

CalFresh Healthy Living, UC Approved Curricula List

After School

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
4-H Cooking 101 (Cooking Academy) (grades 4-6)	Shop 4-H	Curriculum teaches healthy eating through cooking in an after-school setting. Lessons should be taught as a series and used in after school programs and with 4-H and Teens as Teachers programs. Available at 4-H.org	N/A	English	No	Practice Tested	Teacher Tasting Tool
Choice, Control and Change (grades 9-12)	Teachers College Columbia University	An inquiry-based science and nutrition program where students learn to use science to make food and activity decisions. Curriculum can be used during and after school. Available at Columbia.edu	Science Standards	English	No	Research Tested	Middle/High School Eating and Activity Tool for Students; Youth Intent to Change; What Did You Learn?
Choose Health: Food, Fun and Fitness Curriculum (grades 4-6)	Cornell	Hands on, interactive lessons for 8-12 year olds using food and games to learn about healthy eating and active living. Curriculum can be used after school and with 4-H programs. Available at Cornell.edu	National Health Education Standards	English	Yes – Virtual Delivery available, but not CFHL, UC Approved at this time	Practice Tested	Contact the State Office Evaluation Team
Coordinated Approach to Child Health (CATCH) Activity boxes (ECE), (K-2), (3-5), (6-8)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community and Whole Child model where health education, school environment and family/communities work together to support a healthy lifestyle in youth. Activity boxes can be used in school and after school programs. Available at CATCH.org	N/A	English	Yes – Located on Google Drive	Research Tested	Physical Activity Teacher Observation Tool
Coordinated Approach to Child Health (CATCH) Kids Club (K-5 Afterschool)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community and Whole Child model where health education, school environment and family/communities work together to support a healthy lifestyle in youth. Kids Club curriculum can be used in school and after school programs. Available at CATCH.org	N/A	English	No	Research Tested	Physical Activity Teacher Observation Tool

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Food Smarts for Kids (Middle and High School)	Leah's Pantry	Food Smarts teaches healthy nutrition and cooking skills for kids to develop the skills and acquire the information to 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. Available at LeahsPantry.org	N/A	English	No, but permission is granted for remote delivery	Practice Tested	Check with State Office Evaluation Team
Healthalicious (grades 4-6)	UC ANR	This curriculum promotes a healthy lifestyle in students by encouraging intake of nutrient rich foods and physical activity. This curriculum is designed to give students a fun introduction to preparing and eating healthy meals. This family centered curriculum can be used after school for grades 4-6, with programs such as 4-H. Available at ANR Catalog	N/A	English	No	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
Healthy Choices Out of School Curriculum (grades 4-5)	Tufts University	This curriculum encourages physical activity and healthy eating habits in 4th and 5th graders (modifications can be made for older kids). The lessons encourage fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase active time to help kids reach the 60 minutes-a-day recommendation. Available at: Contact State Office	N/A	English	No	Practice Tested	Contact the State Office Evaluation Team
TWIGs: Teams for Intergenerational Support (grades K-8)	UCANR	This curriculum connects gardening with nutrition for children in K-8 th grade in an effort to positively influence participants' food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs. Lessons can be taught as a series or as onetime workshops. Available at CalFresh Healthy Living, UC Website	Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
Youth Participatory Action Research (YPAR) - Stepping Stones (Middle and High School)	PHI	This curriculum provides youth with the opportunity to engage their leadership, critical thinking, problem-solving, service learning, and strategic-thinking skills to address issues that affect their communities, ultimately resulting in community change. Available at CDPH.gov	N/A	English	No	Practice Tested	YPAR Student Survey (Retrospective); YPAR Project Assessment (optional)

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WAVE: Sports Nutrition Curriculum	Oregon State Extension	The WAVE Sport Nutrition Curriculum uses youth's interest in sports to teach them about healthy eating and hydration to fuel a healthy, active body for life. This knowledge helps athletes manage body weight and avoid unwanted weight gain in adulthood. The curriculum was pilot-tested with high school soccer players, but the content is applicable to all active adolescents and can be adapted for youth involved in many different sports and activities. The curriculum contains seven modules with powerpoint slides and instructor notes. Free download from website. Available at: https://catalog.extension.oregonstate.edu/em9218	Yes	English	Yes	Practice Tested	Contact State Office

Family-Centered

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Eat and Play Together! (grades 1-3 and caregiver)	UC ANR	A nutrition and physical activity curriculum for 6-8 year old children and their parents. Families learn how healthy snacks and fun physical activity contribute to health. The curriculum is designed for child-adult pairs to learn about nutrition and fitness while having fun together. Curriculum can be used after school and with 4-H programs. Available at CalFresh Healthy Living, UC Website	N/A	English/ Spanish	Yes – Located on Google Drive	Practice Tested	Teacher Tasting Tool; Teacher Observation Tool; Adult Physical Activity Survey; Intent to Change
Healthalicious (grades 4-6 and caregiver)	UC ANR	This curriculum promotes a healthy lifestyle in students by encouraging intake of nutrient rich foods and physical activity. This curriculum is designed to give students a fun introduction to preparing and eating healthy meals. This family centered curriculum can be used after school for grades 4-6, with programs such as 4-H. Available at ANR Catalog	N/A	English	No	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool

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<p>TWIGs: Teams for Intergenerational Support (grades K-8)</p>	<p>UCANR</p>	<p>This curriculum connects gardening with nutrition for children in K-8th grade in an effort to positively influence participants’ food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs. Lessons can be taught as a series or as onetime workshops. Available at CalFresh Healthy Living, UC Website</p>	<p>Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6</p>	<p>English</p>	<p>Yes – Located on Google Drive</p>	<p>Practice Tested</p>	<p>Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool</p>
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Pilot List

The following curricula are currently being piloted to determine if they are appropriate for Use with the CalFresh Healthy Living, UC Programs. If you are interested in using this curriculum, please contact Tammy McMurdo (tjmcmurdo@ucdavis.edu) in the CFHL-UC State Office.

