



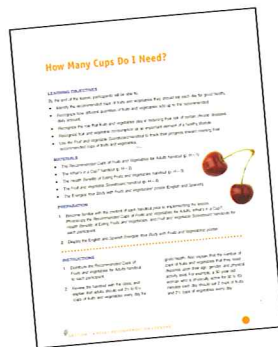
Welcome to the *Fruit, Vegetable, and Physical Activity Toolbox for Community Educators (Toolbox)*! The *Toolbox* was created so that you and other community educators can easily teach food stamp eligible adults about eating the recommended amount of fruits and vegetables and enjoying physical activity every day. Each item in the *Toolbox* was tested with the food stamp eligible community to make sure it meets their learning needs. There are two key lessons that focus on the recommended daily amount of fruits and vegetables and recommended minutes of physical activity for adults. These lessons are followed by seven easy-to-implement nutrition lessons, a community empowerment lesson, six fun physical activity lessons, reproducible educational handouts, an evaluation tool, and additional resources.

TOOLBOX COMPONENTS

The English- and Spanish-language *Toolbox* contains seven components outlined below:

1. Fruit, Vegetable, and Physical Activity Lessons (SECTIONS 1 THROUGH 4)

The nutrition, community empowerment, and physical activity lessons are designed to increase awareness and knowledge of fruit and vegetable and physical activity recommendations; build self-confidence and skills so that fruit and vegetable consumption and physical activity are easy to do; strengthen social support for these behaviors from family, friends, and neighbors; and empower adults to advocate for environmental changes that make fruits and vegetables and physical activity opportunities more available in their community.



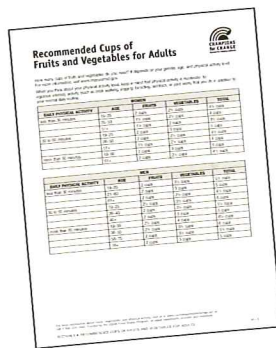
Each lesson contains learning objectives, a list of materials, step-by-step instructions, and expansion ideas. The lessons can be easily modified to meet the needs of your participants, while the expansion ideas provide suggestions on how to extend the primary lessons. Each lesson can also be photocopied for your participants so that they can conduct the activities at home or in small group settings.

Lessons that are easy and fun for parents and their children to do together are marked with the icon to the right. Encourage parents to involve their children in learning about making healthy food choices and being physically active. Offering lessons where parents and children learn together empowers all family members to take charge of their health and builds strong, healthy families.



2. Educational Handouts (SECTION 5)

The educational handouts support the lessons and remind participants what they have learned during their educational experience. Handouts provide practical information, recipes, and physical activity suggestions that encourage behavior change.



The *Quiz* can be administered before and after you conduct a lesson to measure improvements in your participants' knowledge. You may want to add new questions to the *Quiz* or create your own evaluation tool. Using evaluation tools to evaluate participant skill development and understanding of the advocacy process can help you to measure the success of your efforts.

3. Evaluation Tool (SECTION 6)

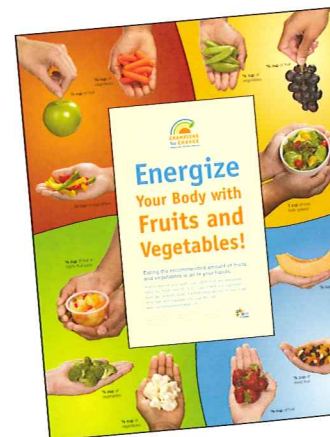
The *Quick Nutrition and Physical Activity Quiz (Quiz)* measures your participants' knowledge of fruit and vegetable and physical activity recommendations and their related health benefits.



4. Resources

Energize Your Body with Fruits and Vegetables! is an English- and Spanish-language poster included in the *Toolbox*. The colorful poster can be used as a visual aid for several nutrition lessons.

Dr. Richter's *Fresh Produce Guide* contains useful information on fruit and vegetable selection, storage,



and seasonal availability. The *Fresh Produce Guide* supports several nutrition lessons and enhances your knowledge of fruits and vegetables.

5. Educational Videos on DVD

***A Day in the Life* (English, 10-minutes)**

This video depicts the real-life story of Jeannette and her family and the positive changes they've made in their eating and physical activity habits.

