



# FAQs: Activities & Descriptions by Strategy

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## Introduction

This FAQ document has descriptions and examples of the different activities within SEEDS. They are organized by strategy and Focus Area.

Please note that these descriptions are meant to help with the transition of SEEDS but may not be comprehensive of all scenarios.

Click on the strategy short name in the Table of Contents to access all activities and their descriptions within the strategy.

As always feel free to reach out to the State Implementation Team with any questions.

## Acronyms

ADHS	Arizona Department of Health Services
CACFP	Child and Adult Care Food Program
CSA	Community Supported Agriculture
DES	(Arizona) Department of Economic Security
DoD Fresh	USDA's Department of Defense (DoD) Fresh Fruit and Vegetable Program
ECE	Early Childhood Education
FM	Farmers Market
FMNP	Farmers' Market Nutrition Program
FNS	USDA Food and Nutrition Service
HSP	Healthy School Program
LWP	Local Wellness Policy
PA	Physical Activity
PE	Physical Education
PTA/PTOs	Parent Teacher Associations/Organizations
SFSP	Summer Food Service Program
SHACs	School Health Advisory Council
SNAP	Supplemental Nutrition Assistance Program
TA	Technical Assistance
WIC	Women, Infants, and Children

## Food Systems

<b>Healthy Food Retail</b> <i>Strategy Description:</i> Increase availability of healthy food retail, including mobile vendors, farmers' markets, corner/country stores, and grocery stores.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
New Mobile (Single or Coalition)	Work to start new healthy mobile food operations such as trucks, carts, trailers, kiosks, stands, or food delivery services.	Collaborate with local government to create a streamlined permit program for fresh, whole produce vendors. Assist a grocery store in starting a mobile trailer to reach senior housing complexes.
Existing Mobile (Single or Coalition)	Work to improve the availability, appeal, and promotion of healthy food items in existing mobile food operations.	Facilitate meetings for mobile vendors to work together on marketing healthier options. Collaborate with local government to incentivize mobile food vendors that devote a certain percentage of selling area to healthy options.
New FM or Stand (Single or Coalition)	Work to start new farmers markets or farm stands where local farmers and/or food producers sell their products directly to customers at the same location and time on a regular basis.	Build relationships in your community to form a farmers market committee or organization. Assist backyard gardeners in starting a community exchange table at a nearby church.
Existing FM or Stand (Single or Coalition)	Work to improve the availability, appeal, and promotion of healthy food items at an existing farmers market or farm stand with local farmers and/or food producers.	Work with a local baker to offer more whole grain items at their booth. Assist a new market manager with recruiting more local growers.
Corner/Country Stores (Single or Coalition)	Work to improve the availability, appeal, and promotion of healthy food items in corner and/or country stores (loosely defined as 2 or fewer cash registers).	Make a plan with a storeowner to move healthy choices to the front of the store or near checkout. Train store staff on post-harvest handling of produce or how to identify whole-grain products.

<p>Grocery Stores (Single or Coalition)</p>	<p>Work to improve the availability, appeal, and promotion of healthy food items in grocery stores (loosely defined as three or more cash registers).</p>	<p>Assist a storeowner with becoming a WIC vendor. Create a certification program for stores devoting a certain percentage of selling area to produce and staple foods.</p>
<p>Food Bank (Single or Coalition)</p>	<p>Work to improve the availability, appeal, and promotion of healthy food items at food banks and/or with emergency food providers.</p>	<p>Help a food bank fundraise for a new cooler to store produce donations. Assist a food bank with drafting and implementing nutrition standards.</p>
<p>Direct Education – Healthy Food Retail (Youth or Adult)</p>	<p>Support the implementation of a community-supported agriculture (CSA) program where people sign up for a weekly or biweekly box of locally-produced food.</p>	<p>Teach Super Tracker curriculum to group of high school students working towards health improvements on campus and in the surrounding community. Teach Eat Healthy, Be Active Workshop 3 "Eating Healthy on a Budget" and plan a grocery store field trip after the lesson.</p>

