

Checklist for Eat Smart, Live Strong (ESLS) Updated 6/2015

This checklist identifies materials you will need for this curriculum from campus, the share drive and selected Publications items. Be sure to review the Curriculum Information section and Supplies Needed section for each activity to see what other teaching materials you will need to teach this curriculum.

Description:

A 4-lesson nutrition curriculum developed by the Food and Nutrition Service, USDA, for older adults 60 – 74 years that promotes 2 key behaviors: increasing fruit and vegetable consumption to 3 1/2 cups per day, and participation in at least 30 minutes of physical activity most days of the week. In FNEP, this curriculum is intended for FNP only.

BEFORE TEACHING

- ___ **FNP:** Check with your supervisor that the school/site is on the current **Approved Site List**
- ___ **Get teaching materials** needed for each activity from your region
- ___ **Curriculum – Download Activity Kit (updated in 2012) from USDA at:** <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>. Curriculum includes Welcome Letter, Leader Guide, (4) Sessions with Handouts, and (2) Marketing Flyers. Handouts are also available in Spanish

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
- ___ **Tiger Business Cards** - N575: FNEP Program Business Cards qty of 50 – contain current required statements

TEACHING MATERIALS FROM CAMPUS – contact Stefanie Crupe - crupes@missouri.edu

TEACHING

- ___ **National Dairy Council Food Models**
- ___ **Dairy Council Nutrient Bar Graphs**
- ___ **Walkin' Indoors DVD**

TEACHING MATERIALS FROM PUBLICATIONS
NS is a Spanish version

- ___ **Physical Activity 1:** Tricep Kickback and Shoulder Stretch – N330
- ___ **Physical Activity 2:** Small Hops and Hamstring Stretch – N331
- ___ **Physical Activity 3:** Knee Extensions and Lateral Flexion – N332
- ___ **Physical Activity 4:** Toe Stands and Calf Stretch – N333
- ___ **Physical Activity 5:** Wall Push-Up, Torso Rotation, Arm Stretch & Back Stretch – N334
- ___ **Physical Activity 6:** Leg Curl and Quad Stretch – N335
- ___ **Physical Activity 7:** Side Hip Raise and Tricep Stretch – N336

- ___ **Physical Activity 8:** Seated Knee-Up and Clock Flexibility – N337
- ___ **MyPlate Poster** – N921 or **MyPlate Food Poster** N923
- ___ **Adult MyPlate Handout** – N924, NS924 (Web only - <http://extension.missouri.edu/p/NS924>)
- ___ **FNEP Pocket Folder** – N998, NS998
- ___ **Selected MyPlate Handouts (MX series)** – see guide sheet on share drive
- ___ **Cultural Food Photos and Guide** - N860
- ___ **Food Label Cards** - N574 – only two fruit/vegetable foods are available – frozen strawberries, baby carrots
- ___ **Show Me Simple and Healthy Recipe Cards** – NC100 – NC150 - (List of recipes can be found at: S:\MUCampus\HES\FNEP\Curricula-teaching materials\Recipe Cards\ Show Me Simple and Healthy recipe card list.docx)
- ___ **FNEP Nutrition Class Certificate** - N960, or at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program Completion Certificates

MATERIALS ON THE SHARE DRIVE

S:\MUCampus\HES\FNEP\Curricula-teaching materials\Eat Smart Live Strong ESLS

- ___ **Guide Sheet** for Curriculum
- ___ **Guide Sheet** for Dairy Council Nutrient Bar Graphs
- ___ **Guide Sheet** for Movin’ & Grooving and Takin’ It Slow Videos
- ___ **Food Supply List**
- ___ **Selected Produce Handouts** – at S:\MUCampus\HES\FNEP\Recipes & handouts for fairs, food banks\Produce handouts
- ___ **Missouri Physical Activity Handouts** - N330 – N337 (series of 8 handouts - instructions on exercises). In Spanish at S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts

VIDEOS ON THE WEB

- ___ **Movin’ & Groovin’ Video:** <http://extension.missouri.edu/hes/healthystaff/movemore.htm>
- ___ **Takin’ it Slow Video:** <http://extension.missouri.edu/hes/healthystaff/stressless.htm>

NUTRITION EDUCATION REINFORCEMENTS GUIDANCE

- Approved reinforcements are supplied by campus and have a nutrition message
- 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

FORMS

Consent Form (FNP Only): <http://extension.missouri.edu/fnep/admin.htm>

EVALUATION/REPORTING FORMS

Instructions for using all FNP evaluation tools: <http://extension.missouri.edu/fnep/performeval.htm>

ESLS Program Evaluation: to be completed at the end of the last meeting for the group, and send to MU Campus. Located at: S:\MUCampus\HES\FNEP\Program Evaluation\FNP Evaluation\FY10 files\ESLS Program Evaluation.doc

Questions? Contact Candy Gabel, Curriculum Coordinator at GabelC@missouri.edu

Checklist located at: <http://extension.missouri.edu/fnep/teaching.htm>

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An equal opportunity/ADA institution

 **Family Nutrition
Education Programs**
Nutrition and life skills for Missouri families
Funded in part by USDA SNAP.

Running out of money for food?
Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.
For more information, call MU Extension's Show-Me Nutrition line at 1-888-515-0016.