PRESCHOOL TRACK

The Preschool Track is a statewide plan for provision of nutrition education to SNAP eligible children and their caregivers. Caregivers of preschoolers must also be included in nutrition education because caregivers have primary responsibility for food choices by preschooler. This plan meets criteria established by USDA's Food & Nutrition Service for provision of Supplemental Nutrition Assistance Program Education (SNAP-Ed). Refer to the SNAP-Ed Plan Guidance for more information about these criteria.

Applicants must address at least one Preschool objective to participate in this Track and plan interventions by following requirements in this description.

1. **PRESCHOOL GOALS & OBJECTIVES–** Goals and objectives for preschool education are based on the premise that exposure to, and recognition of, targeted foods will result in increased consumption of those foods.

Goal 1: Preschool children and their caregivers will have increased awareness of and exposure to a variety of healthy foods consistent with *2005 Dietary Guidelines for Americans* and *MyPyramid for Preschoolers.*

Preschoolers will:
Objective 1: recognize a variety of fruits and vegetables.
Objective 2: taste a variety of fruits and vegetables.
Objective 3: recognize healthy snack /beverage choices.
Objective 4: taste a variety of healthy snack /beverage choices.
Objective 5: recognize a variety of calcium-rich foods.
Objective 6: taste a variety of calcium-rich foods.
Objective 7: recognize healthy breakfast foods.

Caregivers of preschool children will:
Objective 8: identify a variety of foods from each *MyPyramid* food group.
Objective 9: list at least two reasons why preschoolers are recommended to eat a variety of foods from all MyPyramid food groups every day.

Goal 2: Preschool age children and their caregivers will be aware of the importance of physical activity as part of a healthy lifestyle.

Objective 1: Preschoolers will state why it is important to be physically activity every day.
Objective 2: Caregivers of preschoolers will identify the benefits of engaging their child in regular physical activity.

Goal 3: Educators will include caregiver feeding psychodynamics in nutrition education (i.e., caregiver leadership with feeding, child autonomy with eating).

2. DESCRIPTION OF PRESCHOOL INTERVENTIONS

a) Program Delivery

Maximizing the Message. During FY 2009, FNS (USDA) released the publication *Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices,* which outlined 16 audience-tested core nutrition messages for use in the Federal nutrition assistance programs. Of the 16 core messages, seven target mothers of preschool-age children. These message concepts relate to role modeling, cooking and eating together, and the division of feeding responsibility. A webinar training on use these messages is available at www.panutritiontracks.org. Applicants are strongly encouraged to incorporate FNS core nutrition messages into their into FY2011 proposal.

TRAILS For Tots and ***Mealtime is Family Time.*** TRACKS Ready to Adopt and Implement Learning Structure (TRAILS) have been developed for partners with limited access to cost share. TRACKS has repackaged nutrition education materials for preschoolers and their caregivers into *TRAILS For Tots*. This TRAIL is focused on the psychodynamics of feeding behaviors for preschoolers and their caregivers. An accompanying DPR program for caregivers of preschool-age children entitled *Mealtime is Family Time* aligns with *TRAILS For Tots* content and is based on FNS core nutrition messages. This DPR program relates to making time to prepare and eat healthy meals, encouraging families to eat together at meal times, and positive messages related to role modeling healthy eating and physical activity behaviors to their children. Applicants interested in receiving more information about this TRAIL and DPR program are encouraged to contact the ME for more details (patracks@psu.edu).

Direction Education. Direct education is active participant engagement in the learning process with an educator and/or interactive media. For an activity to qualify as direct education, information on the number of individuals, SNAP participation, age, gender, and race/ethnicity must be collected. Strategies for delivering direct education include: **series or single session** group classes, individual **one-on-one** education, **assemblies**, or **multimedia** approaches. **Single** or **series** lessons involve hands-on activities, songs, games, poems, books, and/or crafts all related to the nutrition content of the lesson. **Classes** or individual **one-on-one** education for caregivers reinforce messages presented to children and address questions or concerns relevant to family meals and family activity as part of a healthy lifestyle. Allowable curricula and/or supporting materials may be used to provide direct education programming. Only behaviorally focused, preventive programs that address TRACKS objectives can be funded. Curricula and materials use plans must be described in a TRACKS proposal.