***Love is Conquered by Food* (Spanish, 20-minutes)**

This video uses a telenovela-style comedy to illustrate the importance of eating a diet that is rich in fruits and vegetables and doing physical activity every day.

The DVD also includes extras such as media outreach television commercials, radio public service announcements, and other relevant outreach materials.



6. Fruit, Vegetable, and Physical Activity Playing Cards

There are five decks of English- and Spanish-language playing cards that are used to support several lessons.



7. Shake it Up! Tool Kit Version Music CD

The CD is to be played during the physical activity lessons, which require your participants to dance, walk, play, or just move their bodies. It can also be played during breaks and between lessons. The CD has multiple tracks including fun fruit and vegetable songs and guided physical activity steps. You'll find contemporary, gospel, African dance, instrumentals, and one Spanish-language track to use to get participants moving.



PUTTING THE TOOLBOX INTO PRACTICE

The *Toolbox* can be used with small or large classes. You can choose to use the lessons and handouts to teach a series of classes on nutrition and physical activity or may choose to select one or two of the activities for a one-time class, such as a parenting meeting. For the best results, follow the recommendations below:

- Start your class by playing the appropriate educational video. If you are working with English-speaking adults, choose *A Day in the Life*. If you are working with Spanish-speaking adults, choose *Love is Conquered by Food*.
- Following the video, conduct a nutrition or physical activity lesson from the *Toolbox*. Try to conduct at least one lesson per week with the same group of participants during a two-month period. The lessons on *How Many Cups Do I Need?* and *How Many Minutes Should I Get?* are important lessons to offer so participants are not left wondering "how much is enough?" for good health.

- Be sure to conduct the *Advocate for Fruits, Vegetables, and Physical Activity in Your Community* lesson to empower your participants to make changes in their communities that support fruit and vegetable consumption and physical activity.
- Use the *Quick Nutrition and Physical Activity Quiz* or an evaluation tool of your choice to measure how your participants progress through their learning experience.



NEED HELP?

- To ask questions or request additional information on the *Fruit, Vegetable, and Physical Activity Toolbox for Community Educators*,
- Provide a testimonial on your experience implementing *Fruit, Vegetable, and Physical Activity Toolbox for Community Educators*,
- Or to request more information on other *Network for a Healthy California* educational tools,

Contact your local *Network for a Healthy California* or visit www.networkforahealthycalifornia.net.

- To order additional *Toolbox* materials visit the *Network's* online ordering catalog at www.championsforchangematerials.net.

San Bernardino County Department of Public Health
San Diego State University
Sequoia Community Health Center
Special Supplemental Nutrition Program for Women, Infants, and Children
Sports, Play & Active Recreation for Kids (SPARK)
Temple Community Outreach Center
University of California Cooperative Extension
West Fresno Health Coalition, Inc.
West Oakland Health Council

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Elliot Benson, Inc.
Field Research, Inc.
Friendly Church of God in Christ
Gangsters for Christ
Girls Club of Los Angeles
Greater St. Stephens Church
Health Education Council, Inc.

Educational Videos

A Day in the Life

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Network for a Healthy California—African American Campaign **PARTNER AGREEMENT**

NETWORK FOR A HEALTHY CALIFORNIA—AFRICAN AMERICAN CAMPAIGN:

The *Network—African American Campaign* is funded by the United States Department of Agriculture (USDA), and is designed to encourage the improvement of health by empowering low-income African Americans through education, advocacy and policy development. The *Network* promotes the benefits of healthy eating and physical activity by establishing *Network* Partnerships and promotes the *Networks* message at community health fairs, farmers' markets, nutrition classes, supermarkets, and through media outlets. In addition, the *Network Campaign* conducts interventions at large community festivals and neighborhood grocery stores, and develops culturally appropriate materials for use in reaching the African American population.

FRUIT VEGETABLE & PHYSICAL ACTIVITY TOOLBOX PARTNER:

As *Toolbox* Partner of the Cancer Prevention and Nutrition Section of the California Department of Health Services, the *Network for a Healthy California—African American Campaign* Toolbox Partner is a membership of concerned community based organizations, direct health service providers, faith-based associations, local incentive awardees, community leaders, educators, ministers, registered dietitians, nurses, doctors, and advocates. *Toolbox Partners* address poor dietary habits that are associated with high rates of chronic disease among underserved, low-income populations; specifically, African Americans and Latinos, and actively teach *Toolbox* lessons and provide *Network* resources to stated populations as well as spread the *Nutrition Network* message.

