

FY 2010 School-Age Track Programming Summary and Statement of Work

ABC Community Services, Inc.

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

Local Partner Agency: ABC Community Services, Inc.

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

SCHOOL-AGE 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 Elementary (4 th)	1,3	2	1		250	1,000	
2 Elementary (K-2)	1,2,3,4,5,6,8	1,3,10	3,11,21		500	3,800	2
3 Caregivers-Elem.	1	1		14	100	100	
4 Middle (6-8)	2,3,4,5,6	4	9		450	6,300	
5 Caregivers-Middle							7
6							
7							
8							
School Age Track Estimate of Reach Totals					1,300	11,200	

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SCHOOL AGE TRACK STATEMENT OF WORK

Follow the **FY 2010 School Age 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. Elementary (4th)

a. Recruitment Methods: The EAT Food project has partnered with an area school district to deliver education to eligible elementary schools within the district. All 4th grade students from eligible schools will participate.

b. Direct Education Conducted by TRACKS Staff: TRACKS staff will conduct the Fourth Grade Vegetable Core, a 4-lesson series of classes focusing on the importance of and health benefits from vegetables. These classes will be delivered in two elementary schools. Each elementary school has five classrooms of fourth graders. These lessons will be delivered to all fourth grade classrooms (ten in total) in both schools. The lessons will be delivered over a 4-week period, with one lesson taught per week. Each of the 4 lessons in the Fourth Grade Vegetable Core contain a food tasting. These food tastings will demonstrate to students ways they can eat vegetables as a quick and tasty snack. Students will taste carrots, broccoli, salsa with black beans and corn, and a salad of romaine lettuce, bell peppers, and tomatoes. During each tasting, key messages about the nutrients in the vegetables the students are tasting will be reinforced while the students taste the food. Estimated number of contacts for food tastings: 1,000

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

d. Indirect Education Supporting Direct Education: N/A

e. Stand Alone Indirect Education: N/A

f. Direct Education - Collection of Unduplicated (Participant) Counts: Students attending the 1st class in the series will be reported as unduplicated participants; students attending the remaining 3 classes will be reported as duplicated.

g. Direct Education - Collection of SNAP Status and Other Demographics: Free lunch data as reported by PDE will be used as a proxy for SNAP status. Gender and race/ethnicity data will be obtained from school district administrators. Demographic data will be set as site defaults and applied to all direct education programming for this subgroup.

f. Evaluation:

Statewide Evaluation Tools

- 4th Grade Vegetable Core Survey
- TRAILS Evaluation
- Modified Youth Risk Behavior Survey

Other Evaluation Activities: N/A

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2. Elementary (K-2)

a. Recruitment Methods: The EAT Food project has partnered with an area school district to deliver education to eligible elementary schools within the district. One eligible (>50% free/reduced lunch) elementary school is participating in programming to Kindergarten through 2nd grade students. All K-2nd grade students attending this school will participate.

b. Direct Education Conducted by TRACKS Staff: A 9-lesson series (once/month) is planned for Kindergarten students during the school year using the Book in a Bag curriculum. Students will learn about MyPyramid for Kids, fruits, vegetables, whole grains, calcium-rich foods, physical activity, and healthy snacks through story books, activities, and food tastings. TRACKS staff will deliver the first lesson of this series. The 9-lesson series contains food tastings as part of each lesson that reinforce messages about the different food groups from MyPyramid for Kids and encourage the students to try a variety of different foods. Estimated number of contacts for food tastings: 900

Single classes (once/month for 6 months, October-March) are planned for grades 1-2 using 3 lessons from Little D's Nutrition Expedition and 3 lessons from Team Nutrition: Nutrition Essentials. These single classes will focus on MyPyramid for Kids, fruits, and vegetables. TRACKS staff will deliver the first single class in October. Cost share staff (classroom teachers) will deliver the remaining 5 single classes with training and support from TRACKS staff. Food tastings are not provided as part of these classes.

An end-of-year nutrition assembly program is planned for grades K-2. These will be the same students who participated in series and single classes. This assembly will be conducted by TRACKS staff from the EAT Food project.

c. Direct Education Conducted by Cost Share Staff: A 9-lesson series (once/month) is planned for Kindergarten students during the school year using the Book in a Bag curriculum. Students will learn about MyPyramid for Kids, fruits, vegetables, whole grains, calcium-rich foods, physical activity, and healthy snacks through story books, activities, and food tastings. The 9-lesson series contains food tastings as part of each lesson that reinforce messages about the different food groups from MyPyramid for Kids and encourage the students to try a variety of different foods. Cost share staff (classroom teachers) will deliver 8 of the 9 lessons with training and support from TRACKS staff.

