Example: EFNEP Lesson Plan-Low Tech

Healthy WIC Kitchen

Prepared By: Nancy Nutrition

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

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
	Lesson	Introduction to EFNEP	None	Participant Closed Group	Facebook Live-Portion Sizes	Text/Email reminder
Intro	Hands On	Food Recall Kit		*Post on picky eaters/Share client tips.		
_	Lesson Stretcher	Sign up for SuperTracker		Open GroupRecruiting		
<u>te</u>	Lesson	Fix it Safe	Approved YouTube Videos	Participant Closed Group	Google Hangout-Q & A	Text/Email reminder
t Sa	Hands On	Food Safety Kit, Videos, Games	*Complete Home Food Safety Quiz	· · · · · · · · · · · · · · · · · · ·		
Fix it Safe	Lesson Stretcher	Download App-"Is My Food Safe?"	, , , ,	Open GroupRecruiting		
eal	Lesson	Plan: Know What's for Dinner	Rutgers Before You Shop	Participant Closed Group	Google Hangout-Recipe Demo	Text/Email reminder
Plan Meal	Hands On	Menu planner, Grocery Ads	<u> </u>	*Share leftovers tip/Upload recipe photos	<u> </u>	
Pla	Lesson Stretcher	Visit Spend Smart Eat Smart		Open GroupRecruiting		
ng	Lesson	Shop: Get the Best for Less	North Carolina Shopping	Participant Closed Group	Facebook Live-Shopping Tour	Text/Email reminder
Shopping	Hands On	Grocery Ads, Calculators		*Share/Comment groceries budgeting tip		
Sho	Lesson Stretcher	Download WIC Shopper App		Open GroupRecruiting		
ıst	Lesson	Fix It Fast	EatFresh Wholesome Meals	Participant Closed Group	Google Hangout-Breakfast	Text/Email reminder
Fit It Fast	Hands On	Cooking Kit, Recipe video		*Post/Comment on Family Mealtime		
Ĕ	Lesson Stretcher	Visit What's Cooking USDA		Open GroupRecruiting		
8	Lesson	Choosing More Fruits/Veg.	Georgia Color Me Healthy	Participant Closed Group	Facebook Live-Recipe Demo	Text/Email reminder
rruit/veg	Hands On	UKNOW Video Shopping for F/V		*Challenge clients to try recipe/Share comments.		
2	Lesson Stretcher	Interactive Smart phone search		Open GroupRecruiting		
Ē	Lesson	Making Smart Drink Choices	NC Smart Drink Choices	Participant Closed Group	Google HangoutEating Out	Text/Email reminder
Smart Drii	Hands On	How much sugar?		*Post calcium sources/Share ways to get calcium.	-	
S	Lesson Stretcher	Aisle by Aisle Video-Beverages	_	Open GroupRecruiting		
Move Mo	Lesson	Choosing to Move More	None	Participant Closed Group	Facebook LivePost Grad	Text/Email reminder
	Hands On	Daily Checklist		*Post physical activity tips/Podcasts for walking tours.		
<u> </u>	Lesson Stretcher	Walking Trails in your community		Open GroupRecruiting		
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Example: EFNEP Lesson Plan-Medium Tech

