/msy/about/Pages/default.aspx 		X			X			X			Provides PA	2010	Yes	FREE

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16. Nemours	<ul style="list-style-type: none"> Offers educators free health-related lessons plans for all grades and subject areas. Each teacher’s guide includes discussion questions, activities, and reproducible handouts and quizzes – all aligned to national health education standards. https://classroom.kidshealth.org/ http://www.sesamestreet.org/cms_services/services?action=download&uid=28a388c6-ca0e-45a1-9aaf-9b6688c5a557 http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddlertoolkit.pdf 		X	X								Discusses and Provides PA		No	FREE
17. No Bones About It	<ul style="list-style-type: none"> Pre/post assessment for knowledge included in materials Program consists of six lessons presented on DVD and CD Aligned with national science and health education standards. Can be integrated into the classroom throughout a semester or an entire school year. Each session consists of a live action story on the DVD, an interactive portion consisting of CD gameplay learning reinforcement, a cliffhanger that foreshadows the continuation of the live action story, and a reflection to be completed by students. Contains fun and useful lesson expansion activities. Grades 7-9 www.ces.purdue.edu/nobones https://mdc.itap.purdue.edu/item.asp?Item_Number=CFS-741#.UfNrUY21Hzg 		X				X			X	X	Discusses PA	2005	No	May Vary \$60.00
18. Operation Fit Kids: American Council of Exercise (ACE)	<ul style="list-style-type: none"> Operation Fit Kids is a Youth Fitness Curriculum for Educators that is provided at no cost to health and fitness educators as a public service of the American Council on Exercise. Curriculum designed for educators looking to integrate health and fitness into Grades 3-5 and 6-8 classroom learning. The seven lesson module was developed to teach the extreme dangers of being overweight and the importance of a healthy active lifestyle. All lessons include exercise and nutrition concepts. Each lesson has two parts: physical fitness in the classroom and healthy food choices. Designed to last 30 to 40 minutes, so you can teach the entire lesson on the same day or spread them out during the week. Grades: 3-8 http://www.acefitness.org/acefit/operation-fit-kids/ 		X									Discusses and Provides PA			FREE: Teachers Register to download materials

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19. PE-Nut	<ul style="list-style-type: none"> PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and ubiquitous physical activity messages via multiple approaches and locations. http://www.michiganfitness.org/pe-nut 		X			X		X	X	X	X	Provides PA	2010	No	Cost Varies
20. Physical Best Activity Guide: Elementary and Secondary Level	<ul style="list-style-type: none"> National Education Program of the President’s Youth Fitness Program. Comprehensive health-related education program. 70 standards based on instructional activities including body composition and CD. Primary Grades: K-2, Intermediate Grades: 3-5, Secondary Level 6-8 Grades K-5: http://www.humankinetics.com/products/all-products/Physical-Best-Activity-Guide-Elementary-Level---3rd-Edition Grades 6-8: http://www.humankinetics.com/products/all-products/Physical-Best-Activity-Guide-Middle-and-High-School-Level-3rd-Ed 		X				X	X	X	X	X	Provides PA	2010	No	\$29.00 Each
21. Strong Women: Lifting Women to Better Health	<ul style="list-style-type: none"> National evidence-based community exercise and nutrition program targeted to midlife and older women. Audience: 40 and older Two curricula: <ol style="list-style-type: none"> Strong Women – Strength Training: Strength training curriculum to help women maintain muscle mass, strength, and function as they age. Strong Women – Healthy Hearts: Heart disease prevention curriculum that focuses on aerobic activity and nutrition. http://www.strongwomen.com/strongwomen-programs/program-description/ 	X				X		X	X	X	X	Provides PA	2010		FREE
22. Together Counts	<ul style="list-style-type: none"> Energy Balance 101 is a one stop educational and interactive portal where teachers, students, parents and community members learn about the role that energy can play in achieving an active, healthy lifestyle. Includes lessons, plans, resources, and videos for K-5 grades. http://www.togethercounts.com/at-school/teachers 		X									Discusses and Provides PA		No	FREE

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23. Washington State Dairy Council's Eatsmart.org	<ul style="list-style-type: none"> Offers a wide variety of free resources, including downloadable handouts, power point slide shows, and suggestions for learning activities. Food selection patterns, which include dairy foods, in accordance with the U.S. Department of Health and Human Services and the USDA DG. http://www.eatsmart.org/ 	X	X	X	X	X	X	X			X	Discusses PA	2010	No	Cost Varies: FREE & At Cost
24. We Can	<ul style="list-style-type: none"> Tools, and activities to encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer). Links to curricula funded by NIH. http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/nutrition.htm http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/index.htm http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/toolkit.pdf 	X	X			X		X	X	X	X	Discusses and Provides PA	2010	No	FREE
25. Yuma County Public Health Services District	<ul style="list-style-type: none"> Lesson plans: Healthy Snacks, For Growing Bones – Which Milk, Portions vs. Servings, Why Breakfast, Handling a “Picky” Eater, and Family Food Shopping. Lesson plans may discuss MyPlate, and one or more of each of the food groups. Materials required are listed. http://www.eatwellbewell.org/contractors/teaching-tools/lesson-plans 	X	X			X		X	X	X	X	No	2010	Yes	FREE