<b>Gardens</b>		
<i>Strategy Description:</i> Encourage participation in community, home, school, and child care gardens.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
New Community Garden	Work to support the planning, installing, and maintenance of new community gardens at sites such as community centers, libraries, vacant lots, and public housing.	Convene and facilitate community meetings around potential gardens by doing outreach, coordinating logistics, providing space, etc. Coordinate with partners to provide activities, resources, volunteers, and funding in support of community gardens.
New School Garden	Work to support the planning, installation, and maintenance of new school gardens.	Convene school garden committees or work with existing school groups (such as student councils, clubs, PTOs, and SHACs) to provide garden leadership. Partner with leaders to advocate for garden support from school administrators or district boards, including adding gardens to local wellness policies (LWPs) or staff position descriptions.
New Child Care Garden	Work to support the planning, installation, and maintenance of new child care gardens.	Coordinate with child care staff to review lesson plans and identify opportunities to use the garden for experiential learning. Meet with Head Start administrators to encourage support for gardens in written policies and position descriptions.

<p>Support Existing Garden</p>	<p>Work to support the maintenance of existing gardens of all types.</p>	<p>Provide technical assistance and continuing education to garden leaders as requested and/or on a regular basis. Convene or support garden networks to work together on accessing additional funding, programming, mentorship, and long-term land use agreements.</p>
<p>Home Garden Training</p>	<p>Work to help people plan, install, and maintain home gardens.</p>	<p>Provide workshops on affordable home gardening methods in Arizona climates. Coordinate with partner organizations to provide regular home gardening classes accessible to people eligible for SNAP (such as no/low cost, near public transit, hosted by community members, inclusive outreach strategy, etc.).</p>
<p>City/County Policy</p>	<p>Advocate for garden-supportive policies at the municipal level.</p>	<p>Participate in and engage partners in city planning processes, especially related to local zoning ordinances. Facilitate relationships between garden groups and municipal governments to enact policies allowing under-utilized public land (such as parks and utility rights-of-way) to be used for growing food.</p>
<p>Direct Education – Gardens (Youth or Adult)</p>	<p>Teach evidence-based curriculum to support Garden interventions.</p>	<p>Teach Growing Healthy Habits curriculum with elementary school students participating in an after-school garden club. Teach Eat Smart, Live Strong lessons to engage residents in a garden at a senior housing site.</p>



<b>Farm to Institution</b> <i>Strategy Description:</i> Start and expand Farm to School, Farm to Child Care, or Farm to Worksite programs.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
Garden to Cafeteria (Single or Coalition)	Work to support the use of garden produce in sites' cafeterias.	Make a plan with a school district to have all school gardens ADHS-certified within two years. Assist food service staff with incorporating garden produce into the cafeteria's meals or snacks.
Purchasing/ Procurement (Single or Coalition)	Work to increase purchases of locally grown or produced items via informal or formal procurement processes (including direct from farmers, through distributors, and through DoD Fresh).	Conduct a local procurement baseline assessment with food service staff. Make a plan with a school district to source 20% of their food locally within three years.
CSA (Single or Coalition)	Support the implementation of a community-supported agriculture (CSA) program where people sign up for a weekly or biweekly box of locally-produced food.	Coordinate logistics to expand an existing CSA program to include SNAP-eligible sites, such as churches or work places. Convene and facilitate meetings for local farmers to explore starting a multi-farm CSA.
Direct Education – Farm to Institution (Youth or Adult)	Teach evidence-based curriculum to support Farm to Institution interventions.	Teach Junior Master Gardener Level 2 lessons and work with middle school students and staff on a Garden to Café program. Teach Botany on Your Plate curriculum and invite a local farmer to come talk with the students and food service staff.

<b>Summer Food Service Program</b> <i>Strategy Description:</i> Support implementation and promotion of the Summer Food Service Program (SFSP).		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
Improve Menu (Existing)	Work to improve healthy menu offerings at SFSP sites.	Provide technical assistance to SFSP staff to order healthier options (such as whole grain or low-fat dairy options) and wider variety of foods. Facilitate relationships between SFSP sponsors and farmers, markets, or CSAs to enhance menu quality and variety by incorporating locally-produced foods.
Increase Programming (Existing)	Work to increase healthy programming at a SFSP site.	Work with SFSP staff to brainstorm, recruit, and schedule different organizations to provide activities during meal times (such as fire departments restaurants, Girl Scouts, Boy Scouts, gyms, churches, dance or theatre groups, Farm Bureaus, Master Gardeners, et cetera). Train SFSP or partner organization staff to implement food demos, nutrition lessons, and physical activities.
Expand Meal Service (Existing)	Work to expand meal service at existing SFSP sites.	Assist SFSP staff to add breakfast, snack or dinner in addition to lunch based on the community's interest. Assist SFSP staff to provide adult meals at cost at sites serving young children who attend with parents.

