Incorporating Interactive Nutrition Education into Your Summer Program

Voices of Summer Webinar Series
NSLA is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America’s neighborhoods and communities, one child at a time.

Our work is based on the simple idea that summer—a time that is easily overlooked yet critical to educational development—is bursting with possibility, and instrumental in closing the achievement gap between privileged children and our most vulnerable children.
Common Threads Nutrition Education
ABOUT COMMON THREADS
WHO DO WE WORK WITH?

- Schools
- Parks & Rec
- Community Organizations
- Government Agencies
- Healthcare Providers
- Faith-based Institutions

Summer Learning Opportunities
WHERE WE WORK

Our works extends beyond our core markets, nationally with virtual programming & resources hosted on our digital platforms

- Austin, TX
- Houston, TX
- El Paso, TX
- San Antonio, TX
- Dallas/Ft. Worth, TX
- Chicago, IL
- New York City (all 5 boroughs)
- Pittsburgh, PA
- Erie, PA
- Miami, FL
Common Threads has a portfolio of cooking and nutrition education programs. Due to COVID-19, we are offering virtual programs for school & community partners in our 10 markets*.

**COMMON THREADS PROGRAMS**

- **Small Bites Nutrition Education**
- **Chef Led Cooking Classes**
  - Cooking Skills & World Cuisine & Family Cooking Class

*New York City, Miami, Chicago, Pittsburgh, Austin, Houston, El Paso, San Antonio, Dallas/Ft. Worth, & Erie.*
WHAT ARE THE BENEFITS?

Nutrition and Culinary Education

- Educational
- Quality Time
- Healthy Attitude Towards Food
- Enthusiasm for Cooking
- Life Skills
- Explore senses
SMALL BITES NUTRITION EDUCATION

Program Implementation Options:

- Partner Led (Training Required)
  - In-Person or Virtual

- Common Threads Led*
  - In-Person or Virtual

- On-Demand Asynchronous Activity
  - Self-paced web-based content

Eight 1-hr Lesson Plans
Available for PreK-8th Grades
Academic Standard Alignment

Healthy Snack Recipes
Classroom Friendly Cooking
Educational & Recipe Videos

*Grants Available for Training, Curriculum, and Grocery Stipend in our 10 Markets
SMALL BITES NUTRITION EDUCATION

Lesson Topics

1. LESSON
   Know Your Plate

2. LESSON
   Read it before you Eat it

3. LESSON
   Paint your plate with Color

4. LESSON
   Protein Power

5. LESSON
   Whole grain Goodness

6. LESSON
   Quench your Thirst

7. LESSON
   Herbs & Spices

8. LESSON
   Make it Count
Students demonstrate a significant improvement in the following areas after participating in the Small Bites Program:

- Nutrition Knowledge
- Vegetable Consumption
- Whole Grain Consumption
- Telling Family About Healthy Eating
SMALL BITES NUTRITION EDUCATION

Implementation

Training

Curriculum

Recipes

with generous support from Walmart.org
Hosted on our learning portal, Skilljar, Small Bites facilitator training equips facilitators to implement Small Bites in their program, orients to course materials, as well as provides professional development and tips for facilitators to be healthy role models.

- **Virtual Small Bites Training**
  - Learn how to successfully facilitate the Small Bites nutrition education program virtually with your students
  - **FREE**
  - **4 Courses**

- **In-Person Small Bites Training**
  - Access this training for FREE by entering the promo code: freeaccess2020 or freeaccess2021 at checkout.
  - **$75**
  - **3 Courses**

With generous support from Walmart.org.
Once training is completed, curriculum access is granted. Lesson plans are available for a variety of programs, grade levels, and implementation models. Curriculum is currently hosted on our Resource hub, Common Bytes.
SMALL BITES NUTRITION EDUCATION

Curriculum

The Chef's Plate
After School Pro K-2 2nd Grade Lesson 4

Materials

Common Threads Core
My Plate vs. Chef's Plate
My Plate vs. Chef's Plate Teacher Background Information

Beforehand

Set up the Trays/supplies for each group.

Lesson Plan

Introduction

NEWTOP: Common Threads is excited to launch a series of Small Meals for Healthy Eating, LT 1. Click on the link to view the "Materials" section to view this video.

1. Ask students what it means to them to be healthy. Give students the Chef's Plate. Explain that this is a version of a plate that people eat 2-3x a day.

2. Ask them, how many portions do you eat on this plate. Explain that they are five sections or groups because it helps you see what a healthy plate should look like.

Key Understandings

Student Activity

with generous support from Walmart.org
As part of each lesson, students prepare a healthy snack aligning with the concepts covered. Recommended recipes are included as part of lesson plan, but facilitators can select other recipes on CommonBytes to prepare with students.

Granted* programs receive a grocery allocation to purchase the recipes ingredients for each lesson. Non-granted programs must purchase recipes ingredients with their own funds.

*Grants available in our core markets and are subject to availability
RECIPES ON COMMONBYTES - KID FRIENDLY HEALTHY SNACKS

- Crispy Strawberry Truffles
- No Bake Granola Bars
- Zucchini Bites
- Fruit and Cheese Skewers
- Avocado Hummus
- Lemon Parm Popcorn
- Sweet Plantain Chips
- Fruit Infused Water
- Banana Oat Energy Bites
- Cranberry Granola Parfait
RECIPES ON COMMONBYTES- ENTREES

Palestinian Shawarma Wrap
Haitian Jou Mou
Stir Fry
Red Pozole
Egusi Soup
RECIPES ON COMMONBYTES - BEVERAGES

- DIY Smoothie
- Fruit Infused Water
- Lemon Lime
- Sneaky Green Smoothie
- Ayran with Mint
RECIPES ON COMMONBYTES - SIDES

Callaloo
Naan Bread
Tabbouleh
Collard Greens
Rice & Lentils
RECIPES ON COMMONBYTES - SWEETS

Cookie Dough Hummus  
Banana "Ice Cream"  
Mango Strawberry Popsicles  
Spiced Mango  
Pineapple Strawberry Napoleons
Standard Recipe Card

Illustrated recipes for younger chefs

Step-by-Step Recipe Photos
SMALL BITES RECIPE DEMO - CHEF ALEKKA

Common Threads Chef Instructor - Alekka Sweeney

Black Bean, Peach, & Corn Salsa
SMALL BITES NUTRITION EDUCATION

Register Today!

with generous support from Walmart.org
SMALL BITES NUTRITION EDUCATION

Animated educational videos highlight nutrition concepts that are covered in each lesson

Let's Get Cooking! Downloadable lesson recipe cards

Download informational article about nutrition concepts and healthy eating principles

Recipe videos provide step by step directions to demonstrate how kids can make recipes at home

with generous support from Walmart.org
SMALL BITES NUTRITION EDUCATION

Available for Elementary and Middle School Students

**Elementary Small Bites:**
Jump into interactive lessons using Nearpod. In these lessons, students will complete worksheets, quizzes, and watch snack making videos to create at home!

**Middle School Small Bites:**
Students create their own learning path with our click and play nutrition activities and snack making videos. At the end of each lesson students will be prepared to make their own healthy snack at home!
SMALL BITES NUTRITION EDUCATION

Register Today!

On-Demand

Use Camera on your phone to take picture to open link to register

with generous support from Walmart.org
Visit our Resource Hub CommonBytes For:

- Hundreds of healthy, budget friendly recipes for entrees, sides, snacks, desserts, and beverages.
- Nutrition Facts for each recipe.
- Nutrition education focused topics & recipe videos.
- Cultural Facts and Recipes available in Spanish.
- Nutrition Education Lesson Plans for PreK-8th Grades.
ADDITIONAL RESOURCES FROM COMMON THREADS

Strawberry Lemonade - Healthy Snack Recipe

3505 Whole Grains
Visit our Learning Hub For:

- Trainings for Educators
- Webinars
- Resource Downloads
Nutrition Education & Recipe Videos

Food Pun Recipe Valentines

Goal Tracker Worksheet

Recipes Guides & Workbooks

Nutrition & Culinary Blogs

The ABC’s of Healthy Soup Making – Uncover some of our favorite fall soup recipes!

MY GOAL TRACKER

LET'S GET COOKING!

Tracking progress is a fun way to see how much your kids have learned. Place a check mark next to each skill as it's mastered.
Questions?

Contact:
Ashley Roth
aroth@commonthreads.org
Voices of Summer Webinar Series

www.summerlearning.org/webinars
Find NSLA on social media to keep updated on #summerlearning

@SummerLearning  @SmarterSummers

Join our Community!

https://www.summerlearning.org/join-our-list/
Thank you!

www.summerlearning.org