

FFY 2025 Program Activity Toolkit Update



- 10 years old & due for an update!
- Preparing for a larger update for FFY 2026-2028
 - Review current programs – aim for positive, engaging, culturally relevant programs to promote healthy eating and physical activity
 - Remove outdated curricula, consider new options
 - Join the Oregon Toolkit Committee!
- Recommendation: don't fall in love with a new-to-you program this year – or check-in with Rose or Stephanie before you switch

What we know already...

- Kids in the Kitchen – new version available, under review
- CATCH K-8 – “classic” nutrition curricula has been discontinued, no longer being updated
- Exercise Your Options & Let’s Eat Healthy for Teens – concerns about whether approaches promote healthy body image, appropriateness for food insecure audiences, some materials outdated
- Using one of these? We’ll reach out. Don’t panic – there will be transition time & support.



Oregon State University
Extension Service

Rethink Your Drink-Food Hero 2024 Update



Summary of updates

- Rethink-Your Drink-Food Hero (RYD-FH)
- Consolidated and reformatted the Implementation Guidelines and Quick Start Guide into one document – RYD-FH Implementation Guide
- Separated the Community Events Guide and Event Planning Worksheet into two documents
- Logos and statements updated throughout
- Outdated handouts replaced



rethink
YOUR DRINK



Rethink Your Drink & Food Hero
for Oregon SNAP-Ed and EFNEP
*Adapted from California Department of Public Health and
Public Health Institute's Center for Wellness and Nutrition*

Rethink Your Drink in Oregon is delivered as a linked strategy alongside Food Hero social marketing as **Rethink Your Drink and Food Hero (RYD-FH)**. RYD-FH interventions provide education, activities, and messaging to support healthy beverage choices for adults, youth, and families. A key focus is to promote increasing water consumption while bringing awareness to the amount of added sugar in beverage choices.

SNAP-Ed

RYD-FH resources may be delivered as events or program activities, and work well in a variety of settings. RYD-FH may also be used to support and promote policy, systems, and environmental (PSE) change efforts.

Follow usual procedures to report your RYD-FH programming in PEARS.

All RYD-FH resources are available to order from OSU Printing and Mailing Design Online. Resources may also be accessed on the program website:

<https://nutrition.extension.oregonstate.edu/collection/rethink-your-drink>

Events

RYD-FH may be implemented as an event serving adults, youth, and/or families. Events are intended to be fun, interactive, and educational. Review the [Guide for Presenting Rethink Your Drink and Food Hero at Events](#) for implementation tips and guidelines.

Program Activities

- As an [Additional Activity](#) (AA) – RYD-FH may be implemented as an AA alongside an approved youth or adult curriculum (before, during, or after a lesson), as a session, or as

July, 2024

Summary of updates

- Content updates to Community Events Guide, Choosing Healthy Beverages lesson, and participant handouts
 - **Added Sugar** language and beverage images added/adjusted to reflect new Nutrition Facts Label
 - Participant prompts/questions updated to be more current, positive and inclusive
 - Outdated guidelines pertaining to evaluation and reinforcement distribution removed or updated





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Rethink Your Drink & Food Hero (RYD-FH)

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› For **SNAP-Ed**, RYD-FH resources may be implemented in a variety of settings as an event, program activity, and/or to support policy, systems and environmental (PSE) change efforts. Please review the RYD-FH Implementation Guide prior to beginning programming.

› For **EFNEP**, RYD-FH may be utilized to support PSE change efforts. Events and stand-alone lessons may be implemented for recruitment purposes only.

All RYD-FH resources can be accessed in Box. Print materials will be available to order from OSU Printing and Mailing Design Online in the near future.

Updated Spanish materials coming soon!

Please contact [Stephanie Russell](#) or [Rose Jepson-Sullivan](#) with any questions.

Title	Description	Files	Links	Year
RYD-FH Materials	Use this link to access all the updated RYD-FH materials.		RYD-FH Materials - Box Folder	

<https://nutrition.extension.oregonstate.edu/collection/rethink-your-drink>