Indirect Education. Indirect education is defined as the distribution of information and resources, including any mass communications, public events, and materials distribution that **DO NOT** meet the definitions of direct education. Indirect education is to be delivered to a defined eligible audience. Strategies for delivering indirect education include: **community events, newsletters, fact sheets, food tastings, food/cooking demonstrations, and digital photo receiver (DPR) programs.**

b) Use of Existing Educational Materials

Allowable curricula and supporting materials for nutrition education delivered to preschool audiences are listed in the following tables. *Underlined items are hyperlinks to the resource named.*

FY 2011 Pennsylvania Nutrition Education Tracks
Description of Nutrition Education Programming Tracks

Title	Author/ Developer	Description	Caregiver Materials Included
Preschool Track Initiatives			
Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices	FNS, USDA	A guidebook outlining 16 audience-tested core nutrition messages for use in the Federal nutrition assistance programs. Of the 16 core messages, seven target mothers of preschool-age children. These message concepts relate to role modeling, cooking and eating together, and the division of feeding responsibility. English only. Cost: None	✓
TRAILS For Tots	PA Nutrition Education TRACKS (USDA funded)	A ready-to-use nutrition education intervention for preschoolers and their caregivers focused on the psychodynamics of feeding behaviors. In English. Contact the ME for more details (patracks@psu.edu).	✓
Mealtime is Family Time	PA Nutrition Education TRACKS (USDA funded)	A DPR program for caregivers of preschool-age children that aligns with TRAILS For Tots content and is based on FNS core nutrition messages; content relates to making time to prepare and eat healthy meals, encouraging families to eat together at meal times, and positive messages related to role modeling healthy eating and physical activity behaviors to their children. In English. Contact the ME for more details (patracks@psu.edu).	✓
Preschool-Age Additional Curricula			
Chef Combo	National Dairy Council	18 activities for ages 4-5; foci are basic nutrition concepts and basic culinary and food safety skills; involves food tasting and simple cooking activities. English only. Cost: None	
Eat Well, Play Hard	New York State Department of Health	This ten-module curriculum was designed for three- and four-year olds and their parents. In addition to the ten lesson plans and related activities, the curriculum includes handouts, references, additional resources, and a handout disc. English only. Cost: None	✓
F.U.N. (Families Understanding Nutrition	Albert Einstein Healthcare System staff	26 lesson series for ages 3-5; uses the alphabet to teach about fruits and vegetables; lessons include taste testing, song, movement, games, crafts English only. Cost: None	✓
Keystone Color Me Healthy	Adapted from original Color Me Healthy developed by NC Extension Service + N.C. DPH	Adapted from the original Color Me Healthy Curriculum; lessons encourage healthy foods and physical activity for ages 4-5; materials emphasize colors of fruits and vegetables; incorporates music, taste testing. English only. Cost: None	✓

MyPyramid for Preschoolers	USDA	USDA food guidance system that targets children ages 2-5; includes personalized worksheets, information on developing healthy eating habits & physical activity preschool-age children and their caregivers. In English & Spanish. Cost: None	✓
Show Me Nutrition (Pre-K)	University of Minnesota Extension	11 lessons featuring children's books with healthy eating messages. Each lesson includes a book about healthy eating, a physical activity, a food-tasting activity, and a chance to practice healthy habits like hand washing. Lessons also include family newsletters. English: only Cost: $50.00 for Print and CD; CD only $30.00	✓
Team Nutrition Fruit and Vegetable Lessons	North Dakota Department of Public Instruction	10 lesson curriculum designed as a supplement to the Color Me Healthy Curriculum. A hands-on, stand-alone curriculum to encourage preschool children to develop healthy eating and physical activity habits. English only. Cost: None	✓
PRESCHOOL-AGE SUPPORTING EDUCATIONAL MATERIALS			
Iowa Veggie Grant Project	Developed by Iowa Dept. of Public Health and Iowa State University	42 modules for counseling caregivers on providing fruits and vegetables to children; based on Stages of Change model; includes screening tool, lesson plans, and supplementary materials. English only. Cost: None	✓
Lunchbox Chatter	Penn State University, PSU Cooperative Extension	5 newsletters that target caregivers of preschoolers; addresses the topic of packing healthy lunches for preschoolers & includes suggestions for ways to incorporate fruits, vegetables, grains, protein, and dairy foods; contains a worksheet for the child to complete. English only. Cost: None	✓
Nutrition in Every Theme	Penn State Cooperative Extension	6 activity booklets for caregivers that focus on specific nutrition objectives including fruits, vegetables, whole grains, food safety and cooking skills using a single theme; each includes recipes, nutrition tips, relevant storybooks, art or craft activities. English only. Cost: None to download.	✓
State Nutrition Action Committee (SNAC) materials	PA NEN, PA Depts. of Public Welfare, Ed., Health, Ag., Aging, WIC	Downloadable newsletters, display materials for promotion of vegetables. Follows "Vegetable of the Month" format; includes information on purchase, storage, cooking, growing, and nutrition highlights of each vegetable. English only. Cost: None	✓
CAREGIVER CURRICULA			
TITLE	**AUTHOR/ DEVELOPER**	**DESCRIPTION**	
Loving Your Family, Feeding Their Future, Nutrition Education Through the Food Stamp Program	USDA/FNS	4 discussion sessions covering nutrition and physical activity; includes staff support materials, participant handouts. Materials targeted and designed for English and Spanish speaking caregivers with children ages 2-18. In English & Spanish. Cost: None	

