

SNAP-Ed Approved Curricula

Title	Description	Adults	K-8	CACFP	Gardens	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. Mentions calcium recommendations for children http://cals.arizona.edu/maricopa/fcs/bb/ 	X	X								X	Discusses PA	2010	No	FREE
2. Botany on Your Plate	<ul style="list-style-type: none"> Introduces the world of plants through foods we eat. Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and tasting. Supports standards in nutrition, math, language arts, and social studies. Grades K-4. http://www.gardeningwithkids.org/botany-on-your-plate.html 		X	X	X				X					No	\$21.95
3. CATCH	<ul style="list-style-type: none"> 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 		X	X											Cost Varies
4. 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 http://colormehealthy.com/ 		X		X		X			X		Provides PA	2005	No	Cost Varies
5. Dairy Council of California	<ul style="list-style-type: none"> Dairy Council of California creates materials, resources and lesson plans for making balanced food choices. www.healthyeating.org 	X	X			x	X	X	X	X	X	Discusses PA	2010	No	Cost Varies

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6. Early Sprouts	<ul style="list-style-type: none"> Encourages young children to eat more vegetables by planting, harvesting, and preparing their own organically grown produce. The book assists you in designing and caring for gardens, provides sensory exploration and cooking activities, and promotes healthy eating at home and at school. Pre-K http://www.earllysprouts.org/ 			X	X				X					No	\$24.95
7. Eat Healthy Be Active Community Workshops	<ul style="list-style-type: none"> Based on 2010 dietary guidelines and 2008 physical activity guidelines. Packaged in six easy to conduct workshops Lecture topics include: discussing healthily eating out, eating on a budget, the importance of reducing sodium and the different types of physical activity. On SNAP-Ed Connection website http://health.gov/dietaryguidelines/workshops/DGA_Workshops_Complete.pdf 	X		X		X		X	X	X	X	Discusses and provides PA	2010	No	FREE
8. 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; also provides lesson plans for K-12 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
9. Farm to Table and Beyond	<ul style="list-style-type: none"> Students engage in hands on activities of matter in nature, explore and analyze their personal food choices through scientific reasoning, and apply their learning through discussions and debates. Includes teacher lesson plans, background information, teaching tips, and tools for assessment; student activity sheets and readings. Grades 5-6. On SNAP-Ed Connection website http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=490 		X	X	X				X					No	\$34.95
10. Fruit and Veggies More Matters	<ul style="list-style-type: none"> Pre and Post assessment Promotes eating a variety of Fruits and Veggies Daily. Mini Catalogues for all age groups available online. http://www.fruitsandveggiesmorematters.org/ 	X	X	X	X	X				X		Discusses PA	2010	No	Cost Varies
11. Fuel Up to Play 60 / Dairy Council of Arizona	<ul style="list-style-type: none"> Encourages youth to eat healthy and move more Handouts on dairy, fruits & veggies, protein, and whole grains. http://www.fueluptoplay60.com/ http://www.dairycouncilofaz.org/ 		X			X		X	X	X	X	Discusses and provides PA	2010	No	FREE

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12. Grow, Eat, Thrive – Growing Gardens for Health	<ul style="list-style-type: none"> Curriculum for grades K-5 that partners nutrition, container gardening and physical activity to teach children about the benefits of fruits, vegetables, and daily exercise. Grades: K-5 http://www.groweatthrive.org/ 		X		X					X		Discusses and provides PA		No	\$25.00 plus shipping
13. Growing Food	<ul style="list-style-type: none"> In this inquiry-based curriculum, students learn science through the study of our food production system. Students learn about cycles in nature, flow of energy, and food systems, while engaging in hands-on investigations of photosynthesis, food webs, agriculture, and more. On SNAP-Ed Connection website http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=489 		X	X	X									No	\$34.95
14. Growing Healthy Habits	<ul style="list-style-type: none"> Gardening and nutrition education curriculum for elementary aged youth. This resource focuses on integrating nutrition into the classroom through gardening and scripted lessons that meet science, language arts, social studies, health and math objectives. On SNAP-Ed Connection website http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=564 		X	X	X				X					No	FREE
15. Health and Nutrition from the Garden	<ul style="list-style-type: none"> This addition to the Junior Master Gardener series is packed with basic gardening information that includes growing techniques, food safety, healthy eating tips, and nutritious snack food preparation. This book is a great tool for educators who use garden programs to teach students about health, nutrition, food safety, and wise decision-making skills. Grades 3-5. http://www.gardeningwithkids.org/health-and-nutrition-from-the-garden.html 		X	X	X				X					No	\$49.95
16. Junior Master Gardener (JMG)	<ul style="list-style-type: none"> Engages children in group and individual learning experiences that promote a love of gardening, and develop an appreciation for the environment. JMG encourages youth to be of service to others through service learning and leadership development projects and rewards them with certification. http://www.jmgkids.us/ 		X		X					X				No	Cost Varies
17. Nourish Interactive	<ul style="list-style-type: none"> Provides useful information to help them improve health by educating children about the importance of nutrition and exercise. Lesson plans available to print. www.nourishinteractive.com 		X			X	X	X	X	X	X		2010	No	FREE
18. Sowing the Seeds of Wonder	<ul style="list-style-type: none"> Through these hands-on activities, preschool-age children will engage all of their senses as they discover the joys of gardening. Young students will develop a lifelong connection to the outdoors as they dig into the soil; observe birds, insects, and other critters in the garden; and enjoy the tastes of fresh fruits and vegetables they have helped to plant, harvest, and prepare. PreK. http://www.gardeningwithkids.org/sowing-the-seeds-of-wonder.html 			X	X				X					No	\$16.95

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19. The University of North Carolina at Chapel Hill.	<ul style="list-style-type: none"> Includes text and multimedia on all areas of the curriculum. Students can use them independently or as part of an in-class lesson, and teachers can use them to supplement or replace a traditional textbook. http://www.learnnc.org/ 		X			X	X	X	X	X	X	X	X	No	FREE
20. 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). http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/toolkit.pdf 	X	X							X	X	Discusses and Provides PA		No	FREE