



Educator's Handbook

Loving Your **Family** 
Feeding Their Future
Nutrition Education Through The Food Stamp Program

Acknowledgments

Loving Your Family Feeding Their Future, Nutrition Education Through the Food Stamp Program is an initiative of the Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA). The educational and promotional materials are designed for Food Stamp Program participants or eligibles with children ages 2-18 who may possess low literacy skills and who may be Spanish speakers. The project also includes educational materials for persons delivering Food Stamp Nutrition Education (FSNE). However, these materials can be used in other settings with similar target audiences, such as the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Child and Adult Care Food Program (CACFP), and National School Lunch and Breakfast Programs, to help parents and other caregivers follow the *Dietary Guidelines for Americans* with the goal of improving the eating and physical activity behaviors of their families.

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Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program...

This *Educator's Handbook* serves several functions. It:

- Helps nutrition educators implement *Loving Your Family, Feeding Their Future*.
- Provides an overview of the ready-to-use educational tools and available resources.
- Introduces nutrition educators to the theme developed for this initiative and encourages its use in other nutrition education efforts.

is an initiative of the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS). This project provides educational and promotional materials and techniques to help nutrition educators in their work with Food Stamp Program (FSP) participants and eligibles. The client materials are specifically targeted and designed for English- and Spanish-speaking women with children ages 2 through 18. They are written in simple, easy-to-read language appropriate for a fifth-grade reader. Other nutrition assistance programs could use these materials with similar audiences.

This *Educator's Handbook* provides an overview of the *Loving Your Family...* initiative, a discussion on the relationship between *Loving Your Family...*, *MyPyramid*, and the *Dietary Guidelines for Americans (DGAs)*, and information on how to use the materials.

Loving Your Family... Helps Clients

Loving Your Family... is a tool that helps you provide low-literate English and Spanish speakers access to nutrition education that is useful, relevant, and reflects the *Dietary Guidelines for Americans* and *MyPyramid*, USDA's food guidance system. *Loving Your Family...* is user-friendly and focuses on how women and their families can eat better and be more physically active by changing behaviors. In particular, the educational materials and discussion sessions will help clients and their families stretch their food dollars, fix easy and tasty meals, eat healthier, and be physically active.

Focus of *Loving Your Family*

Loving Your Family... supports these behaviors:

- Eat fruits and vegetables, whole grains, and fat-free or low-fat milk and milk products every day.
- Be physically active every day as part of a healthy lifestyle.
- Balance calorie intake with calories expended.

These behaviors are based on some of the recommendations outlined in *MyPyramid* and the *Dietary Guidelines for Americans*. According to research completed with FSP participants for this *Loving Your Family...* project, these are recommendations that participants would like to be able to follow. These behavioral outcomes are also emphasized in the Food Stamp Nutrition Education Guiding Principles and the FSNE State Plan Guidance¹.

Loving Your Family... Helps Educators

As a nutrition educator, you have a tough job. You provide nutrition education to many different types of people who often are going through hard times. FSP participants may have limited reading skills and English-speaking abilities. They may also have little or no income. *Loving Your Family...* offers a consistent model for working with these groups. This model includes:

- Materials designed specifically for the target audiences
- Background on their educational needs
- Guidance for teaching relevant, understandable, and achievable behaviors
- Resources to support your nutrition education efforts

An Overview of the *Dietary Guidelines for Americans* and *MyPyramid*

The *Dietary Guidelines for Americans* are the basis of Federal food, nutrition education, and information programs. They provide science-based advice to promote health and to reduce risk for chronic disease through diet and physical activity.

MyPyramid, USDA's food guidance system, provides information on how individuals can put the *Dietary Guidelines* into practice. *MyPyramid* depicts how one's total diet meets nutrient needs from food sources and aims to moderate or limit dietary components often consumed in excess. An important complementary tool is the Nutrition Facts label on food products. For more information on this tool, go to www.cfsan.fda.gov.

The recommendations in the *Dietary Guidelines* and *MyPyramid* are for persons over 2 years of age and support the basic premise that nutrient needs should be met primarily through consuming foods. *MyPyramid* food guidance system is not a therapeutic diet for any specific health condition.

