



RE Fresh

Throughout the curriculum, the following simple, behaviorally-focused messages are emphasized:



- 1. Make half your plate fruits and vegetables
- 2. Make at least half your grains whole grains
- 3. Increase physical activity
- 4. Maintain calorie balance



ReFresh is a series of 8 nutrition education units, designed to coincide with the school year from October through May. Each month contains 4 lessons that coordinate with school and calendar themes including holidays. Topics are:

- 1. Fruits and Vegetables
- 2. Heritage and Ethnic Foods
- 3. Family Meals
- 4. Variety
- 5. Water
- 6. Environmental Literacy
- 7. Whole Grains
- 8. Energy Balance



Rather than presenting nutrition as a stand-alone topic, lessons are aligned to the common core for Math and Language Arts, and also relate to topic areas within Social Studies, STEM, and art.

The first lesson in each unit includes a healthy food demonstration and tasting activity. Lessons two and three consist of reinforcement discussions and activities including a read-aloud book. The fourth lesson is a journal prompt, inviting students to practice their writing skills as they reflect on and creatively respond to the content from the entire unit.



Reproducible newsletters provide an opportunity to link the caregiver at home to what their child is learning in the classroom. Newsletters also communicate ideas and resources to encourage behavior change in the home.

- More than 4 out of 10 youth participants (42%) in ReFresh tried at least one new healthy food during their time in the program.
- After participating in ReFresh, almost 9 out of 10 students (87%) report consuming at least one fruit the previous day while 7 out of 10 (74%) consume at least one vegetable during that same time period.
- 96% of ReFresh youth report regularly eating fruit with lunch and 79% report regularly eating vegetables at lunch.