



THE OHIO STATE UNIVERSITY

Ohio SNAP-ED Nutrition Education Program

Dear Ms. Cindy Voss,

Students cannot learn if they are not healthy. Children suffering from poor nutrition during the brain's formative years score much lower on tests, tend to have low energy and have difficulty concentrating. Also according to AFHK, increased physical activity leads to more focused classroom behaviors and improved test scores, higher levels of self esteem and lower levels of anxiety and stress. OSU Extension shares your vision for **students with better attention, attendance, and math and spelling scores** and is offering a new unique opportunity. Our SNAP Ed program assistant is available to come to your classes. We teach nutrition, bring food to prepare or sample, and have active and engaging programs for your students in series of lessons. Next fall we would like to partner with you. We are focusing on grades K-5. If classroom time is not available, maybe during lunch, school garden time, or afterschool programs. Let us know if we can help you.

The SNAP-Ed program is a free nutrition education program serving low-income audiences in Ohio. Schools must be at least 50% free or reduced lunch participants. We want to influence families and children to make healthy food choices for life! Our lessons are created using a behavior-change model that encourages healthy-eating behaviors and attitudes in your students with Ohio's new learning standards and wellness mandates. Students can practice lifelong health skills like decision making, analyzing influences and setting goals. Developed with teachers in mind, our nutrition lessons have been created to be fun, easy and impactful. Each program is evaluated for results so you can feel confident your valuable class time is used effectively.

Our curriculum integrates core subjects like math, language arts and science. Nutrition education lessons meet Centers for Disease Control HECAT identified outcomes. Every classroom lesson includes a **Move and Learn** activity to enhance learning and add more movement in the day. Kids learn skills to build healthy habits for **better health and academic success**! Healthy breakfast, snack, beverage, portion size, fruit and veggie, active play, energy balance, and food skills lessons are hands-on. Ohio SNAP Ed aims to empower children and families to reach their full potential by having the energy and good health needed to accomplish their life goals. We help parents and the community become more knowledgeable about nutrition and enable children to make healthy choices every day. Our programs can easily integrate into your units on Math, Social Science, Health, Language Arts and Physical Education.

I look forward to hearing from you soon to make plans for next fall to meet your needs.

Ohio SNAP-Ed Program Specialist

Liz Smith, MS, RD, LD

OSU Extension

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Wooster, Ohio 44691

EMPOWERMENT THROUGH EDUCATION





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**Memorandum of Understanding
Between
Ohio State University Extension Family and Consumer Sciences
and
Galion Primary School**

Ohio State University Extension, Family and Consumer Sciences' Nutrition Education component of the Supplemental Nutrition Assistance Program (OSUE SNAP-Ed) in Crawford County located at 112 East Mansfield Street, Bucyrus, Ohio wishes to enter into an agreement Galion Primary School located at 470 Portland Way Galion, Ohio for the purpose of delivering nutrition education and obesity prevention programs to children, youth, and families participating in or eligible for the Supplemental Nutrition Assistance Program (SNAP). **These services are for the benefit of SNAP participants and are provided to children, youth, and families with incomes less than 130% of the poverty level.**

OSUE SNAP-Ed provides nutrition education and obesity prevention programs that improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose active lifestyles consistent with the 2010 Dietary Guidelines for Americans and United States Department of Agriculture (USDA) MyPlate.

Galion Primary School provides education services to low-income children and their families and would like to enhance the nutrition education and obesity prevention services provided.

1. This MOU shall be in effect from October 2013 to September 2014
2. OSUE SNAP-Ed and Galion Primary School will work together to provide the following nutrition education and obesity prevention activities:
 - Direct Education:
 - A series of nutrition education lessons
 - Family nutrition nights
 - Indirect Education:
 - Newsletters to parents
3. OSUE SNAP-Ed will:
 - Meet as needed with Galion Primary School to coordinate program activities
 - Provide parent's newsletters and other appropriate resources
 - Provide nutrition education staff and materials to conduct the above-mentioned activities.
 - Provide a structure and instruments for monthly reporting of OSUE SNAP-Ed program activities and evaluation and for summarizing the OSUE SNAP-Ed activities and evaluation.
4. Galion Primary School will:
 - Meet as needed with OSUE SNAP-Ed to coordinate program activities

- Provide staff to assist with planning, administration, and support of program activities.
 - Recruit participants and coordinate family activities.
- Provide appropriate materials, supplies, and printing.

5. Other Terms

- This agreement does not provide for the reimbursement of expenses by either party.
- This agreement is dependent on OSUE SNAP-Ed and Galion Primary School receiving the planned funding for these activities.
- This agreement can be amended or terminated if planned funding is not received.
- This agreement can be amended or terminated by either party without cause in writing.

Each party indicates agreement with this MOU by their signature.

Agency

Agency Contact Signature

Date

Cindy Voss

Principal

470 Portland Way Galion, Ohio

OSUE SNAP-Ed

Program Assistant Signature

Date

Name

Title

FCS Educator/County Director Signature

Date

Liz Smith

NE Region SNAP-ED Program Specialist

Pat Bebo, MS, RDN

Date

OSUE Leader, Community Nutrition Program

SNAP-ED Youth Program provides the following:

All classes are taught using the **Balance My Day** Curriculum from the Healthy Kids Challenge

There are Three Topical Series from which to choose. Three individual lessons should be taught within each series.

Each lesson aligns to HECAT standards and includes time for discussion, and activities such as writing, sorting by category, creating graphs, and goal setting.

Also included will be movement and learning activities that are suitable for any classroom setting.

Series One: Breakfast GO Power

Lesson Topics include:

- Safe Food Starts With Me
- Breakfast Power x 3
- MyPlate, My Planning Tool
- Fruits & Veggies, the "Go To" Foods
- Think Breakfast Drinks
- Smart Servings
- Active Play
- Breakfast Challenge
- Influencers in Your Diet
- Breakfast Challenge Results

Series Two: Meal Appeal

- Eat Food Safe
- What Healthy Choices Mean to Me
- What Shapes My Choices
- Smart Servings: Balance Your Choices
- Amazing Fruits & Veggies
- Label Look to Drink Think
- Active Play in Every Day
- Fast Food In Balance
- Healthy Choices in Action
- My Choices to Enjoy Balance

Series Three Snack Attack

- Need for Balance
- Snack Snapshots
- Baseball and Other Servings
- Drink Think: Water
- Active Play Challenge
- Fruits & Veggies, Crunch and Munch
- All About You
- Snack Attack
- Leader for Healthy Balance
- A Balanced Day