



Community Nutrition Education MyPlate Curriculum

Months	Topic	Objectives	Pantry Focus	Pantry focus	Community Focus	Senior Center Focus	Recipe	Content / Physical Activity
			Staff	Clients	Adults, Families, ADA, Military	Seniors	Samples	30-45 min
January	<b>Identifying Whole Grains.</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries.	1. Educators will identify whole grain products using nutrition labels. 2. Educators will provide whole-grain ideas and recipes with food samples.  This month's nutrition education focuses will be on whole grains. This lesson plan shows how to identify whole grains, shares some benefits, and provides meal solutions. This month's recipe will feature whole grains! Remember to make half of your grains whole!	The educator will educate staff as to what are whole grains and purpose conversation starters.	The educator will make food samples and bring them to the pantry. While clients sample food items, the educator will give nutrition education on the nutrition topic.	The Educator will present nutrition education to seniors and open a dialog about their experience's food. The educator will also give related nutrition edu. handouts to reinforce the information	The Educator will present nutrition education to seniors and open a dialog about their experience's food. The educator will also give related nutrition edu. handouts to reinforce the information.	<b>Microwave Granola/Skillet Granola.</b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and post test to assess the knowledge of the students.
February	<b>Sodium and Heart Health</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries	1. Educators will know the daily guidelines for sodium intake 2. Educators will be able to educate clients on how to find sodium content in foods 3. Educators will be able to educate clients about ways to reduce their sodium intake	The educator will educate staff about sodium and heart health and purpose conversation starters.	The educator will make food samples and bring them to the pantry. While clients sample food items, the educator will give nutrition education on the nutrition topic.	The Educator will present nutrition education to community groups and open a dialog about how to lower sodium via eating patterns.	The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. .	<b><i>Black bean and Corn salad</i></b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre- and post-test to assess the knowledge of the students.

March	<b>Mindful Choices-adopt a Healthy Pattern</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries	1.Educators will identify nutrition choices that improve health.  2.Educators will be able to identify activity choices that improve health.  3.The educator will understand the benefits of nutrition and physical activity.	The educator will educate staff about healthy lifestyle choices and purpose conversation starters.	The Educator will make food samples and give education on healthy choices to improve lifestyle.	The Educator will present nutrition education to community groups and open a dialog about how to promote a healthy lifestyle and make mindful food choices via eating patterns.	The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information	<b>Cowboy Caviar</b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.
April	<b>Plant-Based Proteins</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries	1. Educators will identify plant-based proteins. 2. Educators will learn ways to increase plant protein in the diet.	The educator will educate staff about on plate base protein sources and will give examples on conversation starters.	The Educator will make food samples and give education on Plant-Based Proteins.	The Educator will present nutrition education to community groups and open a dialog about how to use plant based proteins to promote a healthy lifestyle and make mindful food choices via eating patterns.	The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information	<b>Three bean salad</b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. The educator will also give a pre and posttest to assess the knowledge of the students.
May	<b>Lean Animal-Based Proteins</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries	1. Educators will identify varieties of animal-based protein. 2. Educators will identify the benefits of adequate protein. 3. Educators will suggest ways to use commonly donated animal-based protein.	The educator will educate staff about lean base protein sources and will give examples on conversation starters.	The Educator will make food samples and give education on lean-Based Proteins.	The Educator will present nutrition education to community groups and open a dialog about how to use lean protein sources to promote a healthy lifestyle and make mindful food choices via eating patterns.	The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information	<b>Mediterranean Tuna Salad</b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.
June	<b>Low-Fat Dairy</b> The educator will teach this topic for the month at various sites, senior centers, and food pantries	1. Educators will identify sources of low-fat dairy. 2. Educators will understand how boxed milk is shelf stable. 3. Educators will learn ways to use powdered milk.	The educator will educate staff about Low-Fat Dairy sources and the benefits of calcium in the diet Educator will give staff conversation starters.	The Educator will make food samples and give education on Low-Fat Dairy food sources and benefits of having calcium in the diet.	The Educator will present nutrition education to community groups and open a dialog about how to use low fat dairy to promote a healthy lifestyle choice via eating pattern.	The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information	<b>Overnight oatmeal with berries</b>	The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. The educator will also give a pre and posttest to assess the knowledge of the students.

July	<p><b>Boost your vegetables.</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1.Educators will understand ways to increase vegetables in all meals.</p> <p>2. Educators will identify low-cost vegetables and money saving tips.</p> <p>3. Educators will understand the health benefits of vegetables.</p>	<p>The educator will educate staff about ways to increase vegetable intake. Educator will give staff conversation starters</p>	<p>The Educator will make food samples and give education on how to add vegetables to your diet.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about how to boost veggie intake via eating patterns.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Zucchini coleslaw</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. The educator will also give a pre and posttest to assess the knowledge of the students.</p>
August	<p><b>Affordable Fruit Year-Round</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1.Educators will understand the health benefits of fruit.</p> <p>2. Educators will understand which fruits are most affordable in which season.</p>	<p>The educator will educate staff about affordable fruit year-round, and what fruits are in peak season.</p>	<p>The Educator will make food samples and give education on fruit year-round.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about how to buy fruit that is in season and promote a healthy lifestyle choice via eating pattern.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Fruit salad with salad yogurt topping</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.</p>
September	<p><b>Snack Smart</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1. Educators will understand the benefits of snacking</p> <p>2. Educators will understand how to make a nutritionally balanced snack.</p> <p>3Educators will be able to offer suggestions to pantry customers.</p>	<p>The educator will educate staff about snacking smart and ways to incorporate healthy snacks.</p>	<p>The Educator will make food samples and give education on healthy snack options.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about healthy snacking to promote a healthy lifestyle choice via eating pattern.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Cool-as- a cucumber dip</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.</p>
October	<p><b>Whole Grains at Dinner.</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1. Educators will review key points regarding whole grains.</p> <p>2. Educators will understand how to use whole grains at dinner.</p>	<p>The educator will educate staff about adding whole grains at dinner</p>	<p>The Educator will make food samples and give education on whole grains at dinner and how to incorporate them into a healthy diet.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about how to add whole grains into one eating pattern and promote a healthy lifestyle choice via eating pattern.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Stove macaroni and cheese made with whole grain noodles.</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.</p>

November	<p><b>Healthy Eating on a budget.</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1. Educators will identify economical ways to shop at the grocery store.</p> <p>2. Educators will provide tips to patrons to help maximize their available food options.</p>	<p>The educator will educate staff about ways to save money while shopping.</p>	<p>The Educator will make food samples and give education shopping on a budget.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about how to eat healthily on a budget and promote a healthy lifestyle via eating patterns.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Vegetable pasta.</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. Educators will also give a pre and posttest to assess the knowledge of the students.</p>
December	<p><b>Mindful Eating</b></p> <p>The educator will teach this topic for the month at various sites, senior centers, and food pantries</p>	<p>1. Educators will understand what mindful eating is.</p> <p>2. Educators will be able to provide mindful eating tips to patrons.</p>	<p>The educator will educate staff about mindful eating and portion sizes.</p>	<p>The Educator will make food samples and give education mindful eating and portion sizes.</p>	<p>The Educator will present nutrition education to community groups and open a dialog about how to stay mindful during the holiday seasons and promote a healthy lifestyle choice via eating patterns.</p>	<p>The Educator will present nutrition education to seniors and open a dialog about their experiences with food. The educator will also give related nutrition edu. handouts to reinforce the information</p>	<p><b>Date and Banana Bread</b></p>	<p>The educator will teach lessons with interactive activity and provide handouts. After class the educator will provide samples to students and answer questions. The educator will also give a pre and posttest to assess the knowledge of the students.</p>