

WA SNAP-Ed Approved Curriculum for Virtual Education FFY22

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
Walk with Ease	Adults	6

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