Single classes (once/month for 6 months, October-March) are planned for grades 1-2 using 3 lessons from Little D's Nutrition Expedition and 3 lessons from Team Nutrition: Nutrition Essentials. These single classes will focus on MyPyramid for Kids, fruits, and vegetables. Cost share staff (classroom teachers) will deliver 5 of the 6 single classes with training and support from TRACKS staff.

d. Indirect Education Supporting Direct Education: Monthly announcements over the PA system in the elementary school will be delivered during the school year (9 announcements in total). These brief 5 minute announcements will be delivered by elementary school students and will focus on healthy eating as part of MyPyramid for Kids. Content for these announcements will be taken from the MyPyramid.gov website. Estimated number of contacts: 4,500

e. Stand Alone Indirect Education: N/A

f. Direct Education - Collection of Unduplicated (Participant) Counts: Kindergarten students attending the 1st class in the 9-lesson series will be reported as unduplicated participants, while students attending the remaining 8 classes will be counted as duplicated. 1st -2nd grade students attending the 1st single class will be reported as unduplicated participants, while students attending the remaining 8 classes will be reported as duplicated. Students attending the assembly will be reported as duplicated participants.

g. Direct Education - Collection of SNAP Status and Other Demographics: Free lunch data as reported by PDE will be used as a proxy for SNAP status. Gender and race/ethnicity data will be obtained from school district administrators. Demographic data will be set as site defaults and applied to all direct education programming for this subgroup.

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f. Evaluation:

Statewide Evaluation Tools

- 4th Grade Vegetable Core Survey
- TRAILS Evaluation
- Modified Youth Risk Behavior Survey

Other Evaluation Activities: A survey will be distributed to all participating cost share staff to elicit feedback from these teachers regarding ease of lesson delivery, student response to activities, and other pertinent information as part of a process evaluation. Examples of questions include: How long did it take to prepare for this lesson? How did the students respond to the lesson activities? How did the students respond to the food tastings?

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3. Caregivers-Elem.

a. Recruitment Methods: The EAT Food project has partnered with an area school district to deliver education in eligible elementary schools within the district. Caregivers of elementary school students from these eligible schools will be recruited to participate in a single nutrition class as part of a Parent-Teacher Association (PTA) meeting held in the Fall. An invitation to caregivers to participate in this nutrition class will be part of the school district's quarterly parent newsletter.

b. Direct Education Conducted by TRACKS Staff: This single nutrition class for caregivers will be conducted by TRACKS staff using the nutrition activity booklet for caregivers, Team Nutrition: Team Up At Home. The educator will highlight key points from this booklet that focus on healthy eating and physical activity according to MyPyramid. A cooking demonstration featuring a recipe in Team Nutrition: Team Up At Home, will be demonstrated for the caregivers and a sample sized tasting will be distributed to all caregivers as part of this single nutrition class. Caregivers will be encouraged to share the activity book with their children at home, as this booklet also contains activity sheets for kids. Estimated number of contacts for food tasting: 100

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

d. Indirect Education Supporting Direct Education: N/A

e. Stand Alone Indirect Education: N/A

f. Direct Education - Collection of Unduplicated (Participant) Counts: All caregivers will be reported as unduplicated participants since this class will be held only once during the school year.

g. Direct Education - Collection of SNAP Status and Other Demographics: A caregiver feedback survey that incorporates the TRACKS Participant Demographics Survey (Policy E02 Attachment) will be delivered at the end of the nutrition session. A summary of actual responses will be reported in lieu of site defaults.

f. Evaluation:

Statewide Evaluation Tools

- 4th Grade Vegetable Core Survey
- TRAILS Evaluation
- Modified Youth Risk Behavior Survey

Other Evaluation Activities: A caregiver feedback survey will be delivered at the end of the single nutrition class. This survey will elicit feedback from caregivers about the nutrition class (e.g. Would you come to another nutrition class if one was held in the future? How useful was the information provided during the class and food demo?). This survey will also contain the TRACKS Participant Demographics Survey (Policy E02 Attachment) to collect participant demographic information.

