

SEEDS Manual - Appendix A: FAQs By Strategy and Activity

Active Living

Built Environment

Strategy: Support development of the Built Environment to increase access and use of community infrastructure(s).

Activity (Track)	Description	Examples
Active Living Policy	Contribute to the creation or implementation of state, regional, or local policies that create safer, more accessible, and/or more walkable communities.	See track examples.
(State/Regional)	Support state, regional, and/or county-level policies	Assist with making changes to policy regarding access to or safer PA resources. Creating or implementing Complete Streets.
(Local)	Support municipal-level policies	Plan to implement Multi Use Trails, Health in All Policies.
Walking, Biking, and Transit Networks	Contribute to the creation or implementation of infrastructure that improves the walking, biking, and/or transit system or environment within or between communities.	See track examples.
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders). Note: To use the coalition track, the coalition must have at least five stakeholders representing	Convene and facilitate meetings for community to explore ways of improving walking, biking and/or transit routes. Advocate for a new bus route between towns, pop-up traffic calming near a site, advocate for park upgrades.
(Single)	Working with individual sites or partners	Support the installation of pavement, trail signage, markers to improve walking, biking within or between two communities.
Active Transportation	Encourage active transportation behavior with partnering organizations (those managing bikeshare, scooters, etc.) and among SNAP-eligible residents.	See track examples.

Activity (Track)	Description	Examples
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders).Note: To use the coalition track, the coalition must have at least five stakeholders representing	Convene and facilitate meetings with stakeholders (especially those who have decision making power) to map out safe bike routes to school, work, PA resources.
(Single)	Working with individual sites or partners	Publicize low-cost bikeshare programs, support the implementation and marketing of a safe bike route. Support creation of social media marketing that highlights scooter rentals/trails
Development of Parks, Trails and other Resources	Support development of new spaces to encourage participation in regular physical activity.	See track examples.
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders).Note: To use the coalition track, the coalition must have at least five stakeholders representing	Partner with Parks and Rec and/or government entities to develop brown space or undeveloped space for community recreation, work with a community group with a Kaboom grant to build a new playground
(Single)	Working with individual sites or partners	Partner to run an event to celebrate a new splash pad, collaborations with local church to brainstorm ideas for a new open space that can be used for PA.
Community Engagement	Engage residents in SNAP-Ed eligible communities in the process and planning using consulting, involving and collaborating techniques.	One-on-one conversations, door knocking, phone banking, tabling, surveys, community meetings, focus groups, town halls, consultations, advisory committees, listening sessions, etc. to understand how best to match SNAP-Ed programs and initiatives with the priorities of the community.

Increase Usability and Access

Strategy: Increase usability and access to physical activity resources and community programming,

Activity (Track)	Description	Examples
Improve Usability and Access to Community Resources	Increase usability and access to community physical activity resources by improving space features, amenities, incivilities, or access.	See track examples.
(Single)	Working with individual sites or partners	Organize a park cleanup and then secure agreement from Parks and Rec for weekly maintenance visits. Partnering with Parks & Rec to repair resident-controlled lights at a basketball court to expand hours of play. Provide virtual or live demonstrations on how to use/access physical activity resources or equipment.
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders).Note: To use the coalition track, the coalition must have at least five stakeholders representing	Partner with Parks and Rec to repair resident-controlled lights at a basketball court to expand hours of play.
Shared Use Agreements	Develop a written agreement between agencies to allow communities to access resources to be physically active.	See track examples.
(Single)	Working with individual sites or partners	School agrees to open its gym on Saturday to community residents. School agrees to allow access to outdoor facility for community members every day after school.
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders).Note: To use the coalition track, the coalition must have at least five stakeholders	Convene and facilitate meetings with parks and rec, local community member, to develop a shared use plan that allows stakeholders to access space to facilitate PA activities/events during the week.

	representing	
--	--------------	--

Activity (Track)	Description	Examples
Social Support Networks	Establish/support physical activity groups for adults through sustainable partnerships with community organizations.	See track examples.
(Single)	Working with individual sites or partners	Set up the structure for a volunteer-led walking group for seniors at a community center or local PA resource Creating and setting up a buddy system for physical activity (walk groups, hiking groups), creating an agreement with others to complete specified levels of Physical Activity.
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders).Note: To use the coalition track, the coalition must have at least five stakeholders representing	Partner with local gym, and community members to set up event that highlights physical activity groups, and events in SNAP-ED eligible areas.
Community Engagement	Engage residents in SNAP-Ed eligible communities in the process and planning using consulting, involving and collaborating techniques.	One-on-one conversations, door knocking, phone banking, tabling, surveys, community meetings, focus groups, town halls, consultations, advisory committees, listening sessions, etc. to understand how best to match SNAP-Ed programs and initiatives with the priorities of the community.

Childhood

Early Care and Education

Strategy: Support the development, implementation, and evaluation of policies that promote nutrition and physical activity in early care and education settings.

Activity (Track)	Description	Examples
Empower Policy	Support Empower policy change at ECE, regional, and/or state levels.	See track examples.
(State/Regional)	Support state, regional, and/or county-level policies	Presentation at state conference about written Empower policy and/or work with the state's Empower program to help revise the written policy samples offered by Empower.
(Local)	Support municipal-level policies	<p>Support ECEs in drafting, reviewing, revising, writing and/or disseminating written ECE policies consistent with one or more Empower standards.</p> <p>Work with an ECE to focus on the Policy section of any GO NAPSACC module to improve written policy.</p> <p>Work collaboratively with an FTF regional partnership to develop, review, revise, and/or disseminate written policy guidelines for the region.</p> <p>Collaboratively work with a Head Start advisory council in order to influence and/or inform written policy changes</p>
Learning Collaborative	Convene a group of early care and education (ECE) programs and/or professionals to participate in a learning system to make quality improvements in a focused area.	See track examples.

Activity (Track)	Description	Examples
(Go NAPSACC)	Participating in the Go NAPSACC Learning Collaborative	Recruit and provide training, consultation, and technical assistance to two or more ECE sites participating in the Go NAPSACC Learning Collaborative Program
(Other)	Participate any other collaboratives outside Go NAPSACC.	<p>Recruit, convene, and/or provide training and TA to two or more ECE sites to participate in a co-learning space in order to make site-level policy, system, and environmental changes and to establish a community of practice.</p> <p>Provide consultation to ECE sites participating in a learning collaborative</p>
Staff Development	Assist a program or facility to increase staff knowledge, abilities, skills, and improve practices when implementing the EMPOWER program.	See track examples.
(Empower Standard 8)	Regarding staff development on wellness topics to ECE and/or Out of School Time providers	<p>Train ECE staff on how EMPOWER Standards 1, 3, 4, 5, and 6.</p> <p>Provide technical assistance and training on how to use the Staff Development section of Go NAPSACC online assessments, tools, and resources to improve staff development at the ECE.</p>
(AZHZ Curriculum)	Train the Trainer on AZHZ approved curriculum	Facilitate Train-the-Trainer with ECE staff on approved AZHZ curriculum (Grow It, Try It, Like It and Color Me Healthy) to support the implementation of the EMPOWER standards
(Other)	Training provided to ECE providers that supports any SNAP-Ed related strategies and activities other than Empower Standard 8 or AZHZ Curriculum.	Introduction and overview on Language of Health nutrition concepts and how this can be integrated in the classrooms and with communicating with families.

Activity (Track)	Description	Examples
ECE-Based Agriculture	Provide training, support, and technical assistance to ECE partners and staff to implement food education activities/events, establish and sustain site gardens and/or support local food procurement.	See track examples.
(Gardens)	Working with an ECE site to establish and sustain an on-site garden	Provide training, support, and TA to an ECE site in assessing capacity to establish and maintain an on-site garden.
(Procurement)	Start and expand Farm to ECE programming with ECE sites	Support an ECE site with completing the GO NAPSACC Farm to ECE module, and use the results to support action planning for local procurement. Assist action planning for Farm to ECE by connecting an ECE to a local grower and provide technical assistance with integrating local food in meals.
Nutrition and Feeding Practices	Support ECE site in improving nutrition practices and environments (including breastfeeding) that are consistent with Empower Standards and best practices.	See track examples.
(Breastfeeding)	Working with ECE site to assess and create breastfeeding-friendly environment	Provide training, support, and technical assistance to an ECE site to create a breastfeeding-friendly environment by completing the GO NAPSACC Breastfeeding and Infant Feeding module.

