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

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
MATERIALS ON THE SHARE DRIVE
S:\MUCampus\HES\FNEP\Curricula-teaching materials\Eat Smart Live Strong ESLS

VIDEOS ON THE WEB

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