

...ck a better snack



INN School Grant  
Coordinator Training  
October, 2018



Tell someone:

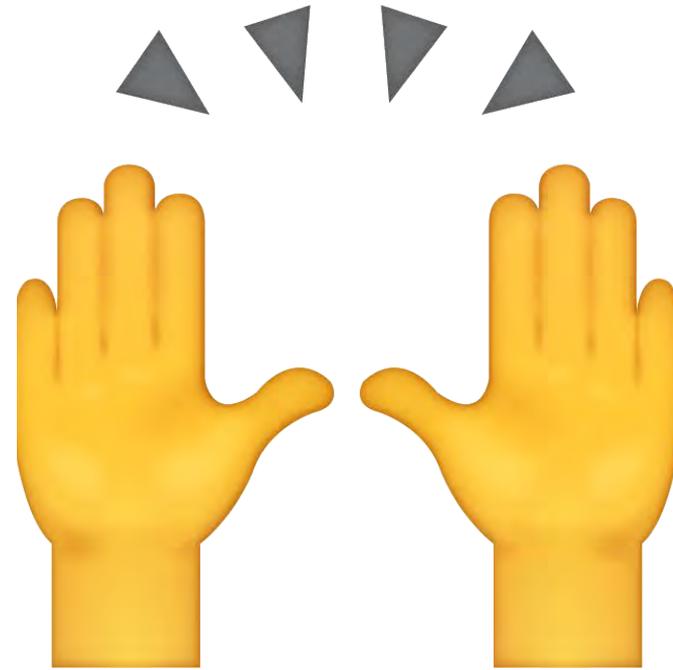
OR

Favorite PABS memory

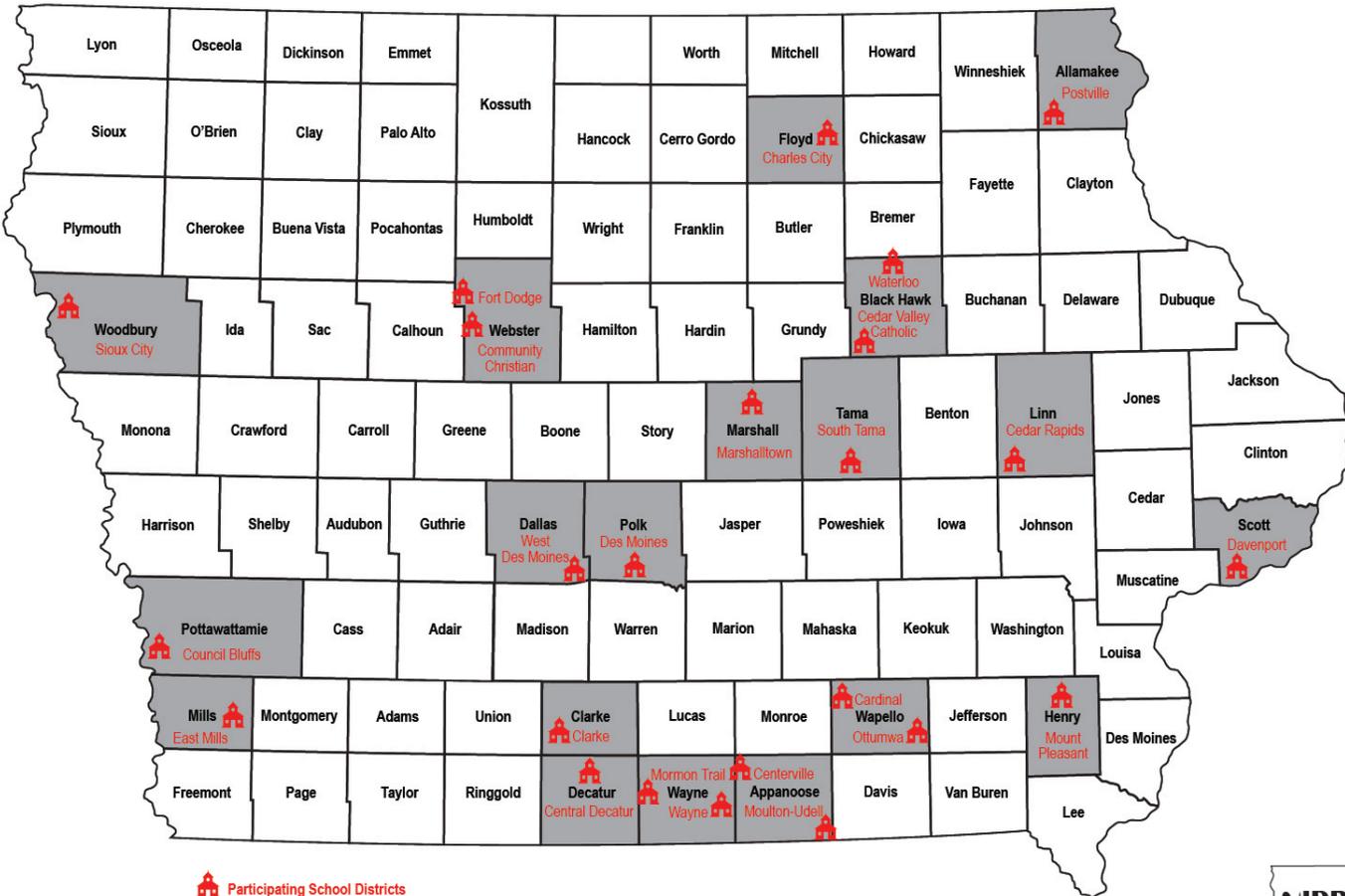
OR

Something you're  
looking forward to in  
PABS this year

Why you value PABS



# Iowa Nutrition Network School Grant Program: 2018-2019

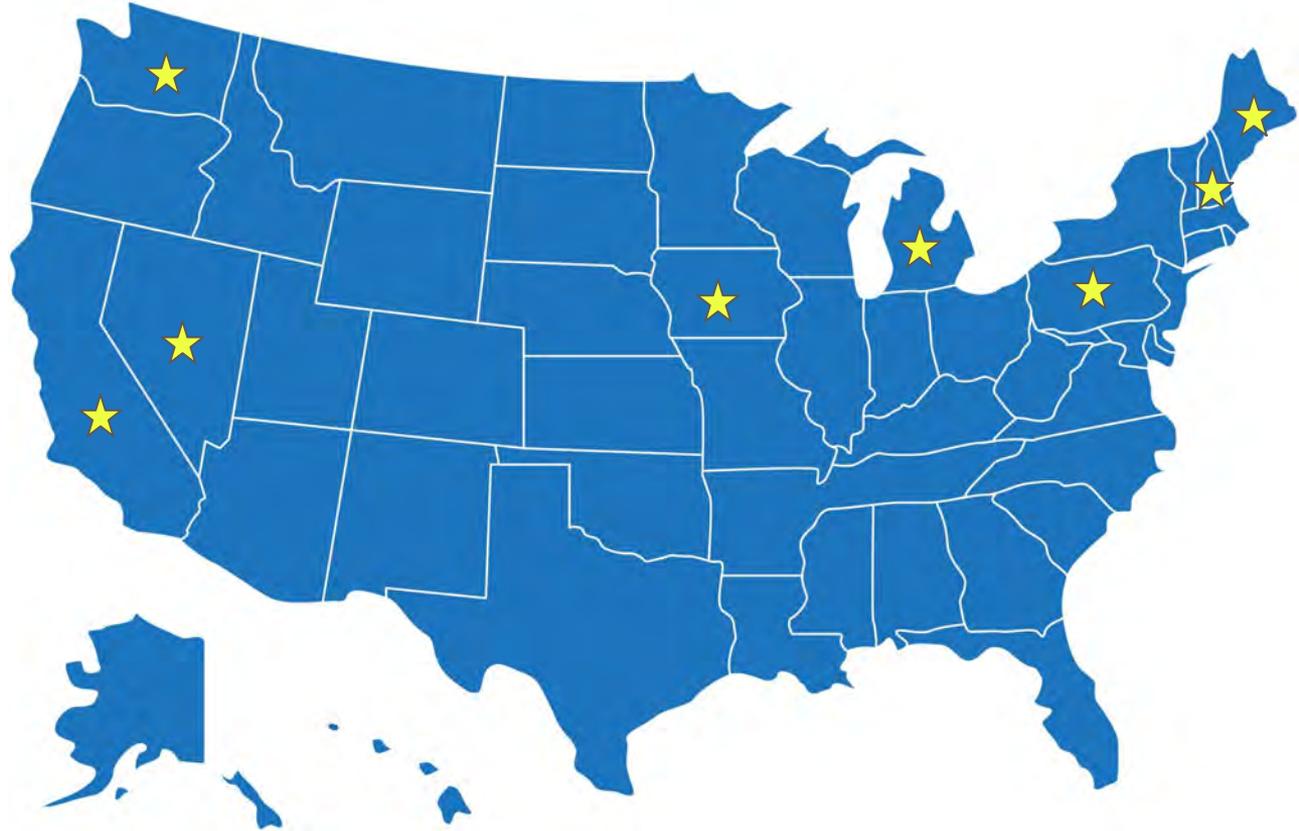


 Participating School Districts  
 Project Contractors



# PABS is Popular!

- Maine
- New Hampshire
- Michigan
- Washington
- Pennsylvania
- California
- Nevada
- Iowa



### Exhibit 8-3 Twelve Most Commonly Used Interventions from the 2016 SNAP-Ed Toolkit by Fiscal Year

Interventions	FY 2014	FY 2015	FY 2016
