**Curriculum: Plan, Shop, Save & Cook with My Healthy Plate Workshop GREEN FOLDERS Audience:** Adults 18+. Use at schools, community sites and some Senior Centers.  *Need a minimum of 10 committed participants.* **EVALUATION Note:** Each session must be taught at least one week a part in order to use the PSSC evaluation tool. **Summary:** Learn how to plan meals for your family and write shopping lists to save money and time. Learn to choose foods that are the most nutritious and that fit within your budget. Learn techniques to lower your food bill and stretch your money. Learn how to use unit pricing, review bulk and generic products, and how to keep your food safe to prevent waste and spoilage. Discover tips to help you plan nutritious meals for an entire week and taste a healthy, low-cost recipe

**Certificate:** *Participants MUST attend 4 of 5 sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics***  ***Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food Demo** | **Nutrition Education Reinforcement**  **Item** | **Lesson**  **Time with Food Demo** | **Lesson**  **Time without Food Demo** |
| **Promo Workshop -**  My Healthy Plate  Workshop | MyPlate | 1. Sign-in sheet  2. PSSC Entry Checklist  3. ITC - 5 Food Groups  4. Demographic Half sheet | Mango Salsa | \*one each time or at the end of the series. | 90 minutes | 60 minutes |
| **Session 1 -**  Planning Meals  (PSS&C)  *PSS&C 1, 3, 4, 5* | Plan Meals/Create  a Shopping List | 1. Sign-in sheet  2. PSSC Entry Checklist\*  3. Demographic Half sheet\*  \**For new participants only* | Enchilada  Casserole | \*one each time or at the end of the series. | 90 minutes | 60 minutes |
| **Session 2 -**  Food Labels  (PSS&C)  *PSS&C 4, 5, 6* | Label Reading | 1. Sign-in sheet   2. PSSC Entry Checklist\*  3. Demographic Half sheet\*  \**For new participants only* | Skillet Lasagna | \*one each time or at the end of the series. | 90 minutes | 60 minutes |
| **Session 3 -** Saving Money (PSS&C)  *PSS&C 1, 2, 4, 5, 6* | Unit Pricing | 1. Sign-in sheet   2. Demographic Half sheet\*  \**For new participants only* | 3 Can Chili | \*one each time or at the end of the series. | 90 minutes | 60 minutes |
| **Session 4 -**  Cooking A Meal  (PSS&C)  *PSS&C 1, 5, 7* | Menu Planning,  Dietary  Recommendations | 1. Sign-in sheet   2. Demographic Half sheet\*  3. PSSC Exit Checklist 4+classes  attendee only.  4. Success Story Half Sheet  \**For new participants only* | Spaghetti with  Turkey meat sauce | 1. Certificates  2. TOTE BAG: (*Select 5 items to include)*  MyPlate Magnet  Cookbook  Coupon Holder &  Shopping List, Prescription Card  Budget Pocket Guide  Calendar, (Measuring Cups, Measuring Spoons, Veggie Scrubber,  Veggie Peeler, Water Bottle | 90 minutes | 60 minutes |

