

# FY 2010 Adult/Senior Track Programming Summary and Statement of Work

ABC Community Services, Inc.

Follow the **FY 2010 Adult/Senior Track Programming Summary and SOW Form Instructions** to complete this form. Use the table below to complete a summary of FY 2010 proposed Adult/Senior Track programming.

**Local Partner Agency:** ABC Community Services, Inc.

**Local Partner Project Name:** Enjoying Activity and Tasty Food (EAT Food)

## ADULT/SENIOR TRACK PROGRAMMING SUMMARY

Direct Education						Indirect Education		
Target Audience Subgroup	Objectives:	Strategy:	Curricula:	Supporting Materials:	Estimate of Reach:		Strategy:	
	Unduplicated Participants	Number of Contacts						
1	Young Adults With Children	1,2,3,6,13	1,2,5	1,8,9	9,12,13	500	1,900	7
2	Seniors	1,2,3,6	3,5	2,10	2,4,8,12	150	1,250	6
3	Food Pantries							6
4								
<b>Adult/Senior Track Estimate of Reach Totals</b>						650	3,150	

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## ADULT/SENIOR TRACK STATEMENT OF WORK

Follow the **FY 2010 Adult/Senior Track Programming Summary and SOW Form Instructions** to complete this form. Abbreviated instructions are also available as help text within this form; access help text by using the Tab key to select the desired form field and pressing the F1 key. Complete Statement of Work sections A-H for each subgroup listed in the Programming Summary table (page 1).

### 1. Young Adults With Children

**a. Recruitment Methods:** The EAT Food project has partnered with six low-income housing sites. Residents will be recruited for single and series classes via flyers posted on bulletin boards in the lobby of each site; factsheets will also be used to recruit series class participants. The EAT Food project has also partnered with the local county assistance office (CAO); SNAP applicants will be recruited for series class via flyers posted on bulletin boards in the lobby of the CAO and take-away factsheets. One-on-one participants will be recruited from the single classes.

**b. Direct Education Conducted by TRACKS Staff:** TRACKS staff will conduct two single class lessons at each of the six low-income housing sites. Single class lesson 1 will be offered during quarters 1 and 2; single class lesson 2 will be offered in quarters 3 and 4. Lesson 1 will focus on the MyPyramid objective - reviewing the food groups, recommendations, and key messages. Lesson 2 will focus on the Food Shopping objective - reviewing food resource management strategies.

TRACKS staff will conduct a four lesson series class using the Loving Your Family curriculum at the ABC Community Services, Inc. facility.

One-on-one education will be provided on a case-by-case basis with participants from single classes - for reasons such as literacy issues, scheduling issues, etc. The individual time will be used to clarify, repeat, and/or expand on material from single classes.

**c. Direct Education Conducted by Cost Share Staff:** N/A

**d. Indirect Education Supporting Direct Education:** A monthly factsheet will be distributed at the six low-income housing sites. Material will correspond to one aspect of the current single class lesson topic (e.g. October Factsheet - MyPyramid Fruits & Vegetables, April Factsheet - MyPyramid Key Messages, July Factsheet - Creating a Shopping List). Factsheets will be compiled from selected curricula and supporting materials. Factsheets will also have a section that describes upcoming direct education offered by the EAT Food project (e.g. Loving Your Family series class) for young adults with children.

**e. Stand Alone Indirect Education:** N/A

**f. Direct Education - Collection of Unduplicated (Participant) Counts:** Will administer TRACKS Participant Demographics Survey (Policy E02 Attachment), or equivalent, to attendees at each intervention (i.e. each single class, each session of series class, each one-on-one education session); will verify participation responses against class attendance records.

**g. Direct Education - Collection of SNAP Status and Other Demographics:** Will administer TRACKS Participant Demographics Survey (Policy E02 Attachment) to attendees at each intervention.

### h. Evaluation:

#### Statewide Evaluation Tools

- Loving Your Family Evaluation
- Eat Smart, Live Strong Evaluation
- Post/Retrospective-Pre Surveys – Calcium, Food Safety, Shopping
- Newsletter Survey
- Eating Competence Inventory for Low-Income Audiences (ecSI/LI)

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**Other Evaluation Activities:** The EAT Food project plans to develop a process evaluation for participants and educators for the MyPyramid single class sessions. Participant evaluation will be two or three survey items added to the Participant Demographics Survey to elicit feedback about the lessons - e.g. did you like the format of the lesson? would you return if another lesson was offered? are there other nutrition topics of interest to you? Educator evaluation will elicit feedback on the process of implementing the lessons - was all material in lesson plan covered in time allowed? how long did it take you to prepare for the lesson? did you feel that participants knowledge of MyPyramid improved?

