

Early Care & Education (ECE)

Programs:

Empowering Healthy Choices in Schools, Homes and Communities (SNAP-Ed)—A three-year nutrition and physical activity education program that supports participating sites increase opportunities for young children to eat healthy foods, increase water consumption, and engage in physical activity throughout the learning day.

Model Lessons —Early care and education programs in partnership with HealthMPowers receive three classroom model lessons a year in each of their 3–5-year-old classrooms. Lesson themes complement our EAT, DRINK, MOVE messaging. Year one participating sites receive physical activity themed lessons. Sites in their second year of programming receive lessons focused on eating healthy foods and consuming healthy beverages. And in year three, sites' model lessons focus on all three themes: EAT, DRINK, MOVE.

Training:

Early care and education providers attend one team training a quarter: Fall, Winter, and Spring. Team trainings set the foundation for our SNAP Ed work- to create healthy sustainable environments in early care and education centers and family childcare homes. During these sessions, early care and education providers create and implement a plan of improvement based on their Georgia Nutrition and Physical Activity Assessment results and at the end of the year provide evidence of Policy, Systems, or Environmental (PSE) changes. Training attendees have the opportunity to learn from their peers to help strengthen their healthy eating and physical activity practices and policies. This Georgia Department of Early Care and Learning (DECAL) approved training provides Bright from the Start (BFTS) continuing education credit hours to participants.

E-Learnings:

Participants can engage in professional development via the HealthMPowers' Resource Hub (The Hub). These sessions are an hour each and provide increased knowledge in nutrition and physical activity that can be integrated into the site's curriculum.

K-12

Programs:

Empowering Healthy Choices in Schools, Homes, and Communities (SNAP-Ed)—A multi-year nutrition and physical activity education program that supports participating schools to create learning opportunities and sustainable policy, systems, or environmental change for students to eat healthy foods and engage in physical activity throughout the learning day.

Power Up for 30— A state-wide initiative to increase physical activity opportunities to incorporate an additional 30 minutes of physical activity—outside of PE, every day for every student. Power Up for 30 gives educators, schools, and sites resources, strategies, and best practices for creating an active environment that can increase attendance, focus, and overall health for all of Georgia's children and youth. This program emerged from research demonstrating a strong relationship between physical activity and brain function, translating into more academic achievement, better classroom behavior, and reduced depression and anxiety.

Trainings:

FitnessGram®— HealthMPowers offers virtual training and resources, for conducting the FitnessGram assessment and using the results to inform strategies and programming for student's overall health and fitness. Grade specific fitness portfolios are available to engage youth as leaders on their journey to lifelong fitness by assessing current fitness levels, setting goals, and developing individual plans for improvement.

Out of School Time (OST)

Programs:

Cooking Matters –The Cooking Matters series allows us to focus on the EAT portion of our goal: by encouraging youth to prepare nutritional meals while gaining the knowledge to make healthier choices. During the 8-Session Cooking Matters series, site partnering staff engage youth in a series of participatory cooking classes designed to empower them to make their own healthy meals and snacks at home. To achieve this objective, each afterschool youth receives the resources and educational materials necessary to continue nutritional education. By the end of the cooking course, youth are equipped with more knowledge to make educated nutrition choices wherever they go – in school, in restaurants or in the grocery store!

Gardening – 3 Seasons Garden Basket: Out of School time garden lessons are designed to support sites who consider themselves to have minimal garden experience. Lessons support sites for the 3 main growing seasons: Fall, winter, and spring. Staff access easy to follow “back pocket” garden lessons with little to no equipment. Sites are equipped with the necessary materials using Captain Planet Garden kit, and the HealthMPowers’ Garden Basket. Staff are trained in the use of these tools to ensure the sustainability of the garden. The OST emphasizes farm to school teachings and enhances agricultural education and supports seasonal crop production. These short lessons require little preparation for novice gardeners. The lessons are quite diverse, and are appropriate for elementary and middle school age youth. The *3 Seasons Garden Basket* was developed to support after-school staff who have minimal garden experience. The *3 Season Garden Basket Lessons* is a practical model that will emphasize farm to school teachings and improve enhanced agricultural education and support of seasonal crop growth. Overall, the intent is to provide a range of educational possibilities in the hopes that all youth and staff can be inspired and equipped with the knowledge to enjoy basic gardening!

Girls Empowering Movement (GEM)— Girls are at the center of this one-of-a-kind effort to increase physical activity and the fitness levels of Georgia’s middle school girls. Currently, only 51% of girls have healthy aerobic capacity in 5th grade; by 12th grade, that number drops to 31%. This program provides girls with access to regular physical activity while empowering them to become change- agents themselves. The program, designed by girls for girls, debuted in the summer of 2021 with a goal to motivate 200,000 girls to get moving. Now thousands of girls across Georgia are engaging with programming, resources, and a peer network to get active, build leadership skills, and develop the social and emotional tools needed to live happy healthy lives. Click [here](#) to learn more about this program.

Training:

Out of School Time Sites engage 1-3 staff in three HealthMPowers trainings each year. These trainings are designed to empower OST site health teams to implement the HealthMPowers program, provide training on the National Afterschool Association Healthy Eating Physical Activity (NAA HEPA) Standards, introduce best practices and updated research for healthy

eating and physical activity instruction (including Georgia's Power Up for 30) and reinforce strategies to increase youth engagement and leadership.

Using the OST platform, site teams complete the NAA HEPA needs assessment and their results guide the development of annual action plans. Evidence of healthy eating and physical activity improvements targeting policy, programming and practice determine PSE impact. Trainings provide team members with networking opportunities along with the information, skills, and resources required to provide healthy eating and physical activity support and resources to their site's youth and families.

Evaluation – Evaluation measures include self-report pre/post student behavior data, needs assessments, action plans targeting policy, system, environmental and promotional changes and evidence of completion, resource usage, success stories and training evaluations. All relevant data collection and evaluation results are provided back to participating sites and organizational leadership for program improvements. On-going status, results and reports are made available with the real-time dashboard.

Physical Activity

Family Engagement Events- The Out of School Time team is always prepared to support our sites with their family engagement events! Sites are offered a menu of services that include infused water demonstrations, taste testing opportunities, "Rethink your drink" sugar demonstrations and physical activity facilitation support!

Family & Community

Programs:

Cooking Matters- Share our Strength's Cooking Matters curriculum is offered at participating Early Care sites, K-12 schools for parents, adults, and student/families. Cooking Matters is a 6-week cooking series that includes hands-on learning with nutrition education topics like: shopping on a budget, cooking tips, and reinforcement of healthy food choices.

School Food Pantries- In-school food pantries eliminate food waste and redistribute food-safe items back to families in need. They are implemented in qualifying, interested K-12 schools. Nutrition education and youth engagement are also key components of this service. Local site training and support is in partnership with Helping Hands Ending Hunger.