Activity (Track)	Description	Examples
(Other)	Working with ECE site to align nutrition and feeding practices with industry best practices	<p>Provide support and technical assistance to ECE staff by reviewing menus and make appropriate recommendations if needed, following Empower Basics training.</p> <p>Provide on-going support in goal-setting and action planning to implement family-style meal service. For example, work with a site to develop a goal and action plan to implement family-style meal service such as: on-site observation of a typical lunch meal service; providing feedback based on your observations; and then working with the site to set new goals and action plan.</p>
PA Environment	Support improvements in ECE PA environments and practices consistent with Empower Standards (e.g. painted playgrounds)	<p>During an on-site visit, you observe an ECE site's indoor and outdoor play space, you help a site identify types of portable play equipment that could be made available to prompt unstructured activities during the day.</p> <p>You work with an ECE site to complete Go NAPSACC physical activity assessment and action planning, providing TA and on-going support to assist site in implementing a physical activity policy.</p>

Activity (Track)	Description	Examples
Community Coordination	Support and/or provide consultation for ECE sites, coalitions, councils, and/or organizations with increasing partnerships and resources, writing and revising policies, and expanding support networks in order to meet an identified need ECEs and/or families with young children have (e.g. food security resources – SNAP Outreach, backpack programs, food pantries).	<p>Lead efforts and/or partner with community stakeholders to conduct and/or participate in community needs and assets data collection to help inform, influence, and disseminate ECE related information, standards of practice, etc.</p> <p>Apply for and/or regularly attend First Things First regional partnership councils, Head Start advisory council, and/or create, partner with or join a regional ECE coalition.</p> <p>Work with an ECE to develop and support a system to address family food insecurity, for example by providing TA on how to start a weekend backpack program or take a dinner home program.</p>
Community Engagement	Engage residents in SNAP-Ed eligible communities in the process and planning using consulting, involving, and collaborating techniques.	Facilitate one-on-one conversations, community meetings, focus groups, town halls, consultations, advisory committees, listening sessions, and/or disseminating and analyzing surveys, etc. to understand how best to match SNAP-Ed programs and initiatives with the priorities of the ECE site, ECE families, and/or community.

School and Youth-Serving

Strategy: Support the development, implementation, and evaluation of policies that promote nutrition and physical activity in schools and other youth-based systems.

Activity (Track)	Description	Examples
Policy Revision and Communication	Support written Local Wellness Policy (LWP) and/or Empower review, revision, dissemination and (two-way) communication with school stakeholders	See track examples.
(State/Regional)	Support state, regional, and/or county-level policies	Train a wellness team on the cycle of assessment, planning and implementation.
(Local/District)	Support district and school level policies	Assist School Health Advisory Committee (SHAC) with LWP assessment using an approved tool like the WellSAT 3.0 or the ADEActivity and Assessment Tool. Disseminate information to parents and community members about wellness policy.
Wellness Committees	Support District and School-Level school wellness committees, including recruitment, formation and participation.	Meet with district administration to promote the creation of a district or school-level wellness team. Perform a gap-analysis of the wellness team. Offer to convene meetings, and/or provide logistical support in the form of meeting reminders, agendas and minutes.
Staff Development	Provide school staff with Train the Trainer onevidence-based curricula and resources to support policy implementation and encourage students' healthy behaviors.	See track examples.
(Empower Standard 8)	Provide staff development on wellness topics to Out of School Time providers.	Provide professional development and resources to out of school time staff about wellness topics - such as Physical Activity.
(AZHZ Curriculum)	Train the trainer on AZHZ approvedcurriculum.	Train classroom teachers to deliver an AZ Health Zone-approved curriculum in their classrooms.

Activity (Track)	Description	Examples
(Other)	Training provided to school and/or out of school time staff that supports any SNAP-Ed related strategies and activities other than Empower Standard 8 or AZ Health Zone curriculum.	Introduction and overview on Language of Health nutrition concepts and how this can be integrated in the classroom.
School/Youth-Based Agriculture	Train partners to implement and sustain gardens and or support local food procurement and implementation.	See track examples.
(Gardens)	Work with a wellness team to establish and sustain school gardens.	Partner with school wellness team to strengthen written policy for gardens. Workwith teachers to gain support for gardening curriculum and activities e.g.: clubs and classes.
(Procurement)	Work with your school foods administrator to start and expand Farm to School programs.	Work with school nutrition staff on garden tastings and farm to school activities for local food procurement.
Nutrition Practices and Environment	Support improvements in nutrition practices and environments, including the Smarter Lunchrooms Movement (SLM), School Meal Programs and Out-of-School Time (OOST) consistent with Empower.	See track examples.
(Smarter Lunchrooms)	Assist in assessment and planning for improvements to school nutrition environments.	Facilitate completion and action planning around the Smarter Lunchrooms Scorecard.
(Other)	Assist in assessment and planning for nutrition practices and environment outside the cafeteria.	Conduct No Time to Train with cafeteria staffto make improvements to the school nutrition environment.