Individuals with a chronic health condition should talk with a health care provider to determine what dietary pattern is appropriate for them. Pregnant women should also follow the advice of their health care provider regarding food and physical activity recommendations.

MyPyramid Web site

If the time and situation permits, you can customize *MyPyramid* for each participant using the *MyPyramid* Web site.² On the site, you can enter information about the participants' age, gender, and activity level and generate a *MyPyramid* plan that is specific to the calorie and nutrient needs of the participant. The plan includes how much the individual should eat from each food group each day. You are encouraged to review and become familiar with the information on the *MyPyramid* Web site, especially the following sections:

- For Professionals
 - Education Framework
 - Food Intake Patterns and Calorie Levels
- Tips and Resources

The screenshot shows the MyPyramid.gov website. At the top left is the USDA logo and "United States Department of Agriculture". At the top right is the "MyPyramid.gov" logo. Below the logos is a navigation bar with links: Home, About Us, News & Media, Site Help, Online Ordering, Contact Us, and En Español. The main content area is titled "Steps to a Healthier You" and features a graphic of a person climbing a staircase that leads up to a colorful pyramid. To the left of the pyramid is a search box and a "Subjects" menu with links to: My Pyramid Plan, Inside the Pyramid, Tips & Resources, Dietary Guidelines, For Kids, For Professionals, Related Links, and My Pyramid Tracker. To the right of the pyramid is a "My Pyramid Plan" form with fields for Age, Sex, and Physical Activity, and a "SUBMIT" button.

Participants can also visit the *MyPyramid* Web site independently. However, participants with limited literacy skills may have difficulty reading and understanding some of the text. Participants may access the Internet through home, schools, libraries, some public offices and public health and social service organizations. The *MyPyramid* Web site offers participants more ways to improve the health of their families. The Web site is available in Spanish by clicking on the “En Español” button in the top right corner. Using the *MyPyramid* Web site, participants and educators can:

- Work independently to address questions raised during nutrition education sessions.
- Explore topics of particular interest and relevance to participants or educators.
- Obtain information on *MyPyramid* recommendations for other family members.
- Select educational items and activities for children.
- Identify healthy lifestyle options for the entire family.

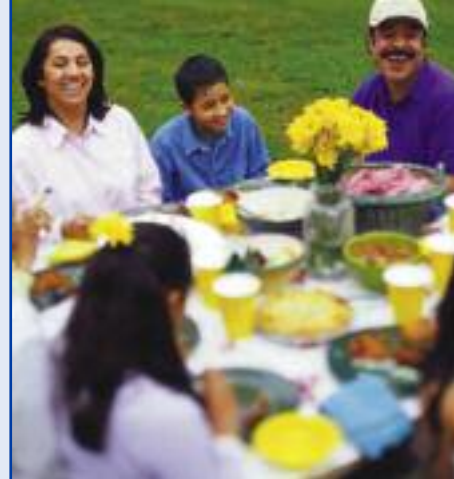
For those participants who do not have access to the Internet, you may assist them by downloading files for use as handouts. Keep in mind that some of the information may not be at the appropriate literacy level for your audience.

Food Intake Patterns

Throughout this initiative, a 2,000-calorie food intake pattern is used as a reference for consistency with the Nutrition Facts label on food products. It was also selected because this initiative uses a family-based approach and the 2,000 calorie level is the appropriate calorie level for many sedentary and moderately active women and children over 8 years old. Although this calorie level is used as a reference, recommended calorie intakes will differ for individuals based on age, gender, and physical activity level. For example, the following chart shows three different calorie levels and the amount of food from each food group that might be appropriate for a young child (8 years or younger), a woman (19-50 years), and a teenaged boy (14-18 years).

