

## Integrated Nutrition Education Program

**Description:** This program is an elementary school-based nutrition education program that consists of 5 grade-level curricula, 1st through 5th grades. Each grade level has 26 1-hour lessons that are taught by the classroom teacher over the course of the school year. The lessons are designed to meet grade-level-specific academic standards for literacy and science, involve food preparation and/or tasting, and are bilingual (activity sheets and take-home recipes are English/Spanish).

**Outcome Behaviors:** The program objectives include: 1) Increased intake of fruits and vegetables, specifically targeting fruit/vegetable consumption in the school lunchroom; 2) Increased self-efficacy regarding food preparation; 3) Increased knowledge about MyPyramid and an overall healthy diet.

**Target Population:** Eligible schools are public schools that have at least 50% free/reduced school lunch participation rates.

**Program Availability and Support:** This program is made available as part of the Colorado Nutrition Education Plan through Colorado State University and is funded by the USDA Food Stamp Nutrition Education Program. The program is available in targeted low-income schools in the following counties: Denver, Adams, Arapahoe, Jefferson, Boulder, Weld, Larimer, El Paso, Pueblo, Mesa, Las Animas, and counties within the San Luis Valley.

**Program Cost:** The program is sustainable at no cost to the school(s) through USDA/FSNE support. Start-up costs may be needed.

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