	Number of States (%)	Number of States (%)	Number of States (%)
Cooking Matters at the Store (national)	20 (39)	26 (49)	27 (51)
Cooking Matters (national)	21 (40)	25 (47)	26 (49)
Eating Smart/Being Active (CO)	18 (35)	21 (40)	20 (38)
Color Me Healthy (NC)	14 (27)	16 (30)	15 (28)
Coordinated Approach to Child Health, CATCH® (TX)	5 (10)	14 (26)	12 (23)
Pick a better snack™ (IA)	6 (12)	8 (15)	11 (21)
Rethink Your Drink (CA)	7 (14)	10 (19)	11 (21)
Smarter Lunchrooms Movement (national)	3 (6)	5 (9)	11 (21)
Media-Smart Youth® (national)	7 (14)	8 (15)	10 (19)
Faithful Families Eating Smart & Moving More (NC)	3 (6)	2 (4)	9 (17)
Eat Well Play Hard in Child Care Settings (NY)	5 (10)	6 (11)	8 (15)
Nutrition and Physical Activity Self-Assessment for Child Care, NAP SACC (NC)	2 (4)	6 (11)	7 (13)

Source: SNAP-Ed State Plans

# Minimum Program Requirements

- Serve all classes in three grade levels (K-3).
- Teach 7 monthly PABS lessons.
- Use bingo cards and newsletters in one grade level.
- Display program signage.
- Coordinate with FFVP.
- Promote SFSP.
- Reach parents.



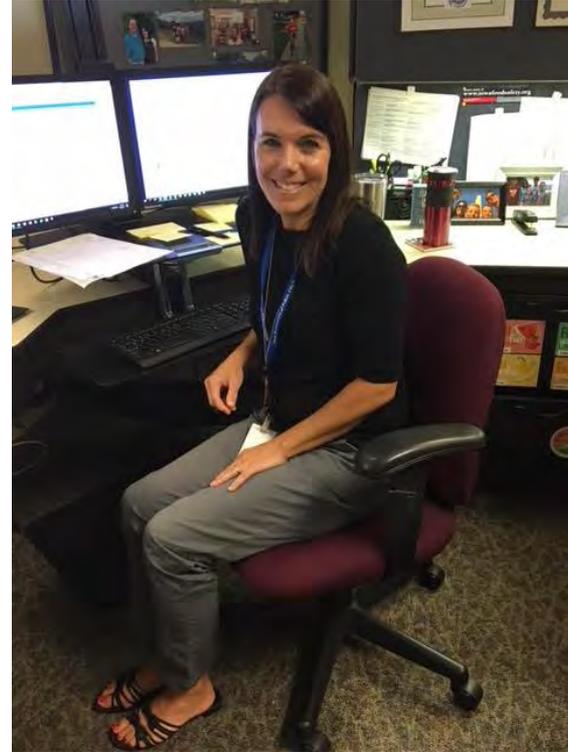
# Communication and Training

- Monthly educator calls
- Annual face-to-face meeting
- INNSGP email list
- Facebook group
- INN email list



(click image)

Who you gonna call?