Daily Amount of Food From Each Group*			
Calorie Level	1,400 (young child, 8 years or younger)	2,000 (woman, 19-50 years)	2,800 (teen boy, 14-18 years)
Fruits	1.5 cups	2 cups	2.5 cups
Vegetables	1.5 cups	2.5 cups	3.5 cups
Grains	5 ounce-equivalents	6 ounce-equivalents	10 ounce-equivalents
Lean meat and beans	4 ounce-equivalents	5.5 ounce-equivalents	7 ounce-equivalents
Milk	2 cups	3 cups	3 cups

* These are approximate amounts and may vary depending on exact age, gender, and physical activity level of each person.



A Look at the Materials

Loving Your Family, Feeding Their Future

The theme for this initiative, *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program*,

was developed to provide brand support and promote nutrition

reality of everyday life, they are caring parents who want to provide a strong future for their children in spite of the obstacles they face. The tag line, *Nutrition Education Through the Food Stamp Program*, helps make the connection between nutrition education services and the FSP. *Loving Your Family...* is a brand that not only marks these materials but also could be used at the State or local level to brand other FSP nutrition education efforts that are targeted to women and families.



education services for women with children. Research was conducted with key audiences for this initiative including FSP participants, staff and administrators, and those persons who deliver nutrition education to FSP participants. This approach helped ensure that the initiative theme was relevant and appealing to the target audiences.

The *Loving Your Family...* theme was selected based on findings from the audience groups that indicated *Loving...* provides a warm, nurturing, feminine, and personal message. It directly reflects reported aspirations of participants for their families... to have loving, supportive homes. It is a positive, affirming declaration that also suggests the central goal of mothers is to provide for the future of their children. *Loving...* says even in the face of dealing with the

The three ethnic groups (Anglo-American, African-American, and Hispanic-American) that are the focus for this initiative have much in common when it comes to food use behaviors. The research for this project confirms this idea. These shared characteristics allow educators to utilize instructional approaches that cross ethnic and cultural boundaries in many situations. Messages in the materials are applicable among all of the groups for which *Loving Your Family...* is intended. Careful attention was paid to visually represent all of the primary groups for this initiative. While most educators are aware that

different groups bring different challenges to nutrition education, participants have more in common than different in terms of their interests in and difficulties with establishing food behaviors and physically active lives. The sections of the *Handbook* called, *Addressing Low Literacy Skills* (page 14) and *Cultural Considerations When Working with Spanish-Speaking Participants* (page

14), provide additional information that is specific to low-literate and Spanish-speaking groups. The *Loving Your Family...* initiative includes a promotional brochure and materials for clients and educators as shown in the following chart and brief descriptions of each material. A number of complementary resources that may assist you in your nutrition education efforts are also listed.

Tools for Success

Promotional Tool	Educator's Tools	Client's Tools
1. <i>Their Future Means Everything to You</i> brochure	1. <i>Explore Loving Your Family...</i> Online Education Module 2. <i>Educator's Handbook</i> 3. <i>Discussion Sessions</i> for leaders <ul style="list-style-type: none"> • Family Meals–Easy, Tasty, and Healthy! • Vegetables & Fruits–Simple Solutions • How Much?–Food and Physical Activity • Family Time–Active and Fun 	1. <i>The Healthy Family Guidebook</i> 2. <i>Take Home Handouts</i> for participants <ul style="list-style-type: none"> • Family Meals–Easy, Tasty, and Healthy! • What counts as one cup of fruits? • What counts as one cup of vegetables? • Ways to Eat Smart and Move More

Other Complementary Resources

(These materials are not packaged with this kit, but information on how to access them is provided.)

- Food Stamp Nutrition Connection Web site
- FSNE Guiding Principles
- FSNE State Plan Guidance
- *Dietary Guidelines for Americans*
- *MyPyramid* Web site
- *MyPyramid* large and mini posters
- *MyPyramid for Kids Coloring Page*
- Nutrition Facts label
- Eat Smart. Play Hard.™ Power Plans (lessons for adults and children), brochures and music³

Promotional Tool

Their Future Means Everything to You is a multipurpose brochure. As a promotional tool, it provides an overview of nutrition education services and emphasizes the FSP commitment to assisting families with improving nutrition and physical activity behaviors. Organizations or agencies can place local contact information on the brochure to assist with their outreach efforts. It also improves participant awareness of the *Loving Your Family...* initiative. You may use this brochure with clients as a take-home reinforcement of program services, and as an information-sharing tool for family members, friends, or others in the social networks of participants.



