

# Virginia Cooperative Extension

# Family Nutrition Program Adult SNAP-ED Lesson Log

PUBLICATION 360-023

Program Assistant \_\_\_\_\_ Unit Name \_\_\_\_\_

Individual or Group Name \_\_\_\_\_ Date Enrolled \_\_\_\_\_ End Date \_\_\_\_\_

## Eating Smart and Moving More

Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
Intro Lesson: Entry Family Record					
<b>Core Lessons:</b>					
MyPlate					
Shop for Value: Get the Facts					
More Fruits and Vegetables					
Move More Throughout the Day					
Fix It Safe					
Smart-size Your Portions					
<b>Optional Lessons:</b>					
Plan: Know What's for Dinner					
Shop: Get the Best for Less					
Fix it Fast, Eat at Home					
Smart Breakfast Choices					
Making Smart Lunch Choices					
Smart Choices When Eating Out					
Smart Choices - Fast Food					
Making Smart Drink Choices					
Choose, Plan, and Do					
Limit TV					
<b>Lifecycle Lessons:</b>					
Pregnancy					
Breastfeeding					
Infants					
Children					
Exit Family Record					

This publication was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local county or city Department of Social Services (phone listed under city/county government). For help finding a local number, call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

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## Loving Your Family: Feeding Their Future

Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
Intro Lesson: Entry Family Record					
<b>Core Lessons:</b>					
MyPlate (from ESMM)					
Shop for Value: Check the Facts (from ESMM)					
Vegetables and Fruits: Simple Solutions					
Family Time: Active and Fun					
Fix It Safe (from ESMM)					
How Much? Food and Physical Activity					
<b>Optional Lessons:</b>					
Family Meals: Easy, Tasty, and Healthy					
Exit Family Record					

## Eat Smart, Live Strong

Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
Intro Lesson: Entry Family Record					
<b>Core Lessons:</b>					
MyPlate (from ESMM)					
Shop for Value, Check the Facts (from ESMM)					
Fix It Safe (from ESMM)					
Smart Size Your Portions (from ESMM)					
Reach Your Goals, Step by Step					
Challenges and Solutions					
<b>Optional Lessons:</b>					
Eat Smart Spend Less					
Family Meals: Easy, Tasty, and Healthy					
Exit Family Record					