**WA SNAP-Ed Approved Curriculum for Virtual Education**

Virtual Education (VE) for WA SNAP-Ed includes the following online curriculum. Please select from this list when planning and implementing online, direct education. All lessons in a series should be taught. Pre and post surveys should be administered, per guidance from the Evaluation Team, for WA SNAP-Ed virtual education.

|  |  |  |
| --- | --- | --- |
| **Curriculum** | **Age Group** | **Number of Lessons** |
| Read for Health | Youth, Grades 1-2 | 6 |
| Food Smarts Youth\* | Youth, Grades 4-12 | 6 |
| Food Smarts Adults | Adults | 5 |
| Around the Table | Older Youth (ages 14-21) | 6 |
| Around the Table, Nourishing Families | Parents and Caregivers | 6 |
| Choose Health, Food, Fun and Fitness (CHFFF) | Youth, Grades 3-6 | 6 |
| Plan, Shop, Save and Cook (PSSC) | Adults | 4 |
| CATCH | Youth, Grades 2-5 | 4 |
| EatFit | Older Youth, Grades 6-8 | 9 |

*\*Note: LIAs may use Food Smarts for Adults with older youth. We strongly suggest considering using Around the Table with older youth.*