<p>Establish New site(s) (New)</p>	<p>Work to establish new SFSP sites in a community.</p>	<p>Assess underserved areas and engage new partners in conversations about hunger in the summer. Connect interested sites to SFSP sponsors and assist sites with meeting application requirements.</p>
<p>Establish Mobile Service (New)</p>	<p>Work to establish mobile Summer Food programs in communities.</p>	<p>Collaborate with school districts, local governments, or emergency food providers to provide buses or vans for mobile distribution. Assist SFSP sponsors with grant-writing or fundraising to implement a mobile summer food program.</p>
<p>Increase Participation (Existing)</p>	<p>Work to increase the number of meals served at existing SFSP sites.</p>	<p>Conduct targeted outreach to promote nearby sites using the Summer Lunch Buddies toolkit materials. Coordinate with larger institutions (such as local governments, library networks, and school districts) to write and implement summer food promotion plans.</p>
<p>Direct Education – SFSP (Youth or Adult)</p>	<p>Teach evidence-based curriculum to support Summer Food interventions</p>	<p>Teach a Cooking Matters for Chefs and Kids lesson to engage families at a SFSP site. Teach a Dig In! lesson at the end of the school year and encourage students to eat healthily throughout the summer by going to a SFSP site.</p>

<b>Farmers' Markets with SNAP</b> <i>Strategy Description:</i> Encourage use of farmers' market with SNAP and WIC access at key community outlets.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
Benefit Authorization	Work to support farmers and farmers markets in starting to accept SNAP benefits and/or FMNP checks.	Provide technical assistance to market managers with the FNS SNAP Retailer Application, selecting and implementing point-of-sales equipment, and shifting accounting and book-keeping practices. Work with a farmers market board to include SNAP and FMNP authorization and responsibilities in their market's bylaws and vendor agreements.
Benefit Redemption	Work to increase redemption of SNAP benefits and/or FMNP checks at farmers markets or farm stands.	Conduct staff trainings, distribute materials, and engage with participants at WIC clinics and DES offices. Work with market managers and vendors to improve benefits signage or start a farmers market navigator program.
Direct Education – Farmers' Markets (Youth or Adult)	Teach evidence-based curriculum to support Farmers Market interventions.	Teach MyPlate for My Family curriculum and incorporate supplemental local food activities at the end of each lesson. Teach Eat, Play, Grow lessons and incorporate take-home flyers and staff training on how to use benefits at a nearby farmers market.

## Active Living

<b>Active Living Policy</b> <i>Strategy Description:</i> Build capacity to implement active living policy at the community level and by community organizations.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example(s)</i>
Site Plan and Special Permit Review (Single or Coalition)	Increase the physical activity opportunities in the community by taking part in the decision making process, review process, and public meetings.	Participate during the public hearings of a design review to advocate for local empty lot be repurposed for parks space.
General/ Comprehensive Plan Revision (Single or Coalition)	Revision of General or Comprehensive Plan to promote increased PA opportunities or community health in these areas: public policy, transportation, utilities, land use, recreation, and housing, etc.	Participate in the comprehensive Plan revision meetings or public meetings.
Smart Growth Development (Single or Coalition)	Work with local, state, and national experts to discover and encourage development strategies that protect human health and the environment, that create economic opportunities, and that provide attractive and affordable neighborhoods for people of all income levels.	Participate in local town meetings to advocate for adoption of design or maintenance ordinances for your local community.
Road Design (Single or Coalition)	Improve current streets or future road design projects with creation of policy to create safer environments for all modes of transportation that encourage physical activity.	Participate in public hearings about a potential project and inclusion of a bike lane.
Walking/ Biking/ Transit Networks (Single or Coalition)	Improve, increase availability or expand existing Walking/Biking/Transit Networks.	Work with your local city or town organization to re-configure a bus route to include a drop off/ pick up site next to a local park.
Municipal Policies (Single or Coalition)	Work with local governmental agencies or partners to create town, city or county policies.	Participate in city council meetings to encourage the adoption of a Complete Streets Policy.
Site Specific Policies (Single or Coalition)	Work with site leaders to create and implement policies to increase availability of physical activity for the community.	Work with a local housing site to create a policy that makes physical activity classes or resources available daily for residents.
Direct Education - Active Living Policy (Youth or Adult)	Teach evidence-based curriculum to support Active Living Policy interventions.	We Can Energize Our Families Curriculum series is taught to adults in a community working to include additional bus routes to incorporate a local park.

