

Preschool Track Description FY 2013 Request for Partners

The Preschool Track is a statewide plan for provision of nutrition education to Supplemental Nutrition Assistance Program (SNAP) eligible children and their caregivers. This plan meets criteria established by USDA’s Food & Nutrition Service; refer to the [SNAP-Ed Guidance](#) for more information.

Proposed interventions must be consistent with SNAP-Ed Guidance and fit within the framework of this Track Description. Applicants are encouraged to propose evidence/theory-based, behaviorally-focused interventions. Describe proposed programming in the Request for Partners (RFP) form entitled: **Preschool Track Programming Summary & Statement of Work**.

GENERAL INSTRUCTIONS

- Print a copy of this document.
- Open the FY13 Preschool Track Programming Summary and Statement of Work.
- Double click in the header of the first page and enter your Partner Agency Name.
- Complete the Programming Summary table and Statement of Work according to the information and instructions provided below.

PROGRAMMING SUMMARY INSTRUCTIONS

A. SUBGROUP DEFINITIONS

Programming Summary Subgroups	This subgroup includes the following sites:
Preschools/Head Start Sites	Preschools and Head Start sites (classroom based programming)
Daycare Centers	Daycare Centers or other Child Care sites
Community Sites	Recreation Centers, YMCA, Churches, Libraries
Health Centers	Health Centers, Clinics, WIC sites, Family Planning Sites
Caregivers*	Caregivers from any of the above sites who receive education that directly supports education provided to their preschool child(ren), i.e. focuses on preschoolers’ nutrition and physical activity needs and uses caregiver materials from TRACKS-approved curricula for preschoolers.

* Education that addresses objectives for adults, or uses curricula intended for adults should be included as part of Adult/Senior Track programming.

B. INDIRECT EDUCATION ONLY

Indirect Education is the distribution of information and resources, including any mass communications, public events, and materials distribution that do NOT meet the definitions of direct education (see section C). Strategies for delivering indirect education include: community events, newsletters, fact sheets, food tastings, cooking demonstrations and [digital photo receiver \(DPR\) programs](#).

- **Instruction:** Enter an “x” in the corresponding box to indicate if a subgroup will receive indirect education only.

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C. DIRECT EDUCATION ONLY

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.

1. Objectives

- At least one student objective and one caregiver objective must be selected from the list below.
- Use the codes in the Programming Summary to indicate selected objectives for each subgroup.

Goal 1: Preschool children and their caregivers will have increased awareness of and exposure to a variety of healthy foods consistent with *2010 Dietary Guidelines for Americans* and *MyPlate/MyPyramid*. [**Programming Summary Abbreviation** = MyPlate/MyPyramid]

Preschoolers will:	Programming Summary Abbreviation
• Recognize a variety of fruits and vegetables.	Recognize F & V
• Taste a variety of fruits and vegetables.	Taste F & V
• Recognize healthy snack/beverage choices.	Recognize Healthy Snack/Beverage
• Taste a variety of healthy snack/beverage choices.	Taste Healthy Snack/Beverage
• Recognize a variety of calcium-rich foods.	Recognize Calcium
• Taste a variety of calcium-rich foods.	Taste Calcium
• Recognize healthy breakfast foods.	Recognize Healthy Breakfast

Caregivers of preschool children will:	Programming Summary Abbreviation
• Identify a variety of foods from each <i>MyPlate</i> food group.	Identify MyPlate/MyPyramid food groups/variety
• List at least two reasons why preschoolers are recommended to eat a variety of foods from all <i>MyPlate</i> food groups every day.	Identify reasons for MyPlate/MyPyramid variety

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

	Programming Summary Abbreviation
• Preschoolers will state why it is important to be physically active every day.	Physical Activity
• Caregivers of preschoolers will identify the benefits of engaging their child in regular physical activity.	Physical Activity

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

2. Strategies

- Use the codes in the Programming Summary to indicate selected strategies for each subgroup.

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Strategies for delivering direct education include:	Programming Summary Abbreviation
Single Class: “stand alone” nutrition education sessions, held during the school day or in an afterschool setting. Single classes may include crafts, activities, games, food tastings, or food/cooking demonstrations.	Single Class
Series Class: two or more consecutive lessons, taught during the school day or in an afterschool setting, planned as an orderly progression of information. Each class builds upon material covered in the previous lesson and introduces new subject matter.	Series Class, 2-4 sessions Series Class, 5-9 sessions Series Class, 10+ sessions
One-on-One: brief, focused education with an individual that may stand alone or may be used to reinforce messages delivered in other settings	One-on-one sessions
Multimedia: web modules, online activities, computer games, video presentations, podcasts, or other “non-traditional” programming. To be considered direct education, multimedia strategies must be interactive, generate participant responses, and be able to capture required demographic information.	Multimedia
Assembly: multi-classroom nutrition education that includes interaction between the students and presenter.	Assembly

3. Primary Curricula

Primary curricula include those that will be used most often and are essential to meet selected objectives. Returning TRACKS Partners can review the most recent completed fiscal year (FY 2011) curricula usage data from STARtracks to determine primary curricula. Allowable curricula for the Preschool Track are listed in the table below. Click on underlined titles to view more information about the material.

