

**EAT.
MOVE.
SAVE.**

Illinois Nutrition Education Programs

We're back with school programming for 2020-2021!

Let us help your school with engaging virtual lessons and more to support learning standards and school wellness during this unique time. Virtual programming is available whether students are in-person or remote for your school district.



VIRTUAL LESSON OPTIONS - ELEMENTARY SCHOOL

The OrganWise Guys®

- **The OrganWise Guys®** is an evidence-based program that uses fun organ characters to teach children about making healthier choices. The curriculum is linked with a number of Illinois Learning Standards for kindergarten through 2nd grade and is provided during the school day.

Serving Up MyPlate

- **Serving Up MyPlate** is our newest curriculum option and is for students in grades 1-6. It incorporates math, science, English language arts, and health into the nutrition education lessons.

CATCH® Kids Club

- **CATCH® Kids Club** is a popular afterschool program to encourage healthier eating habits and physical activity for youth grades K-5.

Healthy Kids Out of School

- **Healthy Kids Out Of School** is an afterschool program that encourages healthy eating and physical activity for students. It focuses on teaching youth to snack smart, drink right, and move more.

VIRTUAL LESSON OPTIONS - MIDDLE OR HIGH SCHOOL

EatFit

- **EatFit** is a middle school curriculum that assists teens with setting goals to improve their nutrition and fitness choices. It focuses on skill building and social support to encourage teens to meet their goals.

Teen Cuisine

- Developed for youth in grades 6-12, **Teen Cuisine** teaches healthy eating habits in engaging, hands-on lessons. A student workbook with recipes is provided to students.

ADDITIONAL RESOURCES

- Healthy tips or recipes to send to families in newsletters or via social media
- Virtual programs for parents/guardians of students at your school focusing on family health and wellness
- **EatPlayGrow™**: A virtual program for preschoolers and their caregivers on healthy choices using art, stories, and music

**For questions or to discuss options for your school,
please contact your local Extension office.**

University Of Illinois Extension
Maria Guzman
mguzman@illinois.edu
217-300-9176



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