<b>Physical Activity Resources</b>		
<b>Strategy Description:</b> Promote participation in and use of area physical activity resources, including partnerships with parks and trails organizations, and other community organizations.		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Publicize local PA resources (Single or Coalition)	Publicize local PA resources throughout the community to increase awareness of local resources and ultimately increase usage of the resources.	Partner with local Parks and Recreation department to highlight local resources or work with media outlets to sponsor free media highlighting local resources.
Shared-Use Agreements (Single or Coalition)	Increase the <u>availability</u> of existing resources to allow for more physical activity opportunities in areas of need.	Meet with the School Board or Superintendent about local statute regarding liability to address concerns of Shared-Use.
Improve usability of local resources (Single or Coalition)	Improve existing resources to increase physical activity in the community.	Assess local community resources with Parks and Recs Department of local city department.
Direct Education - PA Resources (Youth or Adult)	Teach evidence-based curriculum to support Physical Activity Resources interventions.	Eat Healthy Be Active Curriculum lessons are taught to support the revitalization and improvements to a local park.

<b>Physical Activity Opportunities</b>		
<i>Strategy Description:</i> Support family-friendly physical activity opportunities throughout the year, throughout the community.		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Safe Routes to School (SRTS)	Create safer and more inviting environments for families and students to commute to/from school.	Lead Kick-off meeting with potential SRTS committee members to discuss roles/responsibilities and goals for the program.
Physical Activity Clubs	Increase physical activity opportunities by making PA Clubs available to the community.	Lead meeting between local senior center staff of prospective participants to discuss logistics, sustainability and roles of new walking club.
Make health a priority with event planning	Increase the awareness/ priority of health and physical activity within the community by helping to make community wide events more healthy.	Participate in event meetings to advocate for healthy changes. Help initiate a policy that events occur in local parks or near trails and allow opportunities for physical activity.
Partner on Recurring PA event	Help create a sustainable community event by partnering with local organizations that gives community members opportunities to be physically active.	Host meeting between local community agencies to discuss roles and responsibilities for creation of community wide event.
Direct Education - PA Opportunities (Youth or Adult)	Teach evidence-based curriculum to support Physical Activity Opportunities interventions.	Eat Smart Live Strong Curriculum lessons are taught to seniors at a community center to support the development of a Walking Club.

<b>Use of Stairs</b>		
<i>Strategy Description:</i> Use point-of-decision prompts to encourage use of stairs.		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Signage	Partner with local agencies to create and install point-of-decision prompts for use of stairs in public spaces.	Give a presentation to the local library director about the importance of physical activity and why adding a point-of-decision prompts for stair usage can benefit the community.
Direct Education – Use of Stairs (Youth or Adult)	Teach evidence-based curriculum to support Use of Stairs interventions.	Eating Smart Being Active curriculum series are taught at a local library to encourage parents to be more active with their children.



