# Team up with the Virginia Family Nutrition Program

Pick a **better** snack™

## 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 Iowa'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.

#### 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.

### 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).



### 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

MyPlate

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



Materials were adapted, with permission, from the Iowa 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

Virginia Cooperative Extension • Family Nutrition Program

#### www.ext.vt.edu

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 county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8/3-55.00, 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, NIFA. Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, rece, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/ affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.