- Use the codes in the **Programming Summary** to indicate up to **three** primary curricula for each subgroup. Separate numbers with a comma.

Title	Description (Number of Lessons, Audience, Topics, Languages, Cost)	Evaluation	Caregiver Materials
Chef Combo	13 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		X
Eat Well, Play Hard	10-module curriculum for 3 & 4 year olds and their caregivers. Activities, handouts, references and additional resources. English. No Cost.		X
Families Understanding Nutrition (F.U.N.)	26 lesson series for ages 3-5; uses the alphabet to teach about fruits and vegetables; lessons include taste testing, songs, movement, games, crafts. English, No Cost.		X
Grow It, Try It. Like It	Garden-themed 7 booklets, CD-ROM and DVD kit for child care center staff. Introduces children to 3 fruits and 3 vegetables. English. No cost:		
Keystone Color Me Healthy	Adapted from 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. \$5.		X
Maximizing the Message	16 audience-tested core nutrition messages. 7 target mothers of preschool-age children. English, No cost		X

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Mealtime is Family Time	DPR for Caregivers; aligns with TRAILS for Tots. English, No cost		X
My Pyramid/ MyPlate	MyPlate is part of a larger communications initiative based on <i>2010 Dietary Guidelines for Americans</i> to help consumers make better food choices. It illustrates the five food groups using a familiar mealtime visual, a place setting. English No cost		
Sesame St – Food for Thought, Eating on a Budget	Provides 2 to 8 year old children and their caregivers practical strategies for making healthy food choices on a limited budget. The videos and downloadable curriculum include a caregiver guide, stories, recipe cards, online games, lessons for workshops, and other ideas to make healthier food choices. English and Spanish. No cost.		X
Sesame St – Healthy Habits for Life	Teaches pre-school children about eating right and being active. Videos and downloadable curriculum (lessons, activities, and caregiver handouts) encourage students to explore and enjoy healthy foods. English and Spanish. No cost		X
Show Me Nutrition (Pre-K)	11 lessons featuring children's books with healthy eating messages. Also includes family newsletters. English Cost: \$50.00 for Print and CD; \$30.00 - CD only		X
Team Nutrition Fruit and Vegetable Lessons	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. No cost		X
TRAILS For Tots	A pilot intervention consisting of 4 lessons for preschoolers and their caregivers about mealtime, healthy eating, and trying new foods. Materials include an activity guide with lesson plans, handouts, and other materials (e.g. a Digital Photo Receiver loaded with a program about family meals, and the book, "The Very Hungry Caterpillar), plus games and activities. English. Materials provided at no cost; partners will be asked to provide feedback and administer surveys to caregivers. Contact the NEEDS Center for more information: lohseb@psu.edu or 814-865-5169.	X	X

4. Estimate of Reach

A *participant* is an individual who received education one or more times during the fiscal year.

Number of Contacts is the number of participants plus the number of times each participant has repeated participation in TRACKS programming.

- Enter the estimated number of participants reached through proposed direct education for each subgroup in fiscal year 2013 (October 1, 2012 – September 30, 2013).
- Enter the estimated number of contacts for all proposed direct education for each subgroup in fiscal year 2013 (October 1, 2012 – September 30, 2013).

EXAMPLE: 2000 participants receive four series lessons and 12 follow-up lessons (3 per series lesson).

1. 2000 participants X 16 classes = 32,000 contacts OR
2. (2000 participants X 4 series classes = 8000) + (2000 participants X 12 follow-up = 24,000) = 32,000 contacts

D. FOOD TASTING CONTACTS ESTIMATE

- Enter the estimated number of food tasting contacts for all proposed **direct and indirect education** for each subgroup in fiscal year 2013 (October 1, 2012 – September 30, 2013).

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STATEMENT OF WORK INSTRUCTIONS

A. RECRUITMENT METHODS

- Enter your response to the question: “how will you inform potential SNAP-Ed participants about available direct and indirect education programming?”

B. COLLECTION OF UNDUPLICATED COUNTS AND DEMOGRAPHICS

- Describe tools and procedures to collect and report unduplicated participant counts, SNAP status, and other demographics.

C. PROGRAM DESCRIPTION

- Review the bulleted items and use these to develop your program description in approximately 1000 words or less.

D. EVALUATION

- Review the evaluation information in the section below. Describe your evaluation plan (e.g. protocols, description of survey(s), sampling plan, etc.) on the **Statement of Work** form.

The TRACKS Management Entity (ME) provides support for food tasting evaluation of children (described below). Applicants must identify evaluation tools and protocol for interventions that are not covered by statewide evaluation activities. You may wish to select curricula that include tested evaluation tools.

Partners may also conduct evaluation in addition to using state supported tools, e.g. to determine impact of, or evidence base for, their specific program delivery model. TRACKS funds can be expended on evaluation consultants to assist in designing an evaluation plan and conducting evaluation activities.

Preschool Track Process Evaluation

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

Statewide Evaluations

Preschooler Food Tasting Evaluation: A spreadsheet is available on the TRACKS Website Partner Pages for collecting, compiling, and reporting information (never tried food before, liked food, would eat food again) from preschoolers during food tasting activities.