Tools for You—the Nutrition Educator

Several tools are available for the nutrition educator: an online education module, *Explore Loving Your Family...*, this *Educator's Handbook*, and four *Discussion Sessions*. The online education module provides a visually narrated tour through this *Educator's Handbook* and the four *Discussion Sessions*. To access the module, go to www.nal.usda.gov/foodstamp/.

The four *Discussion Sessions* are ready-to-use plans for conducting educational sessions with FSP participants and eligibles. The key topics covered in the sessions are linked to *The Healthy Family Guidebook*. Handouts for participants are provided or suggested for all of the sessions.

All of the discussion sessions are planned for groups of about 5-7 mothers and each session can be completed in about 45 minutes. The discussion sessions use a participant-centered approach and include interactive group activities. They support and help the adult learner with low literacy skills understand the nutrition information and make a commitment to take action to improve eating and physical activity behaviors. The behavioral objectives for each discussion session are listed below.

Discussion Session	Behavioral Objectives
Family Meals— Easy, Tasty, and Healthy!	<ul style="list-style-type: none"> • Identify and use at least two time-saving or low-cost ways to prepare healthy family meals each week. • Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.
Vegetables and Fruits— Simple Solutions	<ul style="list-style-type: none"> • Identify and commit to try at least two vegetables and two fruits during the upcoming week with at least one vegetable a dark green or orange one. • Identify and commit to at least one activity to encourage their children to eat a variety of fruits and vegetables each day. • Recognize what a 1-cup portion of vegetables and a 1-cup portion of fruits look like.
How Much?— Food and Physical Activity	<ul style="list-style-type: none"> • Identify the amounts of food most women and children need from each food group. • Identify and commit to at least one action to get the right amount of foods from <i>MyPyramid</i> food groups. • Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity most days of the week.
Family Time— Active and Fun	<ul style="list-style-type: none"> • Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week. • Identify and commit to at least two actions to help kids eat in a healthy way, every day.



These sessions can be used as single session discussions or combined and taught as a “mini” course. You could develop additional discussion sessions using this format as a model and tailor to your local needs based on the information in the *The Healthy Family Guidebook*. For example, discussion sessions on whole grains and low-fat or fat-free milk and milk products would support the behavioral outcomes for the *Loving Your Family...* initiative.

Consider preparing one of the recipes from *The Guidebook* for participants to taste at a discussion session. You may want to avoid recipes using peanut products since some persons are allergic to them.

The Eat Smart. Play Hard.™ (ESPH) Campaign also has Power Plans (discussion sessions) targeted to parents and children that could be used in conjunction with the *Guidebook*. View these sessions at www.fns.usda.gov/eatsmartplayhard.

Tools for Your Clients

The Healthy Family Guidebook communicates *MyPyramid* messages in a way that is appropriate for low literate audiences for both English and Spanish language speakers. The participant *Guidebook* is the foundation for the *Loving Your Family...* initiative. The *Guidebook* uses a “self-teaching” format to help participants understand the basics of the *Dietary Guidelines* and *MyPyramid* recommendations for a healthier lifestyle. This “help” book assists FSNE participants with daily nutrition management and physical activities for their families while supporting positive behavioral changes. The *Guidebook* provides information about the amount of food to eat each day from each food group, tips on buying foods to stretch food dollars, tips on serving foods, including low-cost recipes, and ideas for getting children to eat healthier foods and be physically active every day.

Additional Reinforcement Materials

Take-Home Handouts are provided or suggested for all of the *Discussion Sessions*. The handouts are designed to help participants commit to healthy eating or physical activity behaviors. As noted in the chart below, additional optional handouts are suggested.

Discussion Session	Take-Home Handout
Family Meals— Easy, Tasty, and Healthy!	<i>Family Meals—Easy, Tasty, and Healthy!</i> Optional handout: <i>Power Up with Breakfast</i> (Eat Smart. Play Hard.™ brochure)
Vegetables and Fruits— Simple Solutions	<i>What counts as one cup of vegetables?</i> <i>What counts as one cup of fruits?</i> Optional handout: <i>Grab Quick and Easy Snacks</i> (Eat Smart. Play Hard.™ brochure)
How Much?—Food and Physical Activity	<i>Ways to Eat Smart and Move More</i> Optional handout: <i>Balance Your Day With Food and Play</i> (Eat Smart. Play Hard.™ brochure)
Family Time— Active and Fun	Optional handout: <i>Make Family Time an Active Time</i> (Eat Smart. Play Hard.™ brochure)

USDA’s *MyPyramid* poster is used in all of the *Discussion Sessions*. You can download the poster and the *MyPyramid for Kids Coloring Page* that is referenced in the sessions from www.mypyramid.gov.

Eat Smart. Play Hard.™ campaign materials are used or referenced in several of the *Discussion Sessions*, including music, movement scripts, and adult brochures. These materials are available at www.fns.usda.gov/eatsmartplayhard/.

Addressing Low Literacy Skills

In the 1991 National Literacy Act, the United States Congress defined literacy as:

*an individual's ability to read, write, and speak in English, and compute and solve problems at levels of proficiency necessary to function on the job and in society, to achieve one's goals, and develop one's knowledge and potential.*⁴

Literacy is not a skill that individuals either have or don't have. Rather, people fall into a literacy continuum for different types of skills. These skills impact their ability to perform real-life tasks such as:

- Finding information in texts, like newspaper articles.
- Completing forms, such as a social security card application.
- Interpreting graphs and charts, such as a table of employee benefits.

The National Assessment of Adult Literacy (NAAL) is a nationally representative and continuing assessment of English language literacy skills among American adults. For more information, go to www.nces.ed.gov/NAAL.

What is most relevant to the *Loving Your Family...* project is that three out of four Food Stamp Program participants performed in the two lowest literacy levels. This means that an alarming number of FSP participants read at levels that make it difficult for them to properly use many existing nutrition education materials.

This initiative and the materials for participants have been developed and designed to help

those FSP participants who are having difficulty reading. Some of the key design features to make the *Loving Your Family...* participant materials more user friendly include:⁵⁻⁶

- The use of audience-appropriate reading levels that are at or near 5th grade level
- The use of full-color illustrations and images to help communicate key information and elicit reader attention
- Design features that **emphasize** core information by the use of text blocks, bullet lists, and repetition
- The use of real world examples to **emphasize** instructional points
- Easy-to-read descriptions of key terms, for which no low literacy alternatives are available or that are new or technical in nature
- Pretesting of all materials to assure that the intended audience groups view the materials as attractive, comprehensible, acceptable, persuasive, and relevant

Cultural Considerations When Working with Spanish-Speaking Participants

One of eight people in the United States was of Hispanic origin in 2002. About 34 percent were under 18 years of age, and around 70 percent were citizens. Approximately 17 percent of Food Stamp Program households heads were Hispanic in 2004.⁷

Loving Your Family... is intended to improve availability of nutrition education information to Spanish-speaking FSP

participants and eligibles. This requires attending to a number of variables that influence how materials are developed for this diverse population group. Some factors that influence nutrition education for Spanish-speaking participants are related to cultural differences, language skills, and transient/migratory population clusters. Hispanics in the United States are a multicultural population, having migrated from different countries.⁸ Cultural and language elements vary across national origins.⁹

While the *Loving Your Family...* initiative is not designed as a cultural competencies training, the materials reflect appropriate ethnic and cultural images and messages based on the guidance of this project's formative research findings.¹⁰ The following suggestions are not a definitive list of cultural competencies related to Spanish-speaking FSP participants. However, they are helpful tips that were reported by participants during the research phase of the *Loving Your Family...* initiative.

Effective Cultural Elements¹¹⁻¹³:

- Promote respect for elders and interest in their traditions
- Help people to share and discuss personal experiences
- Rely on extended family to help with education
- Build on Hispanic/Latino communal neighborhood values and attitudes
- Support practices/events that promote their culture and traditions
- Emphasize contemporary and historical role models
- Use specific terms rather than general (i.e., chicken, rather than poultry)
- Avoid words that are vague
- Use images culturally relevant to the audience
- Use culturally familiar foods or activities

The Influence of Cultural Norms on Nutrition Habits

Society and cultural norms influence participants' abilities to adopt healthier lifestyles. Generally, contemporary, high-paced lifestyles and the media influence food use and physical activity practices.¹⁴⁻¹⁶

Many modern conveniences make it easier to avoid physical activity in the course of everyday lives. These conveniences include cars, elevators, television, computers, and more mechanized jobs.

- Food advertising and promotions are prominent features of the commercial mainstream.
- Advertising encourages consumption of affordable, high-calorie foods.
- Children are increasingly the targets of food advertising.



Getting the Kids Involved

One of the most significant barriers to introducing healthful lifestyle practices into the family is the influence of children who often play a role in food selections and preparation. Finding ways to encourage the active participation of kids in healthy food practices and active lifestyles can have a significant impact on the success of nutrition education.

Here are some tips to help FSP participants get their kids involved. These tips reinforce information found in *The Healthy Family Guidebook*.

→ A parent's habits help kids make smart food choices.¹⁷⁻¹⁹

Kids like to be copycats. They will follow a parent's example, if it is consistent. If parents drink milk and eat vegetables, so will kids. Teach parents to set a good example. This is a reason to encourage parents to adopt healthier practices.

→ Encourage parents to have healthier foods in the house.

Teach parents to keep a variety of healthy food choices around. Allowing kids to decide from among options like apples, graham crackers, or carrots is empowering for the children and maintains a varied nutritional complement of snack foods around.

→ Parents should eat meals with their children as often as possible.

Meals are a valuable way to spend time together, break up the busy days, and provide opportunities for parents to “catch up on things” with their kids. Parents can also use meal times to talk about foods and plan fun physical activities. Parents can offer children time to discuss their interests, what types of physical activity they would like to do, what foods they've enjoyed recently, or what new foods they have discovered. Family meals also provide an opportunity for parents to model good eating habits.

→ Promote “new food nights” to introduce foods that the family hasn’t tried before.

New foods may take a few tries before the family likes them. Parents can make an event out of trying new foods by having “new food night.” Parents can allow the kids to help pick the foods, plan the meals or snacks, and cook. This offers kids a feeling of ownership in the new food experiences and makes experimenting more entertaining and less like a chore.

→ Teach parents the value of balancing physical activity with what the family eats.



Eating healthier foods is important but being physically active is equally valuable for healthy lives. Kids need at least 60 minutes of physical activity every day or most days of the week. Adults need at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week to reduce the risk of chronic disease.

Moderate physical activity that the family can do together includes activities like:

- Walking briskly
- Gardening/yard work
- Dancing
- Bicycling

→ Let parents know the importance of engaging in physical activities with their children.

Parents can help their children to be more active by participating in activities with them and modeling fun, easy, everyday activities that will help establish an interest in being more active.

- Walk or play together.
 - Walk in an area that is comfortable for everyone like in the neighborhood, at a park, or in the mall.
 - Walk to school with your kids.
 - Walk with your kids to the store when you only need a few things.
 - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Involve kids in groups that do physical activities.
- Teach kids to take the stairs, not the elevator.
- Park as far away from stores as possible to add walking steps to everyday activities.
- When the weather is bad, turn on the music and dance or march around the house with the kids. The children will love doing “kids” things with grownups.

Promoting and Marketing *Loving Your Family...*

FSP participants and eligibles come in contact with many organizations, institutions, and individuals in their communities. *Loving Your Family...* can expand your capacity to influence change in FSP participants by utilizing all the available resources within the program and with your partners at the local, State, and national levels.

Linking *Loving Your Family...* with the FSP and Other FNS Programs

Loving Your Family... is a subset of the educational information that is found in the *Dietary Guidelines for Americans* and *MyPyramid*. Being sure to always present *Loving Your Family...* as supportive of *MyPyramid* will help foster the shared brand identity and the relationship among the various nutrition education components.

FSNE is often provided at locations other than where recipients receive FSP food benefits. The result is program participants often do not know that the FSP provides nutrition education. Communication and networking among the various FSP staff members who interface with participants can help to build a team that shares common goals associated with nutrition education. Making FSP offices a place where the promotional brochure, *Their Future Means...*, is distributed will help bridge this gap. This will help to include non-nutrition staff in the promotion and referral process for

nutrition education services. It will also help participants access resources and foster awareness of the *Loving Your Family...* initiative.

Developing Partnerships

According to nutrition educators who participated in the study that guides *Loving Your Family...*, partnerships with FNS programs and other organizations that interface with FSP participants can foster referrals. These organizations are also potential sites where nutrition education may be offered. These partners can help improve awareness that the FSP is a source for nutrition education. They also serve as valuable distribution points for *Loving Your Family...* participant materials.

To improve partnerships:

- Provide promotional brochures (*Their Future Means Everything to You*) that frame the initiative as a FSP nutrition education offering to local FSP offices, FNS nutrition-related programs, and other community venues.
- Hold in-service orientations for non-nutrition, professional, paraprofessional, and clerical staff to introduce the initiative, review the value of nutrition education, and solicit support.
- Hold in-service orientations for FNS program staff associated with other nutrition programs, such as WIC and Child Nutrition Programs.



Partnerships can provide access to preformed groups within which educators may establish nutrition education classes. These include:

Adult Settings:*

- Local Food Stamp and TANF offices
- Food banks and pantries and soup kitchens
- Job training centers, career centers, and work sites
- Housing authority locations
- Faith-based organizations
- WIC Farmers' Markets
- WIC clinics
- Grocery stores in low-income areas
- School PTAs in low-income schools
- Head Start centers
- Health clinics and public health programs

Children's Settings:*

- Low-income public schools (K through 12)
- Childcare centers

- Preschool programs
- After school programs
- Summer food programs
- Head Start centers
- Youth recreation programs

The *Loving Your Family...* initiative provides basic tools to reach food stamp participants and eligibles with information and skills to help them adopt several healthy eating and physical activity behaviors. It is by no means the only set of nutrition education materials that can be used in FSNE, but may be a starting point for your efforts at reaching women with children who are Spanish speaking and who may have low literacy skills. The following additional resources may be helpful in your nutrition education endeavors.

*Refer to FSNE State Plan Guidance for exact requirements.

Food & Nutrition Service (FNS) Nutrition Link

(www.fns.usda.gov/nutritionlink) is a gateway page to some other initiatives of interest, including:



Eat Smart. Play Hard.™

Campaign provides educational and promotional materials to help motivate children and their caregivers to eat healthy and be active.

www.fns.usda.gov/eatsmartplayhard



Team Nutrition supports the Child Nutrition Programs through training, nutrition education for children

and their caregivers, and school and community support for healthy eating and physical activity.

www.fns.usda.gov/tn



WIC Works Resource System

provides nutrition service tools for nutrition education professionals.

www.nal.usda.gov/wicworks/index.html



Healthier US.gov

provides information

to help Americans choose to live healthier lives by focusing on nutrition, physical fitness, prevention, and making healthy choices. www.healthierus.gov

Additional Federal Government Resources

Nutrition.gov provides easy access to the best food and nutrition information from across the Federal Government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators, and health professionals. www.nutrition.gov

The Centers for Disease Control and Prevention (CDC)

is committed to programs that reduce the health and economic consequences of the leading causes of death and disability and ensure a long, productive, healthy life for all people. The CDC site provides nutrition and physical activity related data and statistics as well as health promotion information. www.cdc.gov

The Food and Drug Administration's (FDA)

Center for Food Safety and Applied Nutrition provides valuable information on food label education tools. www.cfsan.fda.gov

The National Agricultural Library (NAL)

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