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4. Middle (6-8)

a. Recruitment Methods: The EAT Food project has partnered with an area school district to deliver education to eligible middle schools within the district. One eligible (>50% free/reduced lunch) middle school is participating in direct education programming. All 6th-8th grade students from this eligible school will participate.

b. Direct Education Conducted by TRACKS Staff: A 14-lesson series (2 lessons/month x 7 months from September through March) is planned for 6th-8th grade students using the curriculum Media Smart Youth. Each lesson will be 45 minutes in length. Lessons focus on building media awareness by encouraging students to understand the connection between media and their health, specifically as it relates to their nutrition and physical activity choices. Specific objectives covered include fruits, vegetables, whole grains, physical activity, and calcium. Food tastings will take place in every other lesson. A total of 7 food tastings will take place as part of the 14-lesson series. These food tastings focus on the objective of that particular lesson. These food tastings are sample-sized portions and include the following foods: vegetables, trail mix, fruits, and tortillas. TRACKS staff will deliver the first 7 lessons to students in 6th-8th grades and provide training and support to cost share staff (middle school teachers) who will deliver the remaining 7 lessons to these students. Estimated number of contacts for food tastings: 3,150

c. Direct Education Conducted by Cost Share Staff: A 14-lesson series (2 lessons/month x 7 months from September through March) is planned for 6th-8th grade students using the curriculum Media Smart Youth. Each lesson will be 45 minutes in length. Lessons focus on building media awareness by encouraging students to understand the connection between media and their health, specifically as it relates to their nutrition and physical activity choices. Specific objectives covered include fruits, vegetables, whole grains, physical activity, and calcium. Food tastings will take place in every other lesson. A total of 7 food tastings will take place as part of the 14-lesson series. These food tastings focus on the objective of that particular lesson. These food tastings are sample-sized portions and include the following foods: vegetables, trail mix, fruits, and tortillas. Cost share staff (middle school teachers) will deliver the last 7 lessons of this series with training and support from TRACKS staff.

d. Indirect Education Supporting Direct Education: N/A

e. Stand Alone Indirect Education: N/A

f. Direct Education - Collection of Unduplicated (Participant) Counts: 6th-8th grade students attending the 1st class of the 14-lesson series will be reported as unduplicated participants, while students attending the remaining 13 classes, will be reported as duplicated.

g. Direct Education - Collection of SNAP Status and Other Demographics: Free lunch data as reported by PDE will be used as a proxy for SNAP status. Gender and race/ethnicity data will be obtained from school district administrators. Demographic data will be set as site defaults and applied to all direct education programming for this subgroup.

f. Evaluation:

Statewide Evaluation Tools

- 4th Grade Vegetable Core Survey
- TRAILS Evaluation
- Modified Youth Risk Behavior Survey

Other Evaluation Activities: The EAT Food project will work with the Management Entity to modify the curriculum-specific pre- and post- evaluation tools (since certain chapters are not approved for TRACKS use) from Media Smart Youth.

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5. Caregivers-Middle

a. Recruitment Methods: The EAT Food project has partnered with an area school district to deliver education to eligible middle schools within the district. One eligible (>50% free/reduced lunch) middle school is participating in direct education programming. Handouts will be given to students to take home and share with their caregivers. This is how caregivers will receive this 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: Handouts (classified as fact sheets/pamphlets on the Programming Summary chart) will be sent home to caregivers of the 6th-8th grade students participating in the Media Smart Youth 14-lesson series at Spruce Middle School. These handouts entitled "Take Home a New Idea!" are part of the Media Smart Youth curriculum. Handouts contain information for caregivers about what their children are learning in class, the recipe students tried as part of the food tasting, and talking points to encourage dialogue between children and caregivers about media awareness. Seven handouts in total will be distributed to caregivers during the 14-lesson series. Estimated number of contacts: 3,150

e. Stand Alone Indirect Education: N/A

f. Collection of Unduplicated (Participant) Counts: N/A

g. Collection of SNAP Status and Other Demographics: N/A

f. Evaluation:

Statewide Evaluation Tools

- 4th Grade Vegetable Core Survey
- TRAILS Evaluation
- Modified Youth Risk Behavior Survey

Other Evaluation Activities: N/A

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6.

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. Collection of Unduplicated (Participant) Counts:

g. Collection of SNAP Status and Other Demographics:

f. Evaluation:

Statewide Evaluation Tools

4th Grade Vegetable Core Survey

TRAILS Evaluation

Modified Youth Risk Behavior Survey

Other Evaluation Activities:

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7.

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. Collection of Unduplicated (Participant) Counts:

g. Collection of SNAP Status and Other Demographics:

f. Evaluation:

Statewide Evaluation Tools

4th Grade Vegetable Core Survey

TRAILS Evaluation

Modified Youth Risk Behavior Survey

Other Evaluation Activities:

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8.

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. Collection of Unduplicated (Participant) Counts:

g. Collection of SNAP Status and Other Demographics:

f. Evaluation:

Statewide Evaluation Tools

4th Grade Vegetable Core Survey

TRAILS Evaluation

Modified Youth Risk Behavior Survey

Other Evaluation Activities: