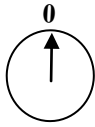


ESNY, Portion Control, & Sugar-Sweetened Beverages: A Food Stamp Staff Workshop

Part 1 - Flowchart for Easy Facilitation 45 minute workshop



Script

Anchor: “Hello, my name is ____ and I am from Cornell University Cooperative Extension...”

Sign attendance & create nametags

“Today we are going to be working in small groups, discovering ways ESNY provides nutrition education through Cornell Cooperative Extension and learning about simple ways to limit fat, sodium, and sugar in our food choices”.

Distribute laminated pictures of the N&H workshops in action to pairs/trios of participants.

You have received photos of actual N&H workshops. With your partner(s), discuss:

What do you see in the picture?

What interests/excites you about the picture?

Let’s hear from a few teams. Who would like to share?

Set up / Props / Cues

Hang “Choose MyPlate” sign

Hang Large MyPyramid poster

Nametags / Markers / Pens
Distribute Attendance sheet

Distribute 4-5 laminated workshop photos from Marketing Folder.



Add #1: ESNY

“The Food Stamp program known as Supplemental Nutrition Assistance Program (SNAP) has a primary mission and purpose to provide access to a healthy, nutritious diet to low-income individuals. To achieve this mission, USDA encourages State SNAP agencies to provide nutrition education for persons who are eligible for SNAP.

Eat Smart New York (ESNY) is New York State’s SNAP nutrition education program coordinated by OTDA and administered by a network of state and local providers. OTDA partners with Cornell Cooperative Extension Offices to deliver Eat Smart New York programming in 53 of the 57 counties, as well as New York City. The program aims to teach SNAP recipients (and others eligible) how to improve their health and well-being through individual or group lessons that focus on dietary quality, food security, resource management, and food safety.

NYC Cornell Cooperative Extension provides free nutrition and health workshop series to food stamp recipients and applicants who make food choices within limited budgets. We reach participants via partnerships with New York City’s many community organizations including emergency food assistance providers and food nutrition learning centers. Interactive, hands-on workshops that meet once a week for 6-8 weeks are focused around key nutritional messages and include a food component and physical activity. Participants completing the workshop series receive a certificate that can be used when seeking employment.”

APPLY #1: ESNY

Distribute a Eat Smart New York fact sheet, and 2 photos of Cornell N&H workshops, and post-its to each group of 4-5 people. Ask groups to discuss:

How does Cornell Cooperative Extension provided nutrition education to food stamp participants?

What benefits do SNAP participants receive from nutrition education?

Distribute a Eat Smart New York fact sheet, pens, and post-its for each group of 4-5 individuals.



20

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Part 2 - Flowchart for Easy Facilitation 45 minute workshop

20

Script

ADD # 2: NYS residents facing low income also show health problems such as obesity and chronic disease. Positive changes in food, nutrition and physical activity practices are important in avoiding the negative consequences of these health conditions. The following activities will provide skills in the areas of controlling how much we eat and decreasing consumption of sweetened beverages.

GUESS THE AMOUNT: Set up Guess the Amount Kit at the table. Distribute the "Guess the Amount" worksheet to each participant.

Choose MyPlate.gov has research-based tools we can use to determine how much and what kind of food we need to eat each day. The MyPyramid poster here shows the average amount we need each day, and is based on a 2,000 calorie diet. You may need more or less calories depending on your age, gender and activity level. We are going to explore the amount of food we typically eat, and compare it to the MyPyramid.

Now I invite you to visit the table and guess the amount of food you think you see from each food group. Record your guesses on the worksheet I provided. You may work with a partner or alone. Let's see how we did! Let's measure the foods to see if we guessed correctly. Who would like to measure the first food?

Allow participants to measure the different foods and discuss the results. Always compare the amount with the MyPyramid recommended amount. Distribute the "MyPyramid Equivalents" handout and review it together.

ASK THE GROUP: What did you discover? Tell me an action you can take to reduce the amount of food you eat at home or when eating out.

SWEETENED BEVERAGES: "Sweetened beverages are a significant source of empty calories in our diet. Excess consumption of sweetened beverages could result in weight gain. We should be drinking beverages with little or no added sugar such as water, low fat milk, seltzer, or 100% juice. Distribute 'pouring on the pounds' ad from DOH.

APPLY Set up the sugar station for use in the activity below.

Sugar Station Instructions: Using the worksheet and the containers provided, ask 2-3 volunteers to come up and determine how much added sugar is in each beverage. Measure the sugar into the cups provided. Ask each volunteer to show how much sugar is in their beverage.

ASK THE GROUP: What surprised you? What will you do to cut down on sugar sweetened beverages?

Food Activity: Today's recipe is MIXED BAG. Invite a volunteer to read recipe and invite staff to taste. Ask Food Activity Questions: How can you this recipe be low cost for SNAP clients? What would you add? How can parents involve children in preparing this recipe?

Physical Activity (MUST DO): Light Stretching or other

AWAY: Ask responses to be written on post-it notes.

What surprised you from the workshop today?
What is one thing you will do to control portion size or sweetened beverage consumption?

Thank you for participating in today's training! Please fill out the evaluation before you leave.

Set up / Props

Set up **Guess the Amount Kit**

"Guess the Amount" table set-up kit

"Guess the Amount" worksheet (make copies)

"MyPyramid Equivalents" handout (make copies)

Recommended Foods for "Guess the Amount" station:

Grains: large bagel, 2 cups of rice/pasta, 2 cups of dry cereal

Fruits: 1 medium orange, 1 medium apple, ¼ cup dried fruit (equivalent to 1 cup),

Vegetables: 2 cups lettuce (equivalent to 1 cup), 1 cup frozen vegetables

Milk: 10oz cp (pretend there's milk inside), 1 ½ oz cheese food model, 8oz yogurt container

Meat: 3 oz chicken, beef or fish food model, 1 tablespoon peanut butter, 1 egg, 1 cup beans (equivalent to 4 oz), Plates and bowls to place food

Set up Sugar Station as shown:

- 1 20-oz soda
- 1 sugar sweetened tea, fruit drink, energy drink, etc
- 100 % juice, low fat milk, water
- 1 tsp measuring spoon
- 4 plastic cups
- plastic knife
- Laminated Sugar Station Instructions
- Gram into Teaspoons Sheet
- Container with sugar

Distribute Pouring on the Pounds Ad

Distribute prepared recipe: **Recipe choice:** Mixed bag

Distribute:

Evaluation sheet, pens

45

ESNY & Sugar-Sweetened Beverages: Staff Workshop Evaluation

Evaluation

Complete information on this sheet after the session. The “Food Stamp Lesson” is part of the Nutrition and Health Session offered by Cornell University Cooperative Extension. We call this type of session: Lessons in a Box. We would like to get your feedback to help us offer the best trainings we can.

There are 5 questions in all. Each questions has five answer choices. Just circle in your response. Your honest feedback is appreciated. If you have a question related to this survey, please ask us. Thank you for your feedback.

1. Eat Smart NY is: _____
 - A. A federal program
 - B. A healthy eating campaign
 - C. New York State’s SNAP Nutrition Education program
 - D. New York State SNAP
 - E. A welfare program

2. As a result of this Lesson in a Box, I am aware of ways I can control how much I eat at home or when eating out:
 - A. Strongly disagree
 - B. Disagree
 - C. Already knew
 - D. Agree
 - E. Strongly Agree

3. After this session, I feel more confident about reading nutrition labels to see how much added sugar is in a beverage:
 - A. Strongly disagree
 - B. Disagree
 - C. Already knew
 - D. Agree
 - E. Strongly Agree

4. As a result of this Lessons in a Box, I will reduce the amount of sweetened beverages (soda, fruit drinks, etc) I drink daily:
 - A. Strongly disagree
 - B. Disagree
 - C. I don’t drink sweetened beverages
 - D. Agree
 - E. Strongly Agree

5. The lesson topic was useful.
 - A. Strongly disagree
 - B. Disagree
 - C. Already knew
 - D. Agree
 - E. Strongly Agree

DATE:
FOOD STAMP SITE:

CE Name:

Recipe Used:
Total number of participants: