

VII. Nutrition Education Requirements

1. Describe in detail the State agency's plan to provide nutrition education to SFMNP participants. If the administering State agency for the SFMNP has entered into an agreement with another agency to provide nutrition education, attach a copy of that other agency's nutrition education plans for SFMNP participants.

VDA has developed nutrition education materials for the SFMNP to be implemented by the AAAs at congregate nutrition sites. The information includes lesson plans and materials that can be copied and used as handouts or overhead transparencies. Some handouts can be mailed to home delivered nutrition clients and participants not attending congregate nutrition sites. In addition, the information and teaching methods can be tailored to the cognitive, economic, social, and motivational characteristics of the senior audience at each AAA. Local customs, practices at the AAAs, and preferred learning styles of senior participants should be used to tailor nutrition education.

AAAs are encouraged to implement instructional strategies and materials that will maximize impact and that are preferred by seniors at their particular AAA. Examples might include:

Demonstrations (for example, how to handle and cook fruits and vegetables for food safety)
Hands-on activities (for example, selecting fruits and vegetables)
Guest speakers
Group discussions
Printed materials

AAAs are also encouraged to access the Chef Charles Club nutrition education materials available through the Iowa Department of Public Health at http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp Available materials include a monthly nutrition newsletter, a bingo game, and an instructor's guide for demonstrations on the following topics:

Fruit and vegetable intake
Physical activity
Food safety

2. List the location or settings where nutrition education for SFMNP is provided (i.e., local agencies, farmers' markets, community centers, facilities for the aging, or schools).

Nutrition education will take place in congregate meal sites operated by the local agencies. Educational materials are available to participants in the locations where they apply for benefits. Handouts will also be available to mail to homebound individuals and participants not attending congregate nutrition sites.

3. Does the State agency coordinate with other agencies around issues related to nutrition education and promotion?

No

Yes (If yes, check the applicable partnerships below):

Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)
 Team Nutrition

- Area Agencies on Aging
- Commodity Supplemental Food Program
- Children and Adult Care Food Program (CACFP)
- Temporary Assistance for Needy Families Program (TANF)
- Food Distribution Program on Indian reservations (FDPIR)
- Other FNS programs (specify): _____
- Expanded Food and Nutrition Education Program (EFNEP) and/or Cooperative Extension Service
- Other government programs (e.g., 5 A Day, etc.)
- Non-profit organizations (specify): _____
- For-profit organizations (specify): _____
- Industry (specify): _____
- Professional organizations (specify): American Dietetic Association, Healthy Aging Dietetic Practice Group, Virginia Dietetic Association, Richmond Dietetic Assoc.
- Educational Institutions (specify): Virginia State University, Virginia Commonwealth University, Virginia Tech
- Religious Institutions (specify): _____
- Other (specify): _____

4. Describe how nutrition education for SFMNP is coordinated with other nutrition education programs or services, such as Food Stamps, Extension Service, 5 A Day, or State/ITO initiatives.

The SFMNP Coordinator also coordinates Older Americans Act Title III C congregate and home delivered nutrition programs that are implemented at local AAAs throughout Virginia. Many of the SFMNP participants attend AAA sponsored congregate nutrition sites or receive home delivered meals. The Title III programs require a nutrition education component that is provided by AAA staff. The SFMNP Coordinator provides training and technical assistance for all AAA nutrition programs. The Virginia Cooperative Extension service provides nutrition education at some nutrition sites through its Smart Choices Nutrition Education Program for SNAP recipients and other seniors who attend the nutrition sites.

The SFMNP Coordinator is a member of the Alliance for Healthy Virginians, a coalition of organizations such as Virginia Cooperative Extension-State and Local; Food Banks-State and Local; VA Department of Education-School Health and Nutrition; VA Department of Social Services-SNAP Programs-State and Local; VA Department of Health-WIC, Diabetes Prevention and Control, Faith-Based Initiatives; USDA-Food and Nutrition Service (FNS) Regional; American Heart Association; Healthy Pathways; VA 211 Coordinator; VA Dept of Agriculture-Commodity Food Program; Department of Medical Assistance; and Free Medical Clinics. The Alliance works together to serve limited income audiences in the areas of nutrition and wellness, including the provision of food resources and nutrition education.

5. Describe the nutrition education materials that you have developed and how they are used. In addition, describe any new materials you are planning to develop.

A sampling of lesson plans and handouts are appended as Attachments 7-1 – 7-4. Additional lesson plans are available for AAA use. Sample pre- and post- surveys are also attached as Attachments 7-8 – 7-11. These materials will be made available in the future on VDA's website at www.vda.virginia.gov

A sampling of Chef Charles materials is also attached as Attachment 7-5 – 7-7 and may be accessed at the Iowa Department of Public Health website at http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp

We also have a card on the Importance of Fruit and Vegetables and Ways to Increase Fruit and Vegetables

in Your Diet. This card is mailed to those participants who receive their SFMNP checks via the postal service (Attachment 7-12 Nutrition Education Mailing Insert).

6. Does the State agency plan to develop new participant educational materials containing the current Dietary Guidelines for Americans messages? Yes No
If yes, please describe the elements below.

The materials are current with the 2005 Dietary Guidelines.

Type of material	Target audience	Project completion date
_____	_____	_____
_____	_____	_____
_____	_____	_____

7. If the State agency intends to collect survey information to assess the effects of the program on farmers' markets and the change in consumption of fresh fruits and vegetables by SFMNP participants, **attach copies of survey forms.**

Sample pre- and post- surveys for senior participants are attached as Attachments 7-8 – 7-11 among the Nutrition Education Materials.

Attachment 11-2 Survey Form for Farmers is the document used to assess SFMNP from the farmer point of view.