

FY 2010 Preschool Track Programming Summary and Statement of Work

ABC Community Services, Inc.

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

Local Partner Agency: ABC Community Services, Inc.

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

PRESCHOOL TRACK PROGRAMMING SUMMARY

Direct Education							Indirect Education	
Target Audience Subgroup	Objectives: For Preschoolers: 1) MyPyramid for Preschoolers 2) Recognize F&V 3) Taste F&V 4) Recognize Healthy Snack/Beverage 5) Taste Healthy Snack/Beverage 6) Recognize Calcium 7) Taste Calcium 8) Physical Activity For Caregivers: 9) Identify MyPyramid food groups/variety 10) Identify reasons for MyPyramid variety 11) Physical Activity	Strategy: 1) Single Class 2) Series Class, 2-4 sessions 3) Series Class, 5-9 sessions 4) Series Class, 10+ sessions 5) One-on-One 6) Assembly 7) Multimedia	Curricula: 1) Chef Combo 2) Eat Well, Play Hard 3) Families Understanding Nutrition (F.U.N.) 4) Keystone Color Me Healthy 5) MyPyramid for Preschoolers	Supporting Materials: 1) Iowa Veggie Grant 2) Lunchbox Chatter 3) Nutrition in Every Theme 4) State Nutrition Action Plan materials	Estimate of Reach:		Strategy: 1) Posters, Bulletin Boards, Displays 2) Announcements 3) DPR, DVD, video 4) Fairs, Community Event, Exhibits 5) Food Demos / Tastings 6) Newsletters 7) Fact sheets, Pamphlets 8) Website	
					Unduplicated Participants	Number of Contacts		
1 Preschools	2,3,4,5,6,7,8	4	2	4	300	3,000	1	
2 Caregivers Of Preschoolers	9,10,11	1	2,5		100	200	7	
3								
4								
Preschool Track Estimate of Reach Totals					400	3,200		

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PRESCHOOL TRACK STATEMENT OF WORK

Follow the **FY 2010 Preschool 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. Preschools

- a. Recruitment Methods:** Programming for this subgroup will be offered to all children attending the five preschools listed on the ABC Community Services, Inc. Exclusivity Waiver.

- b. Direct Education Conducted by TRACKS Staff:** TRACKS staff will train cost share staff to deliver a ten session series class using the Eat Well Play Hard curriculum. There will not be any direct education activities conducted by TRACKS staff for this subgroup.

- c. Direct Education Conducted by Cost Share Staff:** Cost Share Staff will be trained to deliver a nine session series class using the Eat Well Play Hard curriculum. Lessons will be conducted once/month for 9 months; each lesson is approximately 1 hour in length. All lesson plans and supporting materials will be provided to cost share staff prior to implementation. Lesson content addresses TRACKS objectives for fruits and vegetables, calcium, snacks, and physical activity. A food tasting will be conducted at each series class session. Estimated number of contacts for food tastings = 3,000.

- d. Indirect Education Supporting Direct Education:** Bulletin boards and posters will follow a monthly theme which corresponds to the Eat Well Play Hard lesson for that month. Bulletin boards and posters will use and/or compile material from the Eat Well Play Hard curriculum and State Nutrition Action Plan materials.

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

- f. Direct Education - Collection of Unduplicated (Participant) Counts:** All students attending ABC preschools are enrolled full-time and attend all series classes. So, students will be reported as unduplicated participants when they attend the first series class offered at each site. When they attend subsequent series classes, they will be reported as duplicated participants.

- g. Direct Education - Collection of SNAP Status and Other Demographics:** All ABC preschools participate in the Child and Adult Care Food Program (CACFP). The percent of students who qualify for free meals in CACFP is used as a proxy for SNAP status. ABC Services maintains its own records of the gender and race/ethnicity of students enrolled in its preschools. All demographics are set as site defaults, which are applied to all direct education programming for this subgroup.

- h. Evaluation:** The EAT Food project will train Cost Share Staff to tally results of food tastings at each series class session (number of students who tasted the food, number of students who liked the food - measured by raising hands). A process evaluation will be conducted to elicit Cost Share Staff feedback regarding training for and implementation of the series class - e.g. what parts of the training process were most helpful? what could be done differently to better train teachers for implementing the lessons? how much time did you need to prepare for each lesson? did you observe any changes in the preschoolers nutrition knowledge; if so, please describe. The Cost Share Staff feedback evaluation will be submitted to the TRACKS ME for review and approval prior to the start of programming.

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2. Caregivers Of Preschoolers

a. Recruitment Methods: Programming for this subgroup will be offered to caregivers of all children attending the five preschools listed on the ABC Community Services, Inc. Exclusivity Waiver. A recruitment handout will be sent home with preschoolers to inform caregivers of educational opportunities.

b. Direct Education Conducted by TRACKS Staff: TRACKS staff will conduct 3 single class sessions at the ABC Community Services, Inc. facility for caregivers of preschoolers; each single class session will be approximately 1 hour in length. Single class 1 will use MyPyramid for Preschoolers - caregivers will be navigated through the MyPyramid for Preschoolers website. Single Class 2 will use the Parent Lesson Plan from the Eat Well Play Hard Lesson: Food Mood. Single class 3 will use the Parent Lesson Plan from the Eat Well Play Hard Lesson: Fitness is Fun.

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

d. Indirect Education Supporting Direct Education: Factsheets will follow the monthly theme in the preschools; these include Eat Well Play Hard Parent Pages sent home with preschoolers. Parent Pages typically include a summary of the lesson conducted for preschoolers, recipes, and activities.

e. Stand Alone Indirect Education: N/A

f. Direct Education - Collection of Unduplicated (Participant) Counts: Will administer TRACKS Participant Demographics Survey (or equivalent) to the caregivers attending each class and will report unduplicated counts based on actual responses.

g. Direct Education - Collection of SNAP Status and Other Demographics: Will administer TRACKS Participant Demographics Survey (or equivalent) to the caregivers attending each class and will report SNAP status and other demographics based on actual responses.

h. Evaluation: The EAT Food project plans to develop a process evaluation for participants in this subgroup. 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? The participant survey will be submitted to the TRACKS ME for review and approval prior to the start of programming.

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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:

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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: