**Program Template**

**Program Template Title: 2021 (County Name) Learn, Grow, Eat & GO!**

**What sources identified this issue? (select all that apply)**

Issue ID

TCFF

Specialist/RPL

Trend

Base Program

Emerging Issue

Special Interest

**What is the description of the issue being addressed? Include the scope, severity, and broad audience affected by the issue.**

The high prevalence of childhood obesity in Texas is cause for concern because it is linked to negative health consequences for children and their families.

Schools are uniquely positioned to have a positive impact on children’s knowledge and behaviors associated with obesity. For example, vegetable exposure plus school gardening has been shown to improve consumption of fruits and vegetables. Adding more frequent and more vigorous physical activities during school has been shown to improve student fitness and weight. The home environment is also an important influence on a child’s eating and activity behaviors. The greater the frequency of vegetable consumption and physical activity by parents, the greater the consumption of these foods and exercise by their children. With child obesity rates among low-income children in Texas ranging from 10% to over 20%, engaging schools and families in prevention efforts is critical.

**What is the goal of this plan?**

Improve physical activity and eating behaviors of 3rd – 5th grade children with a goal of \_\_\_\_\_\_\_\_\_\_ youth graduates.

**What is the intended result of this plan?**

# Application

# Learning

Client Awareness/Satisfaction

**Who is the primary target audience that this plan will address?**

# Youth -general

**Who is the secondary target audience that this plan will address?**

Parents/caregivers

**What is your proposed educational strategy to address this issue?**

Local county agents partner with school districts, SHAC’s, elementary schools, afterschool centers, or summer programs to train teachers, school staff, and center staff on how-to implement three programs - Coordinated Approach to Child Health (CATCH), Junior Master Gardener’s (JMG) revised curriculum – Learn, Grow, Eat & GO! and Walk Across Texas (WAT).

The Learn, Grow, Eat & GO! curriculum emphasizes science, math, language art/reading, social studies and health through effective learning activities with both the LGEG and WAT programs. The LGEG curriculum was designed to engage children and their families in school gardens, vegetable recipe tastings, classroom activities and take home family stories; therefore, the curriculum includes:

* 10 weeks of in-class, TEKS aligned, activities with 2 concepts per week (taught by the teacher)
* Classroom raised bed or container garden
* Classroom vegetable tastings and food demonstrations
* Family stories for students to take home

The WAT curriculum includes:

* Family newsletters
* Family bonus miles
* Walking BINGO
* Classroom “activity breaks” related to school subjects

**List the Educational Events, Activities and/or Experiences to Address the Issue. (add as many rows to the table as needed)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Title** | **Type (planning group, educational method, interpretation)** | **Month/Year** | **Task Lead** |
| LGEG Task Force | Planning group with local agents, school representatives, SHAC members, Extension volunteer groups, etc. to plan how LGEG can be implemented into the schools and look for funding sources |  | Agent |
| Train teachers, staff, and volunteers | Educational method: offer county or school district wide |  | Agent |
| Kick-off Event for LGEG Schools | Educational Method |  | Teacher/School Staff/Volunteer/Agent |
| Week 1 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 2 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 3 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 4 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 5 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 6 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 7 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 8 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 9 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Week 10 – LGEG Sessions | Educational Method in the classroom taught by teacher or volunteer |  | Teacher/School Staff/Volunteer |
| Celebration Event | Interpretation |  | Agent |
| Interpret Results to County Commissioners, SHAC, and other stakeholders | Interpretation |  | Agent |

**What is your proposed evaluation and data collection strategy?**

A pre-post survey looks at increased preference of vegetables, reduced sedentary time, increased active time, and knowledge gain. Specific details with regard to administration of pre and post surveys can be found at this link below

<http://jmgkids.us/lgeg/cooperative-extension/>

**How will volunteers be used in the development, implementation, evaluation, and/or interpretation of this plan?**

Volunteers and program partners may be recruited and utilized to help implement the Learn, Grow, Eat & GO! program. Partners may help provide incentives or educational programs, and volunteers may be utilized to assist with programming and implementation. Extension volunteer groups, like Master Gardeners and Master Wellness Volunteers, as well as school volunteers, can be trained and utilized for assisting with school gardens, food demonstrations, and curriculum activities.