ROLES AND RESPONSIBILITIES OF TOOLBOX PARTNERS:

- Complete a *Network* Toolbox Training
- Complete a *Network* Toolbox Registration Form.
- Sign a Non-Binding Partnership Agreement.
- Teach, at minimum, 7 toolbox lessons to target populations each quarter.
- Submit reporting documents (toolbox participant sign-in sheets and tracking forms) for *Network* Toolbox Lessons taught to *Network* regional coordinator prior to the end of each fiscal quarter.

I understand the purpose and mission of the *Network for a Healthy California—African American Campaign*. As a *Toolbox* partner, I pledge to support the *Network* by adhering to stated roles and responsibilities listed above. As a *Toolbox* partner, I will strive to deliver health education and advocacy empowerment among underserved, low-income populations and contribute to teaching fruit, vegetables and physical activity lessons through use of the *Networks* Community Educators *Toolbox* in a concerted effort to build a healthy community.

Signature

Date

For CalFresh information, call 877-847-3663. Funded by the USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. California Department of Public Health.

CONTACT INFORMATION:

Organization/Agency:

Representative's name:
Last First MI

Title:

Mailing Address:
City County Zip code

Telephone:
() ()
Phone Fax

E-mail Address:

COMMUNITY/PROFESSIONAL ORGANIZATION DESCRIPTION:

RACIAL/ETHNIC COMMUNITY AFFILIATION OR REPRESENTATION:

African American **American Indian** **Caucasian**
Asian/Pacific **Latino** **Other**
Islander American

Fax, or mail your completed Partnership Agreement to:

Cynthia Robinson
Program Administrator
**Health Education Council/
Regional Manager**
Network for a Healthy California
Gold Country Region- African American Campaign

3950 Industrial Blvd. Suite 600
West Sacramento, CA 95691
Phone: 916-556-3344 ext. 131
Fax: 916-361-0633

Email: crobinson@healthedcouncil.org



Network for a Healthy California—African American Campaign Toolbox Participation Report



Thank you for being a Champion for Change for your *Network*! By returning this form, you will help to ensure that the *African American Campaign* continues to receive funding to improve the health of California's African American population.

Trainer's Name: _____

Organization Name: _____

Training Address: _____

City/Zip: _____ County: _____

Phone: _____ Fax: _____

E-mail: _____

Name of Toolbox Lessons Taught (Please check box)		Date	Time	# of Attendees
1. How Many Cups Do I Need?	<input type="checkbox"/>			
2. How Many Minutes Should I Get?	<input type="checkbox"/>			
3. Fruit & Veggie Icebreaker	<input type="checkbox"/>			
4. Healthy Recipe Demonstration & Sampling	<input type="checkbox"/>			
5. Try Your Hand @ Fun Fruit & Veggie Games	<input type="checkbox"/>			
6. Grow Your Own Salsa	<input type="checkbox"/>			
7. Green Grocer	<input type="checkbox"/>			
8. Sharing the Gift of Fruits & Veggies	<input type="checkbox"/>			
9. Healthy Options Away from Home	<input type="checkbox"/>			
10. Advocate for Fruits, Veggies, & Physical Activity (PA) in your Community	<input type="checkbox"/>			
11. Be Active Your Way	<input type="checkbox"/>			
12. Walking on the Path to Better Health	<input type="checkbox"/>			
13. Dance for Fun & Fitness	<input type="checkbox"/>			
14. Jump for More PA	<input type="checkbox"/>			
15. All Aboard the PA Train	<input type="checkbox"/>			
16. PA Relay	<input type="checkbox"/>			
Other activity (<i>specify</i>):	<input type="checkbox"/>			

Did you use any other nutrition education resources?

Harvest of the Month Fit Business Tips Other (*specify*): _____

How has the *African American Campaign* made a difference in your region? (*Additional comments welcome*)

Trainer's signature: _____ Date: _____	<p><i>Please return this Toolbox Participation Report to:</i> Cynthia Robinson-Program Administrator Health Education Council AA Campaign Regional Manager 3950 Industrial Blvd. Ste. 600 West Sacramento, CA 95691 Ph: (916) 556-3344 ext. 131 Fax: (916) 361-0633 E-mail: crobinson@healtheducouncil.org</p>
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