



SPARK's Partner in Health, **Health Kids Challenge (HKC)**, is a nationally recognized non-profit led by an exemplary team of registered, licensed dietitians with many years of school, program, and community wellness experience.

Balance My Day- Nutrition Education Curriculum

- Each curriculum is spiral bound and approximately 280 pages
- Each curriculum offers 30 lessons, divided into 15-25 minute sessions
- Three grade ranges available
 - K-2
 - 3-5
 - 6-8
- Great for classroom, after school or community settings
- Research-based curriculum aligned with HECAT (Health Education Curriculum Analysis Tool) Healthy Eating Behavior outcomes and standards
- Behavior theme focus on breakfast, snacks, beverages, portion sizes, fruits and veggies, active play, energy balance, body image, weight management and food skills
- Nutrition education doesn't need to be an add on, it can easily be integrated into math, science and language with Balance My Day
- Goal setting, skill building, take home activities, parent tip sheets, food skills and tasting activities, logs, worksheets and student assessment included
- Curriculum features sample activity lessons from SPARK
- Bonus additions are three nutrition education event guides and a set of 156 food picture cards for food identification, bulletin boards, or nutrition education games

\$69⁹⁵ per curriculum book plus S&H

*Recommendation is one curriculum manual per teacher if possible and if not, then at least multiple copies per grade level for sharing.





Option 1- Balance My Day

6-hour training to guide the implementation of the *Balance My Day*- nutrition educational curriculum. An interactive day where experience the simple solutions of how to easily incorporate nutrition education into the school day.

\$2,699 + travel

Note: Does not include curriculum cost.



Option 2- Nutrition Themed Workshops

HKC offers an exciting menu of Nutrition themed workshops for you to choose from. All are designed to bring nutrition education to life for your students and staff:

- Nutrition Education Across the Curriculum— A Recipe for Success
- MyPyramid 101
- AWESOME CHANGE in 15 Minutes or Less
- Create Your Own—A nutrition-focused, customized workshop created especially for your school/agency!

\$2,699 + travel

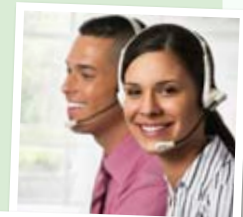
Note: Does not include curriculum cost if needed/recommend for your workshop.

Distance Assistance and Support

Audience: School wellness teams and/or coordinators, grades K-12. Individual school teams recommended but can work with district teams as well. Best use of this program is as a follow-up after a Balance My Day curriculum training or Ignite a Healthy Environment training!

What you can expect:

- One complete school year of distance assistance to help guide and assist your school wellness team in creating a sustainable culture of health in your school.
- Your team will be assigned your own personal wellness resource coach, a Healthy Kids Challenge registered licensed dietitian, with expertise and years of working with schools and community groups in the area of school food service, child nutrition, school wellness policies, health and wellness in schools, and creating sustainable healthy change.
- Up to 10 hours of accessibility to your dietitian wellness resource coach by phone and E-mail
- An easy to use assessment for your wellness team and your dietitian resource coach to help guide assistance and action plans for creating healthy changes in your school.
- Web access to school wellness E-modules and resources, assessment and tracking logs to help guide your team meetings and wellness action plans for EFFECTIVE results.
- Hard copy materials provided: (Distance Assistance is to be used after curriculum training or IGNITE workshop so hardcopy materials are in place)
- 9 Healthy Solution webinars optional use but included to attend live or archives may be used



\$2,500 /school year