## School Health

<b>Local Wellness Policies</b>		
<i>Strategy Description:</i> Support the development, implementation, and evaluation of nutrition and physical activity Local Wellness Policies in collaboration with Local Education Agencies (LEAs).		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Develop Written Local Wellness Policies	Assist a school or school district with the development of their LWP	Evaluate the current LWP and find areas of need to assist the school/or district to strengthen language or help with implementation.
Imp. Nutrition Education	Assist a school to insure all students are receiving nutrition education that is linked with the school food environment.	Provide a professional development training for school staff that focuses on increasing nutrition education in classrooms.
Imp. School Meals	Assist a school to implement standards for USDA Child Nutrition Program and Schools Meals.	Work with the school cafeteria manager to insure that nutrition information for weekly meals is available for students and parents.
Imp. Competitive Foods	Support a school to implement policies that regulate foods served in school (includes both sold and free foods).	Meet with the school PTA to create a regulation for foods and beverages sold during fundraisers.
Imp. PE & PA	Assist a school to implement regularly scheduled opportunities for PE and PA.	Work with schools to implement daily physical activity breaks for kids in the classroom.
Imp. Wellness Promotion/ Marketing	Assist a school to promote and market LWP implementation efforts to school community and encourage participation in school wellness activities.	Work with schools and staff to on how to promote healthy food/ beverages (i.e. morning announcements, create a weekly flyer for parents promoting healthy school activities).
Implementation, Evaluation & Communication	Assist a school to implement the Evaluation & Communication component of LWP.	Work with schools to include community wide representation for committees (i.e. encourage parent participation on SHAC).
HSP Enrollment	Assist a school to enroll in the Alliance for a Healthier Generation Healthy Schools Program.	Work with schools to enroll in HSP, create action plan, track progress, and work towards national Healthy Schools Award.
Direct Education – LWP (Youth or Adult)	Teach evidence-based curriculum to support Local Wellness Policies interventions.	Healthy Classrooms, Healthy Schools Curriculum series are taught in schools revising their LWP.

<b>Nutrition Information in Schools</b>		
<i>Strategy Description:</i> Improve student, teacher, and staff access to nutrition information through menu labeling and classroom curriculum to improve student understanding of nutrition information.		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Curriculum TTT (Class Curriculum)	Implementation of nutrition education curriculum training for school teachers and staff.	Train school staff to implement nutrition-based curriculum.
Smarter Lunchrooms (Menu Labeling)	Assist a school with the implementation of one or more Smarter Lunchrooms initiatives.	Work with school cafeteria manager to have students develop names for menu items and create a posted menu board.
Direct Education - Nutrition Info in Schools (Youth or Adult)	Teach evidence-based curriculum to support Nutrition Information in Schools interventions.	Serving Up MyPlate Curriculum series are taught to students in schools working on Smarter Lunchrooms initiatives.

<b>Comprehensive School Physical Activity Programming</b>		
<i>Strategy Description:</i> Support comprehensive school physical activity programming.		
<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example(s)</b>
Develop Written CSPAP Policies	Assist a school or school district with the development of their LWP to include PA policy initiatives.	Work with the SHAC to include language about physical activity policies in the LWP.
Imp. PA Before/After School	Assist a school to provide integrated PA opportunities in before and after school activities.	Work with schools to start a Safe Routes to School Program, create a Shared-Use Agreement, or school run physical activity programming before/after school.
Imp. Family/Community Engagement	Assist a school to increase community involvement in program implementation and feedback.	Meet with the school PTA to get volunteers to assist with school wide event.
Imp. Staff Involvement	Support teachers and staff with PA professional development and involvement in programming.	Increase the number of school staff attendees on the SHAC.
Imp. PA During School	Assist a school to implement PA programs during recess and integrated into the classroom.	Work with school staff to create and lead lunchtime physical activity clubs.
Direct Education – CSPAP (Youth or Adult)	Teach evidence-based curriculum to support Comprehensive School Physical Activity Programming interventions.	CATCH Kids Club Curriculum lessons are taught to schools working to create physical activity policies.

