# Team up with the Virginia Family Nutrition Program

### Pick a Better Snack

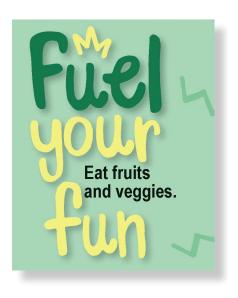
For K-2<sup>nd</sup> Grade



The Family Nutrition Program provides everything you need to bring this practice-based program to your students virtually at home or at your school. We've taken lowa's acclaimed educational series and tailored it for Virginia students in grades K-2. Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking, behavior, and health.

#### Pick a Better Snack at Home

The Family Nutrition
Program can provide you
with everything you need
to share this evidencebased program with your
students, including recorded
lessons, virtual scripts, and
book readings that support
Health, English, Science,
and Physical Education
Standards of Learning
(SOLs).



## SOLs: We've got you covered!

Pick a Better Snack covers many K-2nd grade SOLs for English, Science, Health, and Physical Education. Please contact us for a comprehensive list.

**For More Information Contact:** 

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#### Pick a Better Snack in Your Organization

Our trained staff can teach this curriculum, co-teach with you, or share resources for you to offer to your students at no cost. They provide flexible scheduling options that fit with your availability.

With the Pick a Better Snack Curriculum and the Family Nutrition Program you can:

- Deliver engaging healthy living programs with proven results
- Support learning and healthy behaviors with fun and free incentives for students to take home
- Provide resources for program implementation including food preparation experiences to practice healthy eating
- Support your school's wellness initiatives

### Pick a Better Snack

Lesson topics explore a variety of fruits and vegetables that are an important part of a healthy diet. In each lesson, students will learn about:

- Physical activity
- Fun facts about fruits and vegetables
- MyPlate

- Parts of a plant
- Trying new fruits and vegetables
- Food safety and handwashing

#### **Fruits**

**CANTALOUPE** 





**ZUCCHINI** 



**STRAWBERRY** 



**PEPPERS** 



**PEACH** 



SPINACH



KIWI

www.ext.vt.edu



**JICAMA** 



Materials were adapted, with permission, from the lowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.



Eat Smart · Move More

WV

#### www.eatsmartmovemoreva.org

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your count by crity Department of Social Services or to locate your count of fice 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. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, INFA.

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