








Eat Well Action Team Interventions Menu

May 2017

| Intervention | Summary | Outcome | Population Served | Cost | Reach |
|--|--|--|--|--------|---|
| 1. Smarter Lunchrooms | A school program that provides the knowledge, motivation, and resources required to build a lunchroom environment that makes healthy food an easy choice. The strategies are free or low-cost solutions that nudge students to voluntarily select the healthiest food in the lunchroom. (e.g. fruit, vegetables, reimbursable meals, and milk.) | -Increased consumption of healthy foods | -School aged children (pre-school to high school) <i>Intervention in schools</i> | \$ |  |
| 2. Farm to School | Farm to school is designed to give students access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities. | -Increased access to healthy foods -Increased consumption of healthy foods -Increase in knowledge of gardening, agriculture, healthy eating, and local foods | -School aged children (pre-school to high school) <i>Intervention in schools</i> | \$\$ |  |
| 3. Coordinated Approach to Child Health (CATCH) | A coordinated school health program designed to improve nutrition and physical activity in students by impacting four aspects of a child's learning environment: classroom, physical education, nutrition services, and family. Example activities include: classroom lessons that teach students to identify, practice, and adopt healthy eating and physical activity behaviors; take-home activities, parent newsletters, and Family Fun Nights to engage parents; increased emphasis on fun physical education activities to keep students motivated; and an Eat Smart guide that addresses the school nutrition environment and provides healthy eating resources. | -Decrease in overweight /obese children -Decrease consumption of unhealthy foods -Increased physical activity | -School aged children (pre-school to middle school) <i>Intervention in schools</i> | \$\$ |  |
| 4. Faithful Families | A community-based program that promotes healthy eating and physical activity through a series of group nutrition/physical activity education sessions in communities of faith. Trained leaders from individual faith communities are paired with nutrition/physical activity educators to co-teach lessons and deliver the program. This program can be used with any faith tradition. | -Increased healthy eating behaviors (e.g. fruit & vegetable consumption) -Increased physical activity -Improved food resource management | -All adults in communities of faith <i>Intervention in community</i> | \$ |  |
| 5. Harvest of the Month Campaign | A social marketing campaign designed to raise awareness of the benefits of eating fruits and vegetables and being active every day. The marketing materials can be utilized in a variety of community settings and are comprised of 5 key themed monthly elements: (1) educator newsletters, (2) family newsletters, (3) community newsletters, (4) menu flyer, and (5) press releases. Each element was developed using the Social Ecological Model and is intended for implementation in areas where nutrition education can make the biggest impact : classroom, home and community. | -Increased consumption of fruits & vegetables -Increased knowledge of the benefits of fruit & vegetable consumption | -Community members of all ages <i>Intervention in community (e.g. clinics, schools, libraries, faith-based)</i> | \$\$ |  |
| 6. Baltimore Healthy Stores | A program designed to change the local food environment by directly influencing the availability of healthier food options in stores and increasing awareness and skills of customers to select and prepare healthier foods through point-of-purchase promotions. The program has 5 phases, lasting 2 months each: healthy breakfast, cooking at home, healthy snacks, carry-out/store prepared foods, and healthy beverages. Each phase has specific behavioral objectives, promoted foods, and health communication . A complementary component of the program is directed at small store owners, and provides guidance on how best to select healthy and affordable food options for their stores. | -Increased stocking and promotion of healthy foods in stores -Increased consumer knowledge of healthy foods and healthy food preparation | -Residents and store owners in underserved, low-income communities with limited access to supermarkets <i>Intervention in community</i> | \$\$\$ |  |
| 7. School Nutrition Policy Initiative (SNPI) | A multicomponent program to prevent overweight and obesity among children in 4th to 6th grades over a 2-year period. The program is implemented in schools where more than half of students are eligible for free or reduced-price meals. The primary policy initiatives are: 1) replacing all sugar-sweetened beverages in school vending machines and cafeterias with water, low-fat milk, and 100% milk, 2) creating a snack policy that restricts candy sales in schools and places guidelines on the snacks served and sold, and 3) providing 10 hours of nutrition education training for teachers to support the integration of 50 hours of interdisciplinary nutrition education per year per classroom. | -Decrease incidence of overweight children -Decrease prevalence of overweight children | -School aged children (grades 4 to 6th) <i>Intervention in schools</i> | \$\$\$ |  |