## Early Childhood

<b>Empower</b> <i>Strategy Description:</i> Support development, implementation, and evaluation of food and beverage policies and physical activity policies and environments consistent with the Empower standards.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example</i>
Develop Written ECE Policies	Support a facility or program to draft, review, revise, and/or write policies consistent with one or more Empower standard.	You provide technical assistance to a program to revise their policy addressing physical activity to reflect that physical activity will never be withheld or used as punishment.
Imp. Standard 1	Support a facility or program to introduce and/or shape staff practices and the program environment to be consistent with the physical activity and screen time components of Empower Standard 1.	Over a year with ABC Kid Spot, you meet with the Director to review Empower Standards. Based on your conversation, an Empower Advanced training on PA is coordinated. After the training, follow-up TA is scheduled to assist a teacher that is having difficulty planning adult-led activities throughout the day.
Imp. Standard 3	Support a facility or program to introduce and/or shape staff practices and the program environment to be consistent with the breastfeeding-friendly components of Empower Standard 3.	You hold a training for ECE staff on Empower Standard 3 and discuss where a site may create a breastfeeding friendly space for moms to breastfeed or express milk.
Imp. Standard 4	Assist a facility or program to check eligibility for the CACFP program and encourage participation if eligible.	You discuss Empower Standard 4 with a site Director and provide guidance on how to check for eligibility of CACFP. You encourage them to participate if they are eligible and explain potential benefits of participating in the program.
Imp. Standard 5	Assist a program or facility to ensure the type and portion size of juice is appropriate and that drinking water is available throughout the day to be consistent with the fruit juice components of Empower Standard 5.	After an Empower Basics training for site staff, you provide follow up technical assistance to review the monthly snack menu and make appropriate recommendations if needed.

Imp. Standard 6	Support a program or facility to introduce family-style meal service concepts in meals and/or snacks served to be consistent with family-style meal components of Empower Standard 6.	You have worked with a site to develop a goal and action plan to implement family-style meal service. The site invites you to observe a typical lunch meal service. After observations, you have three observations that may help implementation. You provide feedback to the site and work together to identify next steps.
Imp. Standard 8	Provide trainings to staff/providers on Empower topics for the program or facility to meet the 3 hour training component of Empower Standard 8.	A 1 hour Empower Basics training is provided with certificates for participants. You advise the site to retain the certificates and that the 1 hour training will contribute to the 3-hr training requirement in Empower Standard 8.
Direct Education – Empower (Youth or Adult)	Teach evidence-based curriculum to support Empower interventions.	Color Me Healthy lessons are taught at a site working to revise nutrition and physical activity policies.

**Capacity - Nutrition Education and Healthy Meals**

**Strategy Description:** Improve capacity of child care providers and food service staff in nutrition education and healthy meal planning and food preparation.

<b>Activities (Tracks)</b>	<b>Description</b>	<b>Example</b>
Menu Enhancements	Assist a program or facility to review and/or make changes to meal or snack menus to improve dietary quality, variety, and/or appeal.	You work with a site to identify opportunities to increase variety of fruits and vegetables on a meal or snack menu.
Staff Development - Food Prep	Assist a program or facility to increase staff knowledge and abilities or skills to prepare healthy foods for meals or snacks.	You offer a food safety training to staff responsible for meal or snack service to children in care.
Staff Development - Nutrition Education	Assist a program or facility to increase the knowledge, ability, and confidence of staff to deliver evidence-based nutrition education to children in care.	You coordinate a train-the-trainer session of a nutrition education curriculum for staff at 2 sites you work with. Follow-up TA is planned to assist sites with any challenges or concerns of implementing on their own.
Direct Education - Capacity Nutrition (Youth or Adult)	Teach evidence-based curriculum to support Capacity-Nutrition Education and Healthy Meals interventions.	Color Me Healthy lessons are taught at a site working to incorporate a greater variety of fruits and vegetables into their menus.

<b>Capacity - Opportunities for Physical Activity</b> <i>Strategy Description:</i> Improve capacity of child care providers to provide children with opportunities for physical activity throughout the day, including outside play when possible.		
<i>Activities (Tracks)</i>	<i>Description</i>	<i>Example</i>
Structured PA	Assist a program or facility to increase the knowledge, ability, and confidence of staff to provide opportunities for structured (adult-led) physical activity every day.	You work with a site to identify, understand, and implement activities from <i>Active Play!</i> throughout the day.
Unstructured PA	Assist a program or facility to ensure opportunities for unstructured physical activity (free-play) are offered daily.	After observing a site's indoor and outdoor play space, you help a site identify types of portable play equipment that could be made available to prompt unstructured activities during the day.
Direct Education - Capacity PA (Youth or Adult)	Teach evidence-based curriculum to support Capacity-Opportunities for Physical Activity interventions.	CATCH-EC lessons are taught at a site working to build staff confidence to lead structured physical activities.