

SNAP-Ed Toolkit Intergenerational Programs and Interventions

These interventions and toolkits are included in the SNAP-Ed Toolkit. Consult your State Level Implementing Agency before using these resources or implementing these interventions.

EATING/COOKING

Title	Resources- Toolkits	Contact Information	Abstract	Link
Eat Smart in Parks	Resource: - Eat Smart in Parks guide	Cindy DeBlauw, University of Missouri Extension Phone: (573) 882-2399 Email: deblauwc@missouri.edu	Eat Smart in Parks (ESIP) is a PSE change and social marketing intervention designed to promote healthier eating in Missouri's state and local parks. The effort includes the development of a model ESIP policy that guides parks in serving healthier options, training for state and local parks to assist them with using the guidelines, and materials to promote healthier items.	https://snapedtoolkit.org/interventions/programs/eat-smart-in-parks-esip/
EZ Does It	Resource: - Cooking videos	rschwell@ksu.edu	Kansas SNAP-Ed produced short, colorful recipe videos showing dishes being prepared in a compressed time frame based largely on recipes adapted from the USDA Mixing Bowl website. These recipes are budget friendly and healthful, often requiring only basic cooking skills. We had several objectives in mind when producing these recipe videos: <ol style="list-style-type: none">1. To inspire people to cook by showing how quick and easy cooking with real ingredients can be, giving them an alternative to eating fast food or eating processed foods.2. To get people to try more healthful dishes. They will be exposed to many recipes on social media that aren't healthful, we can show them alternatives.3. To show people that cooking at home is more budget friendly than fast food or processed foods.4. To give people ideas for using some of the more common commodities foods.5. To increase our presence and reach on social media.	https://vimeo.com/showcase/4192370

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Food Hero	Resources including: - Recipes - Tips Sheets	Lauren Tobey, MS, RD Family & Community Health Oregon State University Phone: (541) 737- 1014 Email: Lauren.Tobey@oregonstate.edu	Food Hero is a multi-channel social marketing campaign designed to change family and community behaviors. Food Hero includes an extensive evaluation process. The program is designed to increase fruit and vegetable consumption among low-income Oregonians, and components of the campaign have been used widely in other states and countries.	https://snaped.fns.usda.gov/library/materials/food-hero-social-marketing-campaign
FRIDGE	Resources including: - Handouts - Visual aids <i>Curriculum is not approved for use with the CFHL program. Resources may be used.</i>	Penn State Extension, Department of Agricultural Economics, Sociology, and Education Email: msk15@psu.edu	The FRIDGE (Food Related Intergenerational Discussion Group Experiences) program aims to help family members of different generations enhance their communication about food, learn more about food and nutrition, and improve family eating habits through teamwork. Handouts and visual aids accompany the resource.	https://aese.psu.edu/extension/intergenerational/program-areas/nutrition-health/fridge

PHYSICAL ACTIVITY

Title	Resources- Toolkits	Contact Information	Abstract	Link
Healthy Choices for Every Body Adult Nutrition Education Curriculum	Resources including: - Handouts - Recipes <i>Curriculum is not approved for use with the CFHL program. Resources may be used.</i>	Brooke Jenkins-Howard Extension Specialist University of Kentucky Phone: 859-257-2948 Email: bjenkins@uky.edu	The Healthy Choices for Every Body (HCEB) is a direct education intervention designed to improve diet quality, physical activity, and food safety practices, as well as enhance food security and food resource management skills. HCEB incorporates lessons and activities that recognize participants' experiences, skills, and knowledge; explains why, what, and how the nutrition education concepts presented relate to real-life situations; and includes active learning activities, hands-on practice, and demonstrations to help participants understand and apply content.	https://snapedtoolkit.org/interventions/programs/healthy-choices-for-every-body-adult-nutrition-education-curriculum/
Healthy Eating Active Living – Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS™)	Resource - CBPR in-person training guide	Deborah H. John PI/PD GROW Healthy Kids and Communities Phone: (541) 737-1405 Email: deborah.john@oregonstate.edu	Healthy Eating Active Living Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS™) is an engaged discovery program to help community stakeholders identify target audiences' experience of place-based resources and intervene with PSE strategies to increase easy access to healthy eating and physical activity supports. HEAL MAPPS™ engages people in community-based participatory research (CBPR) to accomplish two objectives: (1) document attributes of the community/neighborhood environment that are experienced by residents to support or hinder obesity-preventing behavioral patterns, and (2) assess local resources and readiness to implement community-level policy, systems, and environmental strategies to prevent unhealthy weight gain/overweight and obesity among targeted youth and adult populations.	https://snapedtoolkit.org/interventions/programs/health-mapps/

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Power Up in 10, Strength Training for Families	Resource - booklet of exercises	California Department of Public Health, Nutrition Education Obesity Prevention Branch Email: cdph_neopb_materials@cdph.ca.gov	Power up in 10 is a great start to getting your daily physical activity. This booklet has (10) basic movements to increase strength and flexibility without equipment. Includes nutrition tips on every page. Available in English & Spanish.	https://snapped.fns.usda.gov/library/materials/power-10-strength-training-families-0
Shape of Yoga	Resource – - booklet of yoga poses	California Department of Public Health, Nutrition Education Obesity Prevention Branch Email: cdph_neopb_materials@cdph.ca.gov	Shape of Yoga is a booklet of ten basic yoga poses that encourages families to exercise together with yoga, building strength and flexibility. Available in English and Spanish!	https://snapped.fns.usda.gov/library/materials/shape-yoga-0

RESEARCH ARTICLES

Title	Contact Information	Abstract	Link
Development of iGrow	<p>Jade A, White</p> <p>Email: ude.iru.ym@etihw_edaj</p>	<p>This manuscript describes the development of a “learn by actively participating” curriculum for youth and their adult caregivers (dyad pair) to increase gardening skills, culinary competence, and family meal time. The curriculum was developed by integrating “iCook 4-H” and Junior Masters Gardener “Health and Nutrition from the Garden”, and “Essential Elements of 4-H Youth Development” curriculums with additional resources for gardening activities from the USDA’s My Plate and garden-based recipes. A 10-week curriculum was developed and named: iGrow. The curriculum is a hands on, active learning program delivered through five, two-hour sessions using a family dyad model. Three main focus areas included gardening, culinary skills, and family conversation/interaction that all focused on togetherness.</p>	<p>https://www.ncbi.nlm.nih.gov/pubmed/29970838</p>
Exploring the Role of Grandparents in the Feeding of Grandchildren Aged 1–5 Years	<p>Rogers, Emily, et al. “Exploring the Role of Grandparents in the Feeding of Grandchildren Aged 1–5 Years.” <i>Journal of Nutrition Education and Behavior</i>, March 2019, doi: 10.1016/j.jneb.2018.08.016</p>	<p>Early childhood is a crucial time for the development of eating behaviors and food preferences. With increased labor force participation by Australian mothers of young children, grandparents are acting as the main informal carers of grandchildren. Therefore, grandparents have the capacity to influence the feeding of young children and thus their eating behaviors. Grandparents’ social role in the complex psychosocial space of child feeding warrants serious recognition and deeper understanding to engage them fully as stakeholders in children’s nutritional health.</p>	<p>https://www.jneb.org/article/S1499-4046(18)30780-2/fulltext</p>