**Curriculum: Plan, Shop, Save & Cook –NO MYPLATE WORKSHOP GREEN FOLDERS Audience:** Adults 18+. Use at schools, community sites and some Senior Centers.  *Need a minimum of 10 committed participants.* **Summary:** Learn how to plan meals for your family and write shopping lists to save money and time. Learn to choose foods that are the most nutritious and that fit within your budget. Learn techniques to lower your food bill and stretch your money. Learn how to use unit pricing, review bulk and generic products, and how to keep your food safe to prevent waste and spoilage. Discover tips to help you plan nutritious meals for an entire week and taste a healthy, low-cost recipe **EVALUATION Note:** Each session must be taught at least one week a part in order to use the PSSC evaluation tool. **Certificate:** *Participants MUST attend 4 sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food Demo** | | | | | **Nutrition Education**  **Reinforcement Item** | **Lesson**  **Time with Food Demo** | **Lesson Time**  **without Food**  **Demo** |
| **Session 1 – *Include a 15 minute***  ***MyPlate Overview*** Planning Meals (PSS&C) *PSS&C 1, 3, 4, 5* | Plan Meals/Create  a Shopping List | 1. Sign-in sheet  2. PSSC Entry Checklist  3. Demographic Half sheet | Enchilada  Casserole | | | | | \*one each time or at the end of  the series. | 90 minutes | 60 minutes |
| **Session 2 -**  Food Labels (PSS&C)  *PSS&C 4, 5, 6* | Label Reading | 1. Sign-in sheet   2. PSSC Entry Checklist\*  3. Demographic Half sheet\*  \**For new participants only* | Skillet Lasagna | | | | | \*one each time or at the end of  the series. | 90 minutes | 60 minutes |
| **Session 3 -**  Saving Money (PSS&C)  *PSS&C 1, 2, 4, 5, 6* | Unit Pricing | 1. Sign-in sheet   2. Demographic Half sheet\*  \**For new participants only* | 3 Can Chili | | | | | \*one each time or at the end of  the series. | 90 minutes | 60 minutes |
| **Session 4 -**  Cooking A Meal (PSS&C)  *PSS&C 1, 5, 7* | Menu Planning,  Dietary  Recommendations | 1. Sign-in sheet 2. Demographic Half sheet\* 3. PSSC Exit Checklist 4+   Classes attendee only  4. Success Story Half Sheet  *\*For New Participants only* |  | Spaghetti with | | |  | 1. Certificates  2. TOTE BAG: (*Select 5 items to include)* | 90 minutes | 60 minutes |
| Turkey meat | |  | |
| sauce |  | | |
|  | | | | |

**Curriculum: Eat Smart, Live Strong with MyPlate & Food Safety YELLOW FOLDERS Audience:** Adults 60 – 74 years old. Use at some community sites and Senior Centers. *Need a minimum of 10 committed participants.* **Summary:** Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs. The intervention can support the efforts of program providers and communities in delivering nutrition education to low-income older adults.

**Certificate:** *Participants MUST attend 4 of 5 sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food**  **Demo** | **Nutrition Education**  **Reinforcement Item** | **Lesson Time**  **with Food**  **Demo** | **Lesson Time**  **without Food**  **Demo** |
| **Promo Workshop**  My Healthy Plate Workshop & Food Safety (ESBA) | Five Food  Groups  Food Safety | 1. Sign-in sheet 2. Demographic Half sheet | Cream of  Broccoli  Soup |  | 90 minutes | 60 minutes |
| **Session 1**  Reach Your Goals, Step by Step | Goal Setting,  Fruits & Vegetables | 1. Sign-in sheet 2. Demographic Half sheet\*   *\* For new participants* | Easy Fruit  Salad |  | 90 minutes | 60 minutes |
| **Session 2**  Challenges & Solutions | Fruits &  Vegetables, Physical Activity | 1. Sign-in sheet 2. Demographic Half sheet\*   *\* For new participants* | Skillet Lasagna |  | 90 minutes | 60 minutes |
| **Session 3**  Colorful & Classic Favorites | Fruits &  Vegetables, Variety | 1. Sign-in sheet 2. Demographic Half sheet\*   *\* For new participants* | Stir-fry  with tofu  & vegetable s |  | 90 minutes | 60 minutes |
| **Session 4**  Eat Smart, Spend Less | Saving Money  on Food | 1. Sign-in sheet 2. Success story: Ok to transcribe for them. 3. Demographic Half sheet\*   *\* For new participants* | Mexican  Chicken  Soup | 1. Certificates  2. TOTE BAG: (*Select 5 items to include)* | 90 minutes | 60 minutes |

**Curriculum: Eating Smart, Being Active BLUE FOLDERS Audience:** Adults 18+. Most often used at Proteus **Jobs 2000** but can be used at schools, community sites and some Senior Centers. *Need a minimum of 10 committed participants.*

**Summary:** *Eating Smart, Being Active* is a curriculum for adults developed by EFNEP staffs at Colorado State University and University of California at Davis. Based upon the socioecological model, Eating Smart, Being Active is an evidence based, nutrition education and obesity prevention curriculum. Eating Smart, Being Active is designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. The curriculum consists of eight core lessons, each 60 to 90 minutes long. The teaching techniques in the lesson plans of Eating Smart Being Active are based on the adult learning principle, dialogue-based learning or learner-centered education outlined in Dr. Joye A. Norris' book From Telling to Teaching.