Healthy WIC Kitchen

Prepared By: Nancy Nutrition

Lesson Stretcher Sign up for SuperTracker Open GroupRecruiting			Monday	Tuesday	Wednesday	Thursday	Friday
Hands On Food Recall Kit *Post on picky eaters/Share client tips. Lesson Stretcher Sign up for SuperTracker Open Group—Recruiting Lesson Fix it Safe Approved YouTube Videos Participant Closed Group Text/Email reminder *Complete Home Food Safety Rit, Videos, Games *Complete Home Food Safety Quit *Post on food thermometer/Upload handwashing videos Lesson Stretcher Download App.*Is My Food Safe? Lesson Plan: Know What's for Dinner Hands On Menu planner, Grocery Ads Safes *Share leftovers tip/Upload recipe photos Lesson Stretcher Visit Spend Smart Eat Smart Open Group—Recruiting Lesson Shop: Get the Best for Less North Carolina Shopping Participant Closed Group Text/Email reminder Hands On Grocery Ads, Calculators *Share leftovers tip/Upload recipe photos 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 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 Fix It Fast EatFresh Wholesome Meals Participant Closed Group Text/Email reminder Hands On Cooking Mit, Recipe video *Post/comment on Family Mealtime Lesson Stretcher Visit What's Cooking USDA Open Group—Recruiting Lesson UKNOW Video Shopping for F/V Challenge clients to try recipe/Share comments. Lesson Making Smart Drink Choices NC Smart Drink Choices Participant Closed Group Text/Email reminder Hands On How much sugar? Open Group—Recruiting Lesson Stretcher Aisle by Aisle Video-Beverages Open Group—Recruiting Lesson Stretcher Aisle by Aisle Video-Beverages Open Group—Recruiting Lesson Choosing to Move More None Participant Closed Group Text/Email reminder Hands On Daily Checklist *Post playsical activity tips/Podcasts for walking tours.			Onsite Lesson	Online Lessons	Social Media		Reminders
Lesson Stretcher Sign up for SuperFracker Open Group—Recruiting 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 Lesson Plan: Know What's for Dinner Hands On Menu planner, Grocery Ads Safety Quis *Share leftowers tiply Dipload recipe photos Lesson Stretcher Visit Spend Smart Eat Smart Open Group—Recruiting Lesson Shop; Get the Best for Less North Carolina Shopping Participant Closed Group Text/Email reminder Hands On Grocery Ads, Calculators Lesson Stretcher Download WIC Shopper App Open Group—Recruiting Lesson Sitt Fast EatFresh Wholesome Meals Participant Closed Group Text/Email reminder Hands On Cooking Kit, Recipe video *Post/comment groceries budgeting tip Lesson Stretcher Visit What's Cooking USDA Open Group—Recruiting Lesson Choosing More Fruits/Veg. Georgia Color Me Healthy Participant Closed Group Text/Email reminder Hands On UKNOW Video Shopping for F/V Lesson Stretcher Interactive Smart Phone search Open Group—Recruiting Lesson Making Smart Drink Choices NC Smart Drink Choices Participant Closed Group Text/Email reminder Hands On Mow much supar? *Post Calcium Sources/Share ways to get calcium. Lesson Stretcher Interactive Smart Phone Search Open Group—Recruiting Lesson Stretcher Interactive Smart Phone Search Open Group—Recruiting Open Group—Recruiting Lesson Stretcher Interactive		Lesson	Introduction to EFNEP	None	Participant Closed Group		Text/Email reminder
Lesson Stretcher Sign up for SuperFracker Open Group—Recruiting 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 Lesson Plan: Know What's for Dinner Hands On Menu planner, Grocery Ads Safety Quis *Share leftowers tiply Dipload recipe photos Lesson Stretcher Visit Spend Smart Eat Smart Open Group—Recruiting Lesson Shop; Get the Best for Less North Carolina Shopping Participant Closed Group Text/Email reminder Hands On Grocery Ads, Calculators Lesson Stretcher Download WIC Shopper App Open Group—Recruiting Lesson Sitt Fast EatFresh Wholesome Meals Participant Closed Group Text/Email reminder Hands On Cooking Kit, Recipe video *Post/comment groceries budgeting tip Lesson Stretcher Visit What's Cooking USDA Open Group—Recruiting Lesson Choosing More Fruits/Veg. Georgia Color Me Healthy Participant Closed Group Text/Email reminder Hands On UKNOW Video Shopping for F/V Lesson Stretcher Interactive Smart Phone search Open Group—Recruiting Lesson Making Smart Drink Choices NC Smart Drink Choices Participant Closed Group Text/Email reminder Hands On Mow much supar? *Post Calcium Sources/Share ways to get calcium. Lesson Stretcher Interactive Smart Phone Search Open Group—Recruiting Lesson Stretcher Interactive Smart Phone Search Open Group—Recruiting Open Group—Recruiting Lesson Stretcher Interactive	ntro	Hands On	Food Recall Kit		*Post on picky eaters/Share client tips.		
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 Lesson Plan: Know What's for Dinner Hands On Menu planner, Grocery Ads Lesson Stretcher Visit Spend Smart Eat Smart Open Group-Recruiting Lesson Stretcher Visit Spend Smart Eat Smart Open Group-Recruiting Lesson Shop: Get the Best for Less North Carolina Shopping Participant Closed Group Text/Email reminder "Share/Comment groceries budgeting tip Download WIC Shopper App Open Group-Recruiting 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 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 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 Choosing to Move More None Participant Closed Group Text/Email reminder Hands On How much sugar? "Post calcium sources/Share ways to get calcium. 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	Sign up for SuperTracker		Open GroupRecruiting		
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 Lesson Plan: Know What's for Dinner Hands On Menu planner, Grocery Ads Lesson Stretcher Visit Spend Smart Eat Smart Open Group-Recruiting Lesson Stretcher Visit Spend Smart Eat Smart Open Group-Recruiting Lesson Shop: Get the Best for Less North Carolina Shopping Participant Closed Group Text/Email reminder "Share/Comment groceries budgeting tip Download WIC Shopper App Open Group-Recruiting 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 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 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 Choosing to Move More None Participant Closed Group Text/Email reminder Hands On How much sugar? "Post calcium sources/Share ways to get calcium. Lesson Choosing to Move More None Participant Closed Group Text/Email reminder Hands On Daily Checklist "Post physical activity tips/Podcasts for walking tours.	_:	Losson	Eiv it Cafa	Approved YouTube Videos	Participant Closed Group		Toyt/Email romindor
Lesson Stretcher Download App-"Is My Food Safe?" Open Group—Recruiting Fat/Email reminder Hands On Menu planner, Grocery Ads Lesson Stretcher Visit Spend Smart Eat Smart Open Group—Recruiting Lesson Stretcher Hands On Grocery Ads, Calculators Lesson Stretcher Download WIC Shopper App Open Group—Recruiting Lesson Stretcher Hands On Grocery Ads, Calculators Fix It Fast Lesson Stretcher Lesson Fix It Fast EatFresh Wholesome Meals Participant Closed Group Text/Email reminder Hands On Cooking Kit, Recipe video Fact/Comment on Family Mealtime Lesson Stretcher Visit What's Cooking USDA Open Group—Recruiting Lesson Choosing More Fruits/Veg. Georgia Color Me Healthy Fact/Lemail Closed Group Text/Email reminder Hands On UKNOW Video Shopping for F/V Closed Group Text/Email reminder Hands On UKNOW Video Shopping for F/V Text/Email reminder Hands On How much sugar? Fact Closes Participant Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On How much sugar? Fact Closed Group Text/Email reminder Hands On Daily Checklist Fact Consider on Walking tours.	it sare:			••			rext/Email reminuer
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	ove More	Lesson	Choosing to Move More	None	Participant Closed Group		Text/Email reminder
Lesson Stretcher Walking trails in your community Open GroupRecruiting		Hands On	Daily Checklist		*Post physical activity tips/Podcasts for walking tours.		
		Lesson Stretcher	Walking trails in your community		Open GroupRecruiting		