Adult Program Curriculum - Pilot

Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Around the Table for Youth and Young Adults	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to access curriculum</p>	English	Yes - See curriculum description	Practice Tested	Contact the State Office Evaluation Team
Around the Table: Nourishing Families	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to obtain access to curriculum.</p>	English, Spanish	Yes - See curriculum description	Emerging	Contact the State Office Evaluation Team

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org

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Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Families Eating Smart, Moving More	North Carolina State University	Families Eating Smart, Moving More (FESMM) is a direct education intervention designed to improve dietary intake, increase daily physical activity, and improve home food safety practices, food resource management, and food security. Available at: Contact the State Office	English	Yes	Practice Tested	Contact the State Office Evaluation Team
Healthy Eating, Active Living (HEAL) Toolkit for Community Educators	NEOPB	NEOPB adaptation of Fruit, Vegetable and Physical Activity Toolbox for Community Educators with shortened lessons. Toolkit contains 7 lessons and handouts. Lessons must be provided in a series (Section 1-7). Section 8 is optional. Section 4 - Choose Healthy Beverages can be used as a single session. Available at: Contact State Office	English, Spanish Chinese, Vietnamese and Hmong Other: Simplified Chinese; Japanese; Tagalog; Korean	No	Practice Tested	Contact the State Office Evaluation Team
Choose Healthy Beverages (Heal Toolkit)	NEOPB	HEAL Toolkit, Section 4 60-minute single lesson for adults. Includes MyPlate, label reading, link with chronic disease, types of sugary drinks, calculation of sugar and drinks low in sugar. Available at: Contact State Office	English	No	Practice Tested	Contact the State Office Evaluation Team
Learn it, Grow it, Taste it	UC ANR	Curriculum developed to address the unique needs of individuals enrolled in special education and special day classes. The curriculum will focus on nutrition, gardening, physical activity, eating behaviors and mental wellness. There will be approximately twelve lessons within the curriculum. Curriculum can be used in schools and ECE settings. Available at: Contact State Office	English	No	Practice Tested	Contact the State Office Evaluation Team

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Youth Program Curriculum - Pilot

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Around the Table for Youth and Young Adults (High School)	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to access curriculum</p>	Not addressed	English	Yes - See curriculum description	Practice Tested	Contact the State Office Evaluation Team
Nourish – Food + Community (Middle and High School)	WorldLink	<p>Program for middle and high school about food systems and sustainability. 7 lessons, 12 class periods. The lessons can be used as standalone or together. Includes curriculum guide and DVDs. Must include disclaimer: USDA does not promote organic over conventional produce, or fresh over frozen/ canned produce. Follow usual SNAP-Ed guidelines, e.g. non-disparagement of food products. Wake Up video: include discussion of other SSBs, not just sodas. School Lunch video: include discussion of changes made to school lunch regulations since video was made. May be taught as single or series-based sessions.</p> <p>Available at: Contact State Office</p>	N/A – National Health Education and NGSS (Unverified)	English and Spanish	No	Practice Tested	Contact the State Office Evaluation Team
Learn it, Grow it, Taste it (Elementary, Middle, High School)	UC ANR	<p>Curriculum developed to address the unique needs of individuals enrolled in special education and special day classes. The curriculum will focus on nutrition, gardening, physical activity, eating behaviors and mental wellness. There will be approximately twelve lessons within the curriculum. Curriculum can be used in schools and ECE settings.</p> <p>Available at: Contact State Office</p>	Not yet addressed	English	No	Practice Tested	Contact the State Office Evaluation Team

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Stanford Youth Diabetes Coaching Program (High school)	Stanford University School of Medicine	This curriculum facilitates partnerships between medical training programs and high schools serving youth from socioeconomically disadvantaged and underrepresented communities. A “train the trainer” model is used with medical residents (and other health professional trainees) train high school students to coach family members with diabetes or other chronic illnesses. Lessons incorporate evidence-based approaches to chronic disease management, highlighting healthy eating and physical activity behaviors. Available at: Contact the state office	No – after school program	English	yes	Research Tested	Contact the state office
Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition (High School)	Center for Nutrition in Schools	<i>Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition</i> was designed with the intention of improving food literacy of high school-aged adolescents, typically aged 13–18 years. Food literacy is comprised of overlapping knowledge and skills that are required to maintain a healthy eating pattern. This includes understanding where food comes from and being able to prepare meals that meet nutrition recommendations. Food literacy has been conceptualized for Teens CAN into three overarching topic areas: agriculture, nutrition, and cooking. Concepts within these topic areas include the food supply chain, food environments, nutrition recommendations, meal planning, food safety, and cooking techniques. The lessons are geared toward adolescents and are taught in an engaging way. Free download from website. Available at: https://cns.ucdavis.edu/resources/classroom/teens-can-curriculum	No	English	Yes, not yet posted	Practice tested	Contact state office
Teen Cuisine (High School)	Virginia Tech	Teen Cuisine is a cooking curriculum designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change. Available at: https://viriniatech.qualtrics.com/jfe/form/SV_ai46XPqCF7ZUYOV	N/A	English	Yes	Practice Tested	Contact state office