

Example: EFNEP Lesson Plan-Low Tech

Healthy WIC Kitchen

Prepared By: Nancy Nutrition

	Monday	Tuesday	Wednesday	Thursday	Friday
	Onsite Lesson		Social Media		Reminders
Intro	Lesson	Introduction to EFNEP	Participant Closed Group		Text/Email reminder
	Hands On	Food Recall Kit	*Post on picky eaters		
	Lesson Stretcher	Sign up for SuperTracker			
Fix it Safe!	Lesson	Fix it Safe	Participant Closed Group		Text/Email reminder
	Hands On	Food Safety Kit, Videos, Games Download App- "Is My Food Safe?"	*Post reminder to use food thermometer		
	Lesson Stretcher				
Plan Meals	Lesson	Plan: Know What's for Dinner	Participant Closed Group		Text/Email reminder
	Hands On	Menu planner, Grocery Ads	*Share leftovers tip		
	Lesson Stretcher	Visit Spend Smart Eat Smart			
Shopping	Lesson	Shop: Get the Best for Less	Participant Closed Group		Text/Email reminder
	Hands On	Grocery Ads, Calculators	*Share groceries budgeting tip		
	Lesson Stretcher	Download WIC Shopper App			
Fit it Fast	Lesson	Fix It Fast	Participant Closed Group		Text/Email reminder
	Hands On	Cooking Kit, Recipe video	*Post about Family Mealtime		
	Lesson Stretcher	Visit What's Cooking USDA			
Fruit/Veg	Lesson	Choosing More Fruits and Veg.	Participant Closed Group		Text/Email reminder
	Hands On	UKNOW Video Shopping for F/V	*Share fruitsveggiesmorematters.org		
	Lesson Stretcher	Interactive Smart Phone search			
Smart Drink	Lesson	Making Smart Drink Choices	Participant Closed Group		Text/Email reminder
	Hands On	How much sugar?	*Post about calcium sources		
	Lesson Stretcher	Aisle by Aisle Video-Beverages			
Move More	Lesson	Choosing to Move More	Participant Closed Group		Text/Email reminder
	Hands On	Daily Checklist	*Post about physical activity		
	Lesson Stretcher	Walking trails in your community			

Example: EFNEP Lesson Plan-High Technology

Healthy WIC Kitchen

Prepared By: Nancy Nutrition

	Monday	Tuesday	Wednesday	Thursday	Friday
	Onsite Lesson	Online-Existing/New Content	Social Media	Online Group Meetings	Reminders
Intro	Lesson	Introduction to EFNEP	None	Participant Closed Group	Facebook Live-Portion Sizes
	Hands On	Food Recall Kit		*Post on picky eaters/Share client tips.	Text/Email reminder
	Lesson Stretcher	Sign up for SuperTracker		Open Group--Recruiting	
Fix it Safe	Lesson	Fix it Safe	Approved YouTube Videos	Participant Closed Group	Google Hangout-Q & A
	Hands On	Food Safety Kit, Videos, Games	*Complete Home Food Safety Quiz	*Post on food thermometer/Upload handwashing videos	Text/Email reminder
	Lesson Stretcher	Download App-"Is My Food Safe?"		Open Group--Recruiting	
Plan Meal	Lesson	Plan: Know What's for Dinner	Rutgers Before You Shop	Participant Closed Group	Google Hangout-Recipe Demo
	Hands On	Menu planner, Grocery Ads		*Share leftovers tip/Upload recipe photos	Text/Email reminder
	Lesson Stretcher	Visit Spend Smart Eat Smart		Open Group--Recruiting	
Shopping	Lesson	Shop: Get the Best for Less	North Carolina Shopping	Participant Closed Group	Facebook Live-Shopping Tour
	Hands On	Grocery Ads, Calculators		*Share/Comment groceries budgeting tip	Text/Email reminder
	Lesson Stretcher	Download WIC Shopper App		Open Group--Recruiting	
Fit It Fast	Lesson	Fix It Fast	EatFresh Wholesome Meals	Participant Closed Group	Google Hangout-Breakfast
	Hands On	Cooking Kit, Recipe video		*Post/Comment on Family Mealtime	Text/Email reminder
	Lesson Stretcher	Visit What's Cooking USDA		Open Group--Recruiting	
Fruit/Veg	Lesson	Choosing More Fruits/Veg.	Georgia Color Me Healthy	Participant Closed Group	Facebook Live-Recipe Demo
	Hands On	UKNOW Video Shopping for F/V		*Challenge clients to try recipe/Share comments.	Text/Email reminder
	Lesson Stretcher	Interactive Smart phone search		Open Group--Recruiting	
Smart Dri	Lesson	Making Smart Drink Choices	NC Smart Drink Choices	Participant Closed Group	Google Hangout--Eating Out
	Hands On	How much sugar?		*Post calcium sources/Share ways to get calcium.	Text/Email reminder
	Lesson Stretcher	Aisle by Aisle Video-Beverages		Open Group--Recruiting	
Move Mo	Lesson	Choosing to Move More	None	Participant Closed Group	Facebook Live--Post Grad
	Hands On	Daily Checklist		*Post physical activity tips/Podcasts for walking tours.	Text/Email reminder
	Lesson Stretcher	Walking Trails in your community		Open Group--Recruiting	

Example: EFNEP Lesson Plan-Medium Tech

Healthy WIC Kitchen

Prepared By: Nancy Nutrition

	Monday	Tuesday	Wednesday	Thursday	Friday
	Onsite Lesson	Online Lessons	Social Media		Reminders
Intro	Lesson	Introduction to EFNEP	None	Participant Closed Group	Text/Email reminder
	Hands On	Food Recall Kit		*Post on picky eaters/Share client tips.	
	Lesson Stretcher	Sign up for SuperTracker		Open Group--Recruiting	
Fix it Safe!	Lesson	Fix it Safe	Approved YouTube Videos	Participant Closed Group	Text/Email reminder
	Hands On	Food Safety Kit, Videos, Games	*Complete Home Food Safety Quiz	*Post on food thermometer/Upload handwashing videos	
	Lesson Stretcher	Download App-"Is My Food Safe?"		Open Group--Recruiting	
Plan Meals	Lesson	Plan: Know What's for Dinner	Rutgers Before You Shop	Participant Closed Group	Text/Email reminder
	Hands On	Menu planner, Grocery Ads		*Share leftovers tip/Upload recipe photos	
	Lesson Stretcher	Visit Spend Smart Eat Smart		Open Group--Recruiting	
Shopping	Lesson	Shop: Get the Best for Less	North Carolina Shopping	Participant Closed Group	Text/Email reminder
	Hands On	Grocery Ads, Calculators		*Share/Comment groceries budgeting tip	
	Lesson Stretcher	Download WIC Shopper App		Open Group--Recruiting	
Fit It Fast	Lesson	Fix It Fast	EatFresh Wholesome Meals	Participant Closed Group	Text/Email reminder
	Hands On	Cooking Kit, Recipe video		*Post/comment on Family Mealtime	
	Lesson Stretcher	Visit What's Cooking USDA		Open Group--Recruiting	
Fruit/Veg	Lesson	Choosing More Fruits/Veg.	Georgia Color Me Healthy	Participant Closed Group	Text/Email reminder
	Hands On	UKNOW Video Shopping for F/V		*Challenge clients to try recipe/Share comments.	
	Lesson Stretcher	Interactive Smart Phone search		Open Group--Recruiting	
Smart Drink!	Lesson	Making Smart Drink Choices	NC Smart Drink Choices	Participant Closed Group	Text/Email reminder
	Hands On	How much sugar?		*Post calcium sources/Share ways to get calcium.	
	Lesson Stretcher	Aisle by Aisle Video-Beverages		Open Group--Recruiting	
Move More	Lesson	Choosing to Move More	None	Participant Closed Group	Text/Email reminder
	Hands On	Daily Checklist		*Post physical activity tips/Podcasts for walking tours.	
	Lesson Stretcher	Walking trails in your community		Open Group--Recruiting	