Eating Smart, Being Active	Colorado State and UC-Davis EFNEP	8 lessons for caregivers that focus on nutrition and physical activity. Topics include exercise, food resource management, vegetables, whole grains, calcium, limiting high sugar/fat/salt-containing foods, lean protein, & healthy snacks. English only. Cost: $51.96 for Educator Guide
Money for Food (Oct 2007 ed.)	University of Wisconsin Cooperative Extension	13 lessons focusing on food resource management and food security. English only. Cost: None
Simply Good Eating	University of Minnesota Cooperative Extension	Three units focusing on: moms and kids, nutrition and physical activity as part of a healthy lifestyle, and cooking on a limited budget. The Moms & Kids section *Baby Feeding Tips that Really Work* is not approved for TRACKS. English only. Cost: Approximately $25 per unit.
CAREGIVER SUPPORTING EDUCATIONAL MATERIALS		
Be Active, Healthy, and Happy!	USDA/ DHHS	8 chapter resource guides that outlines the 2008 Physical Activity Guidelines for Americans; An accompanying toolkit also contains posters, flyers, and fact sheets that promote and explain the guidelines. English only. Cost: None
Finding Your Way to a Healthier You	USDA/ DHHS	80 page book with the complete 2005 Dietary Guidelines. Addresses dietary quality, energy balance, food labels, food safety, and alcohol use. English only. Cost: None to download: $12.50 for 1 copy; $106.00 for 25 copies.
Fruits and Veggies: More Matters -CDC site -PBH site	CDC/DHHS/ NCI/ Produce for Better Health Foundation	Previously 5-a-Day sites; promote fruit and vegetable consumption; feature nutrition information, daily need calculator, shopping and cooking tips, Q&A list, resources for professionals, and an "ask the expert" interactive feature. English only. Cost: None
On The Table (SNAP-Ed Information and Resource Pamphlet)	PA NEN	Pamphlet to be distributed to SNAP Heads of Household at CAOs & contains nutrition information, tips for food resource management and referrals to local SNAP-Ed programs; In English & Spanish, Cost: $0.50/booklet.
Pick a Better Snack	Iowa Dept. of Public Health	Newsletters, recipes, focused on increasing fruit and vegetable consumption; participants can subscribe to website and receive "Food, Recipe, Activity of the Week". In English/Spanish. Cost: None

3. EVALUATION PLANS FOR PRESCHOOL INTERVENTIONS

All major areas of programming must include an evaluation. The following sections describe evaluation activities to be implemented by Local Partners.

a) Preschool Track Process Evaluation

TRACKS local partners must enter information about interventions delivered and participant demographic data into the Statewide Technical and Administrative Reporting (STARtracks) online reporting system. Data elements required for reporting to the TRACKS federal funding agency and provide process evaluation data are compiled by STARtracks providing process evaluation to guide local and statewide programming and evaluation efforts.

b) Other Evaluation Activities

Preschooler Evaluation. Stickers placed in tasting books and charts, picture scales (sad → happy faces), and games can be used to evaluate the children's recognition and willingness to taste a variety of healthy foods and snacks. Applicants are to describe an evaluation plan in a TRACKS proposal. All evaluation plans must be reviewed and approved by the TRACKS ME.

Preschool Caregiver Evaluation. The Satter Feeding Dynamics Survey (fdSatter) will be administered to preschool caregivers receiving TRACKS programming to measure feeding autonomy and leadership.

c) Applicant-Specific Evaluation

Curricula or interventions that are not addressed by statewide evaluation activities must include an evaluation to describe an evaluation plan (e.g. protocol for evaluation activities, description of survey(s), sampling plan, etc.) in a TRACKS proposal. All evaluation plans must be reviewed and approved by the TRACKS ME.