**Certificate:** *Participants MUST attend 3 of 4 or the (2 part) sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics***  ***Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food Demo** | **Nutrition Education**  **Reinforcement Item** | **Lesson Time**  **with Food**  **Demo** | **Lesson Time**  **without Food**  **Demo** |
| **Session 1**  Welcome to ESBA | Introduction of curriculum and Knife safety | 1. Sign-in Sheet  2. FBC Entry  3. Demographic half sheet | Vegetable quesadilla |  | 150 minutes | 120 minutes |
| Plan, Shop, Save  *FBC 1, 2, 3, 4, 9* | Planning & Shopping for Healthy Meals on a  Budget |  |  |  |  |  |
| **Session 2**  Fruits and Vegetables: Half Your Plate  *FBC 1, 11, 12* | Increasing Fruit & Vegetable  Consumption | 1. Sign-in Sheet  2. FBC Entry  3. Demographic half sheet\*  *\* For new participants only* | Enchilada  Casserole |  | 150 minutes | 120 minutes |
| Make Half Your Grains  Whole  *FBC 9, 10, 1* | Whole Grain Foods |  |  |  |  |  |

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| **Session 3**  Go Lean with Protein  *FBC 5, 6, 14, 19* | Lean Protein Foods &  Food Safety | 1. Sign-in Sheet 2. Demographic half sheet\*   *\*For new participants only* | Mini Pizza |  | 150 minutes | 120 minutes |
| Build Strong Bones  *FBC 5, 10, 13* | Low/Nonfat Dairy or  other Calcium Rich  Foods | 1. ITC – Lower Fat Milk |  |  |  |  |
| **Session 4**  Make A Change  *FBC 7, 8, 9, 17* | Limit Fat, Sugar, Salt | 1. Sign-in Sheet 2. ITC – Sugar Sweetened Beverages 3. Demographic Half sheet\*   \*For new participants only | Tropical Eye  Opener |  | 150 minutes | 120 minutes |
| Celebrate! - Review  *FBC All 19 questions* | ESBA Review Lesson | 1. FBC Exit (visually  enhanced) Only for those who completed an entry form   1. Success Story |  | 1. Certificates  2. TOTE BAG:  (*Select 5 items to include)* | 150 minutes | 120 minutes |

**Curriculum: Eat Healthy, Be Active w/ My Healthy Plate Workshop – VA Hospital RED FOLDER Audience:** Adults 18+. Use at VA Hospital and this series can be used at schools and community sites. *Need a minimum of 10 committed participants.*

**Summary:** *Eat Healthy, Be Active* is a curriculum for adults based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity

Guidelines for Americans. Eat Healthy, Be Active is designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. **Certificate:** *Participants MUST attend 4 out of 5 sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics***  ***Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food Demo** | **Nutrition**  **Education**  **Reinforcement**  **Item** | **Lesson**  **Time with Food**  **Demo** | **Lesson Time**  **without Food**  **Demo** |
| **Promo Workshop -**  My Healthy Plate  Workshop | MyPlate | 1. Sign-in Sheet 2. Demographics Half sheet | Vegetable Quesadilla | MyPlate Magnet | 90 minutes | 60 minutes |
| **Workshop 1**  Enjoy Healthy Foods  that Taste Great | Choosing Healthier  fats, less salt and less added sugars | 1. Sign-in sheet 2. Demographic Half sheet\* 3. **Food Group ITC**   \*For new participants only | Any Day Picnic  Salad  \**Spice Activity* | Calendar | 90 minutes | 60 minutes |
| **Workshop 2**  Quick, Healthy Meals  and Snacks | Preparing for quick  healthy meal and making healthy decision when eating out. | 1. Sign-in sheet 2. Demographic Half sheet\* 3. **Portions ITC**   \*For new participants only | Turkey Chili  *\*Are You an Effective Kitchen Manager?* | Cook Book | 90 minutes | 60 minutes |
| **Workshop 3**  Eating Healthy on a  Budget | Planning & Shopping  for Healthy Meals on a  Budget | 1. Sign-in sheet 2. Demographic Half Sheet\* 3. **List ITC**   \*For new participants only | Mango Salsa  *\*National Brand Peach vs Generic Brand Peach* | Grocery List | 90 minutes | 60 minutes |
| **Workshop 6**  Physical Activity is Key  to Living well | Learn how to identify  food that should be eaten regularly and  sometime | 1. Sign-in sheet 2. Demographic Half Sheet\*   2. Success Stories  **4.** **Physical Activity ITC (Pending)**  \*For new participants only | Energy Bites /  flavored water  *\*Find Someone Who Bingo Game* | \**choose an item of your choice* | 90 minutes | 60 minutes |