# Civil Rights Training



Iowa Department of Public Health

Supplemental Nutrition Assistance  
Program Education (SNAP-Ed)

Civil Rights Training



Updated January 2018

(click to find)

# INNSGP Site Visits

Pick a better snack™



Contractor: \_\_\_\_\_  
Teacher Name: \_\_\_\_\_  
Nutrition Educator Name: \_\_\_\_\_  
Observer Name: \_\_\_\_\_  
School: \_\_\_\_\_ Date: \_\_\_\_\_  
Grade Level: \_\_\_\_\_ Class Size: \_\_\_\_\_

## Implementation Checklist

Lesson: \_\_\_\_\_

Fruit or vegetable tasted:

Was the fruit or vegetable tasted alone, in combination with something else, or both? \_\_\_\_\_

Check "Yes" or "No" to indicate if the activities listed below were included in the lesson.

Yes No

- Included physical activity component
- Issued each child a sticker
- Provided bingo card
- Provided family newsletter
- Used incentive items

Comments: \_\_\_\_\_

How much time was devoted to teaching this lesson? \_\_\_\_\_

Rate on a scale from 1 (not at all) to 5 (very well) how well was the lesson content was followed.

① ② ③ ④ ⑤

Comments: \_\_\_\_\_

Rate on a scale from 1 (low) to 5 (high) how effective the educator was in engaging students in this session (e.g., able to hold students' attention, responsive to students' questions, provided opportunities to share, enthusiastic about the lesson).

① ② ③ ④ ⑤

Comments: \_\_\_\_\_

Rate on a scale from 1 (low) to 5 (high) how well educator followed safe food handling practices (e.g., used gloves while serving the fruit/vegetable).

① ② ③ ④ ⑤

Comments: \_\_\_\_\_

# Progress Reports

Semi-annual report - due June 30

- Number of classes reached per grade in each school
- Number of lessons classes received
- FFVP collaboration, SFSP promotion, etc.

Annual report - due September 30

- Number of students reached
  - Counts for during school, after-school, summer
  - Counts by gender, ethnicity, race
- Partners
  - How many and type of partner
  - Assistance received from / assistance provided



# Success Stories



# Another Example

Elementary students in Cedar Rapids were tired of eating pork and beans every week and usually just threw them away. But pork and beans met the menu requirement for legumes. The foodservice staff reached out to the SNAP-Ed team for help. Champions of farm to school, the SNAP-Ed team partnered with the school foodservice staff to excite students about a new recipe—black beans and rice, with local black beans! Now two elementary schools serve a healthy side dish that students will actually eat, and a local farmer has new business.





The Future  
Just Ahead

↑ ↑ ↑

## Contract and Budget

- What you have agreed to do for us
  - Additional conditions - Linkage to public health
  - Civil Rights Training
- How we will reimburse you

# Reimbursable Costs

## Salary and Fringe

Date specific time records are needed to document time spent on project.

## Subcontracted Providers

If more than \$2,000 must be approved by the Dept. before they are signed.

Includes everything that the subcontractor is reimbursed for-time, supplies, travel

# Reimbursable Costs (2)

## Other

**Allowable** - Costs for providing the services in the contract. Receipts should be kept for documentation of costs.

Office supplies, food for tasting and paper and food storage supplies, seeds, plants, small garden tools and supplies, staff travel to education sites and training

Travel costs are limited to \$0.39/mile for mileage; food - \$8/breakfast, \$12/lunch \$23/dinner; lodging \$98 plus taxes per night

## Reimbursable Costs (3)

### Not allowed

Meal sized portions of food, ongoing snacks or food provided as groceries or supplemental food

Any material that endorses or promotes brand names or retail stores

Purchase or production of written or visual nutrition education messages that are not consistent with the current Dietary Guidelines and MyPlate

Rental or purchase of garden equipment or land for garden plots

# Reimbursable Costs (4)

## Indirect or Administrative Costs

May be included according to a federally approved Indirect Cost Rate Agreement

Or the Department allows up to 15% of direct costs. Documentation must be maintained to support the administration cost allocation

- [Iowa Grants](#)

# Administrative Site Visits or Desk Reviews

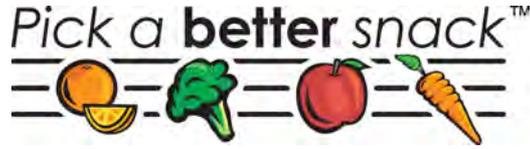
## My Site Visits in Iowa Grants

- Appointment Letter
- Request documentation
- Conduct desk review and report or plan a visit
- Contractor will respond to findings and do corrective action, as needed
- Compliance letter



# Healthy Choices Count!

(click logo for website)



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