Checklist for Eating Smart, Being Active (ESBA) During Pregnancy

Updated 9/2012

This checklist identifies materials you will need for this curriculum available from Publications, the FNEP website, the shared drive and the state level. Be sure to review each lesson to see what other teaching materials you will need.

Description:
This supplemental lesson for ESBA helps pregnant women choose foods and lifestyle behaviors to meet the specific needs of pregnancy.

BEFORE TEACHING
___ For FNP: Check with your supervisor and make sure the site is on the current approved site list.
___ Read the book: From Telling to Teaching by Joye Norris. Provides background on the dialogue approach to teaching used in ESBA. Copies may be available in your region or contact Stefanie Crupe,
crupes@missouri.edu
___ Get Walkin’ Indoors DVD from Stefanie Crupe if you don’t have a copy - crupes@missouri.edu

MARKETING
___ Displays (each region was given a one-time distribution of these). There is one display for agencies and one for participants. Contact Karen Sherbondy at sherbondyk@missouri.edu for more information.
___ Participant brochure - Want to help your family develop good nutrition habits for a lifetime? N977, NS977 (Spanish) available from Publications.
___ Agency brochure, N982 – available from Publications. This brochure promotes all of our FNEP programs.

TEACHING
___ Curriculum has an educator guide (lesson and background information) in English and Spanish along with a worksheet and a handout. Visuals come in a flipchart/table top easel binder (8 ½ X 11). Get these materials from your regional coordinator.
___ Get teaching materials needed for each activity from your region.

Here is the 10/14/09 guidance for use of ESBA handouts from Candy Gabel:
1. Laminate the ESBA worksheets and purchase erasable markers for the participants to use during class.
2. Laminate the ESBA handouts and share them with participants during the class.
3. Use WIC or Steps handouts that go with the lesson if the participants are interested in having a handout. (provide the handouts as an option at the end of class but do not give them out automatically)
4. Use MyPyramid handouts in both English and Spanish when the ESBA lesson handouts provide information on amounts needed from each food group and portion size.

___ National Dairy Council Food models at http://www.oregondairycouncil.org/catalog/category/detail/?cat_id=2&catitem_id=29&anchor=2 If you don’t have a set, contact Stefanie Crupe at crupes@missouri.edu
___ Promotional brochures – Missouri WIC Works and How to Get Food Help, USDA - get from coordinator.

MATERIALS ON THE WEB

___ Photos of fresh guacamole, pico de gallo, salsa and fresh lemon/lime are available at http://extension.missouri.edu/fnep/teaching.htm under Eating Smart Being Active for use with Lesson 3, Create a Meal activity
Movin’ & Groovin’ and Takin’ It Slow are two videos MU Extension produced physical activity videos. To get them, download them (they are wmv files) from the following web sites and save them:

"Movin’ and Groovin" is under the Move More menu category:
http://extension.missouri.edu/hes/healthystaff/movemore.htm

"Taking it Slow" is under the Stress Less menu category:
http://extension.missouri.edu/hes/healthystaff/stressless.htm

WIC brochure #1095 – Exercise During Pregnancy at

MyPyramid for Pregnancy handout – N944, NS941
► N921 MyPlate poster OR N923 MyPlate Food poster
► MyPlate sticker N920
√ Missouri physical activity handouts N330 – N337 (a series of 8 handouts that provide instructions on how to do a series of exercises)
√ Cultural Food Photos (N 860) and Guide to Common Cultural Foods (N 861)
√ Food label cards – N574
√ Show Me Simple and Healthy recipe cards – NC series (When ordering select NC and then List to view all titles or view the current list of recipe cards on the share drive at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Recipe Cards)
√ Teen Parent recipes, N714 – selected (see guidesheet)
√ Tiger business cards (N575 or Publications title: FNEP program business cards in packets of 50) – they contain current required statements.

MyPyramid for Pregnancy handout in Spanish at
S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts

Guidesheet for this curriculum
√ Worksheet (alternative to ESBA worksheet)
√ Educator guide slipsheets (there are 2 for this lesson).
√ Lesson plan checklist – used to organize what you need for each lesson Note: this is in the ESBA folder.
√ List of supplemental handouts for use with ESBA (Title: Alternative handouts for ESBA) Some of these supplemental handouts are available from Publications, others are from WIC. Note: this is in the ESBA folder.
√ Food supply list - check this list for food tasting alternatives.
√ Missouri physical activity handouts N330 – N337 (a series of 8 handouts that provide instructions on how to do a series of exercises) in Spanish at S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts

PARTICIPANT CERTIFICATES
Order N960 from Publications and write in the name of the participant on the English language certificate or go to the share drive at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program Completion Certificates for fillable certificates in English and Spanish.
NUTRITION EDUCATION REINFORCEMENTS

Guidance for distribution of nutrition education reinforcements

- Approved reinforcements are ones supplied by campus and have a nutrition message. Regions are no longer able to buy and distribute reinforcements locally.
- Each region has a limited quantity that must last for the program year. Do not give an item to each participant for each class they attend. Distribute an item after attendance in a series of classes.
- Allow for flexibility. If participants already have an item, give them another choice but make sure the item/message “matches” the lesson.

Availability of reinforcements vary by region. Contact your regional coordinator.

FORMS (FNP only)

**Consent form

EVALUATION/REPORTING FORMS

FOR FNP only:

NOTE: Instructions for using all FNP evaluation tools are posted on the Share drive:
S:\MUCampus\HES\FNEP\Program Evaluation
** Program Information Form for Groups/Classrooms, N525 – available from Publications

FOR BOTH FNP AND EFNEP:

**Success stories – submit online at [http://extension.missouri.edu/fnep/evaluation.htm](http://extension.missouri.edu/fnep/evaluation.htm)

Instructions on how to use this on-line system of submitting your success stories on the share drive at S:\MUCampus\HES\FNEP\Program Evaluation (Click on folder – FNEP Success Stories, Title of doc: Success Stories online instructions)

Questions? Contact Ellen Schuster, Curriculum Coordinator schusterer@missouri.edu

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