\* Represents Activities for Workshop

**Curriculum: Eat Healthy, Be Active RED FOLDERS Audience:** Adults 18+. Workshops 5, 1, 2, 3 will be used at Jobs & Beyond**.** Workshops 1-6 can be used at community sites.  *Need a minimum of 10 committed participants.*

**Summary:** *Eat Healthy, Be Active* is a curriculum for adults based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity

Guidelines for Americans. Eat Healthy, Be Active is designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. **Certificate:** *Participants MUST attend 4 sessions to receive certificate.*

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| **Lesson**  ***Evaluation Topics***  ***Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** | **Food Demo** | **Nutrition**  **Education**  **Reinforcement**  **Item** | **Lesson**  **Time with Food**  **Demo** | **Lesson Time**  **without Food**  **Demo** |
| **Workshop 5**  Making Healthy eating part of your lifestyle | Making Healthy  Eating Part of Your  Total lifestyle. | 1. Sign-in sheet 2. Demographics Half Sheet   **3. Food Label and Vegetables ITC** | Vegetable  Quesadilla | Calendars | 90 minutes | 60 minutes |
| **Workshop 1**  Enjoy Healthy Foods  that Taste Great | Choosing Healthier  fats, less salt and less added sugars | 1. Sign-in sheet 2. Demographics Half Sheet\* 3. **Food Group ITC**   \*For new participants only | Any Day Picnic  Salad  \**Spice Activity* | MyPlate  Magnet | 90 minutes | 60 minutes |
| **Workshop 3**  Eating Healthy on a  Budget | Planning & Shopping  for Healthy Meals on a  Budget | 1. Sign-in sheet 2. Demographics Half sheet\* 3. **List ITC**   \*For new participants only | Mango Salsa  *\*National Brand Peach vs Generic Brand Peach* | Grocery List | 90 minutes | 60 minutes |
| **Workshop 6**  Physical Activity is Key  to Living well | Learn the benefits of physical activity and difference between aerobic and strengthening activities | 1. Sign in sheet 2. Demographics Half sheet\*   **2.** **Success Story**  **3. Physical Activity ITC (Pending)**  \*For new participants only | Energy Bites/  flavored water  *\*Find Someone Who Bingo Game* | \* Item of your choice, until further notice. | 90 minutes | 60 minutes |
| **Workshop 2**  Quick, Healthy Meals  and Snacks | Preparing for quick  healthy meal and making healthy decision when eating out. | 1. Sign-in sheet 2. Demographics Half sheet\* 3. **Portions ITC**   \*For new participants only | Turkey Chili/  *\*Are You an Effective Kitchen Manager?* | Cook Book | 90 minutes | 60 minutes |
| **Workshop 4**  Tips for Losing Weight and Keeping it off | Learn tips for losing  weight and keeping it off | 1. Sign-in sheet 2. Demographics Half sheet\*   **3.** **Sweet Beverages ITC**  \*For new participants only | Fried Rice with  Tofu  *\*Fruits and Veggie Tasting* | Water Bottles | 90 minutes | 60 minutes |

\* Represents Activities for Workshop

**Interactive Displays/Mini-workshop – For Events and one time workshops ONLY**

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| **Lesson**  ***Evaluation Topics Covered*** | **Topic** | **Paperwork &**  **Evaluation to complete** |
| My Healthy Plate  *ITC – Food Groups* | Myplate | 1. Indirect Activity Form |
| Milk is for Me  *ITC – Lower Fat Milk* | Low Fat Milk | 1. Indirect Activity Form |
| Get Moving (Under construction)  *ITC – Exercise (Pending on approval)* | Physical Activity | 1. Indirect Activity Form |

**Abbreviation Key:**

PSS&C – Plan, Shop, Save & Cook

FBC – Food Behavior Checklist

ITC – Intent to Change

EHBA – Eat Healthy, Be Active

ESBA – Eating Smart, Being Active

ESLS – Eat Smart, Live Strong

**Revised 8.24.18 by Javier Miramontes and Tacu Vang**