Participant and educator surveys will be submitted to the ME for review and approval prior to administration.

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## 2. Seniors

**a. Recruitment Methods:** The EAT Food project has partnered with five senior centers. Senior Center participants will be recruited for a series class via announcement by Senior Center Directors and through indirect education strategies (i.e. newsletters). One-on-one participants will be recruited from the series classes.

**b. Direct Education Conducted by TRACKS Staff:** TRACKS staff will conduct a series class using the four lessons from Eat Smart, Live Strong curriculum at each of the four senior center sites. Lessons focus on fruits, vegetables, and physical activity. A fruit/vegetable food tasting will be conducted with two of the four Eat Smart, Live Strong lessons conducted by TRACKS staff. Estimated number of food tasting contacts is 300.

One-on-one education will be provided on a case-by-case basis with participants from series class - for reasons such as literacy issues, scheduling issues, etc. The individual time will be used to clarify, repeat, and/or expand on material from the series class.

**c. Direct Education Conducted by Cost Share Staff:** With training and comprehensive lesson plan provided by TRACKS staff, Senior Center Director will conduct one follow up session for each of the four series class lessons. Lesson material from the Simply Good Eating curriculum will be selected to expand on information presented in the corresponding Eat Smart, Live Strong lesson.

**d. Indirect Education Supporting Direct Education:** A monthly newsletter will be distributed at the senior centers. Early issues of the newsletter will contain an announcement for the upcoming direct education series class. Newsletters will use compiled information from selected curricula and supporting materials to address the MyPyramid objective and reinforce the objectives covered by the Eat Smart Live Strong series class (fruits, vegetables, and physical activity).

**e. Stand Alone Indirect Education:** N/A

**f. Direct Education - Collection of Unduplicated (Participant) Counts:** Will administer TRACKS Participant Demographics Survey (Policy E02 Attachment), or equivalent, to attendees at each intervention (i.e. each session of series class, each one-on-one education session); will verify participation responses against class attendance records.

**g. Direct Education - Collection of SNAP Status and Other Demographics:** Will administer TRACKS Participant Demographics Survey (Policy E02 Attachment) to attendees at each intervention.

### h. Evaluation:

#### Statewide Evaluation Tools

- Loving Your Family Evaluation
- Eat Smart, Live Strong Evaluation
- Post/Retrospective-Pre Surveys – Calcium, Food Safety, Shopping
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**Other Evaluation Activities:** N/A

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## 3. Food Pantries

**a. Recruitment Methods:** The EAT Food project has partnered with 4 food pantries. All recipients of food packages will receive indirect education.

**b. Direct Education Conducted by TRACKS Staff:** N/A

**c. Direct Education Conducted by Cost Share Staff:** N/A

**d. Indirect Education Supporting Direct Education:** N/A

**e. Stand Alone Indirect Education:** A monthly newsletter will be distributed with food packages. The newsletter will address MyPyramid, Fruits, Vegetables, Whole Grains, and Food Shopping objectives. Newsletters will be compiled from information from MyPyramid, Stretching Your Food \$, and State Nutrition Action Plan materials. An estimated 1,000 unduplicated participants will be reached.

Currently food pantry audiences are not provided with direct education opportunities. However, ABC Community Services is considering feasible ways to recruit this audience into direct education activities. We plan to refer newsletter readers to the About Eating web modules when they are available. FY 2010 newsletters will include information about classes held at low income housing sites. Class attendees will be tracked to determine whether newsletter recruitment is successful.

**f. Direct Education - Collection of Unduplicated (Participant) Counts:**

N/A

**g. Direct Education - Collection of SNAP Status and Other Demographics:** N/A

### h. Evaluation:

#### Statewide Evaluation Tools

- Loving Your Family Evaluation
- Eat Smart, Live Strong Evaluation
- Post/Retrospective-Pre Surveys – Calcium, Food Safety, Shopping
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#### Other Evaluation Activities:

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4.
  - a. Recruitment Methods:
  - b. Direct Education Conducted by TRACKS Staff:
  - c. Direct Education Conducted by Cost Share Staff:
  - d. Indirect Education Supporting Direct Education:
  - e. Stand Alone Indirect Education:
  - f. Direct Education - Collection of Unduplicated (Participant) Counts:
  - g. Direct Education - Collection of SNAP Status and Other Demographics:
  - h. Evaluation:
    - Statewide Evaluation Tools**
      - Loving Your Family Evaluation
      - Eat Smart, Live Strong Evaluation
      - Post/Retrospective-Pre Surveys – Calcium, Food Safety, Shopping
      - Newsletter Survey
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    - Other Evaluation Activities:**