



Curriculum Approved for Use with Family-Centered Audiences

This curriculum is approved for use by CalFresh Healthy Living (CFHL) Programs and is listed on the CFHL Integrated Curricula List. Consult with your State level Implementing Agency to ensure that this curriculum can be used with your program.

Title	Curricula and Resources	Contact Information	Abstract/Description	Link	Target Audience
Faithful Families Eating Smart & Moving More (NC)	Contains curriculum and planning guide	amhardis@ncsu.edu	Healthy environmental and policy changes within faith communities. Healthy eating and physical activity. Community-based program focusing on multiple levels of the SEM.	https://snaped.fns.usda.gov/library/materials/faithful-families-eating-smart-and-moving-more	Curriculum is family focused
Food Smarts for Adults	Contains instructor guide and participant workbook	(415) 429-3829 info@leahspantry.org	Food Smarts teaches healthy nutrition and cooking skills for kids, adults and seniors to develop the skills and acquire the information that empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading, media literacy.	http://leahspantrysf.org/fsw/	Lessons focus on adults. Curriculum has been tested with groups of youth and adults.
Food Smarts for Kids	Contains instructor guide and participant workbook	(415) 429-3829 info@leahspantry.org	Food Smarts teaches healthy nutrition and cooking skills for kids, adults and seniors to develop the skills and acquire the information that empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading, media literacy.	http://leahspantrysf.org/fsw/	Lessons focus on elementary and middle school youth. Curriculum has been tested with groups of youth and adults

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Healthalicious	Contains lesson plans and handouts	Tammy J McMurdo tjmcmurdo@ucdavis.edu	Healthalicious promotes a healthy lifestyle in students by encouraging the intake of nutrient rich foods and physical activity. The lessons provide students with a fun introduction to preparing and eating healthy meals. This curriculum can be used in after school setting with 4th -6th grade students, with programs such as 4-H. It may also be used as a family centered curriculum when teaching children and their caretakers about nutrition and physical activity.	https://anrcatalog.ucanr.edu/Items.aspx?search=healthalicious	Lessons are youth focused. Curriculum was tested with youth and their adult/caretakers.
TWIGs: Teams With Inter-Generation Support (K-8)	Contains curriculum and handouts	UC CalFresh State Office at uccalfresh_support@ucdavis.edu	Connects gardening with nutrition, influences participants' food choices through development and harvesting of a vegetable garden.	https://uccalfresh.ucdavis.edu/twigs	Lessons are youth focused but designed to be used with youth only or youth adult pairs. Lessons cover gardening, healthy eating and physical activity
We Can: Ways to Enhance Children's Activity and Nutrition	Contains parent handbook, tip sheets and promotional material	1-866-35-WECAN	Family approach to encourage positive nutrition and physical activity behavior in children. Designed to promote a healthy weight in youth by encouraging healthy eating, increased physical activity, and reduced screen time.	http://www.nhlbi.nih.gov/health/educational/wecan/	-Children age 8-13 and parents

Possible Curriculum for Use with Intergenerational Audiences

This curriculum is approved for use by CalFresh Healthy Living (CFHL) Programs and is listed on the CFHL Integrated Curricula List. It has not been tested with intergenerational audiences. Consider implementing as an “innovative strategy” targeting intergenerational groups. Check in with you State-Level Implementing Agency before beginning this work.

Title	Resources-Toolkits	Contact Information	Abstract/Description	Link	Target Audience
Around the Table: Nourishing Families	Contains an Instructor guide, lesson plans and handouts	Leah's Pantry, info@leahspantry.org , 415-710-2729	Around the Table: Nourishing Families is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy conversation, reflection, cooking, sharing a meal together, and learning holistic skills to care for their family's nutritional well-being. This is a six-week curriculum designed for groups of 10-14 adults raising children. It can be conducted in community spaces with or without a kitchen	https://www.leahspantry.org/product/around-the-table-instructor-guide/	Lessons are adult focused, but youth could participate in the lesson activities with adults.
Cooking Matters for Teens	Contains lessons, handouts and recipes	Phone: 612-624-1222 Email: mnext@umn.edu	Curriculum teaches teens in 6th grade and above how to make healthy food choices and prepare healthy meals and snacks for themselves and families and friends. Hands-on instruction.	https://extension.umn.edu/snap-ed-educational-offerings/cooking-matters-teens	Lessons focus on teens, grade 6 th and above. Adults could participate in lesson activities with youth.
Fresh From The Garden	Contains curriculum and handouts	Tammy McMurdo CalFresh Healthy Living, UC tjmcmurdo@ucdavis.edu	Fresh from the Garden, targets home gardeners and their families with limited resources living in Los Angeles County. Classes, available in English and Spanish, are free and can be presented as a "single" or in a "seasonal" series. The presentations or lessons are designed to increase gardeners' knowledge of healthful eating habits, while emphasizing the health benefits associated with a vegetable-rich diet.	https://uccalfresh.ucdavis.edu/curriculum/adult/freshgarden	Lessons are adult focused but youth could participate in garden activities

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Healthy, Happy Families	Contains instructor guide and participant workbooks	Lenna Ontai University of California, Davis lontai@ucdavis.edu	Healthy, Happy Families is a curriculum focusing on child feeding practices for parents or caretakers of young children. The curriculum is composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.	https://ucanr.edu/sites/hhf/	Lessons are written for adults but focus on child feeding strategies. Children could participate in lesson activities with parent or caretaker
MyPlate for My Family	Contains discussion session lesson plans and handouts.	snap-edconnection@fns.usda.gov	MyPlate for My Family: SNAP Nutrition Education is a MyPlate resource that supports SNAP-Ed nutrition education and obesity prevention efforts, and is based on recommendations from the Dietary Guidelines for Americans. It is targeted to parents and caregivers who are SNAP participants or eligible for SNAP, and play a key role in planning, purchasing and preparing food for their families.	https://snaped.fns.usda.gov/nutrition-education/fns-curricula/myplate-my-family	Lessons are adult focused. Youth could participate in the educational activities.
Nutrition 5 Class Series	Contains lessons and handouts	mibanez@ochca.com	Contractor developed. 5 lessons, 30-60 minutes each. Intended use: <ul style="list-style-type: none"> • 5 lessons given in series on 5 separate days • 5 lessons given in a series on 3 separate days (Lesson 1, 2/3 combined, 4/5 combined) • 3 lessons given in series by Peer Educators on 3 separate days (Lesson 1, 4 and 5) 	To request copies, contact the Orange County Health Care Agency – mibanez@ochca.com	Lessons are drafted for adults but focus on the family.