Activity (Track)	Description	Examples
Physical Activity Practices and Environment	Support improvements in PA practices and environments by employing the tenants of a Comprehensive School Physical Activity Program (CSPAP) e.g.: active transportation, active recess, adequate Physical Education opportunities, classroom brain breaks.)	Assist wellness committees to design recess spaces using the AZ Health Zone lending stencils. Assist wellness committees to organize active transportation opportunities (Walking School Bus, Walk to School Days) and incorporate them into wellness policies. Provide information and support for active classrooms through the use of brain energizers. Support a school to implement the required two recess periods per day utilizing the Let's Play Recess Toolkit.
Community Coordination	Support School and other youth-based programs and resources that meet an identified need e.g.: food security - SNAP Outreach, backpack programs and food pantries.	Conduct an environmental scan of the school to inform efforts around emergency feeding. Assist in the creation of resources such as a week-end backpack program and/or a campus food pantry and help school officials with information about SNAP benefits.
Community Engagement	Engage residents in SNAP-Ed eligible communities in the process and planning using consulting, involving and collaborating techniques.	One-on-one conversations, door knocking, phone banking, tabling, surveys, community meetings, focus groups, town halls, consultations, advisory committees, listening sessions, etc. to understand how best to match SNAP-Ed programs and initiatives with the priorities of the community.

Food Systems

Food Systems

Strategy: Support the production, distribution, and availability of food to increase access and consumption of healthy foods.

Activity (Track)	Description	Examples
Food Systems Policy	Develop and support food systems policies at state, regional, county, or municipal levels	See track examples.
(State/Regional)	Support state, regional, and/or county-level policies	Assess current county gardening ordinances, participate in making changes with a Food Policy Council, share model legislation to support new farmers, advocate for changes to existing food systems taxes or subsidies.
(Local)	Support municipal-level policies	Share information about municipal policies that allow for home raising of dairy products, advocate for permit programs for local produce vendors, establish locally-developed food action plans, provide TA to develop healthy retail certifications.
Food Access	Enhance policies, systems, and environments that support no-cost food programs (where food is free)	See track examples.
(Food Banks/Pantries)	Enhance the availability, distribution and promotion of nutritious foods at food banks and pantries	Assist a food bank with drafting and implementing nutrition standards. Identify potential funding sources for a new cooler to store produce at a pantry. Leverage partnerships to establish a new emergency food location. Support customer choice and autonomy in emergency food environments.

Activity (Track)	Description	Examples
(Housing/Community)	Support the availability, distribution, and promotion of nutritious foods at housing sites and community centers	Support a housing site in sourcing local produce for residents via a mobile market. Work with a senior center to improve nutritious menu options for meals served on-site.
(Summer Food)	Support Summer Food Service Program sites and sponsors	Work with a coalition to address summer hunger issues, such as identifying underserved areas. Provide meal site activities for families. Assist partners with fundraising for mobile meal distribution. Promote meal locations through kick-off events.
Food Retail	Enhance policies, systems, and environments that support food retail (where food is purchased)	See track examples.
(EBT/Double Up)	Support retail sites (such as stores and farmers' markets) to accept benefits such as SNAP, Double Up, WIC and/or FMNP	Assist a storeowner with becoming a WIC vendor. Assist a market manager in accepting SNAP.
(Store Changes)	Support retail sites (such as stores and farmers' markets) to improve the availability, appeal, and promotion of healthy food items	Assist a storeowner with sourcing whole grain options. Make plan to move healthy choices to the front of the store or near checkout. Install point of purchase prompts or other signage.
(Outreach/Navigator)	Conduct outreach (including but not limited to navigator programs) to increase benefit redemption at retail sites	Train DES staff on benefits at farmers markets. Work with a farmers' market to implement a navigator or ambassador program. Promote market locations, transportation routes and benefits accepted.
Farmers/Growers	Train and connect local farmers and food producers to support locally-based food access and food retail	See track examples.

Activity (Track)	Description	Examples
(Coalition)	Working with a partnership coalition or community coalition (multiple stakeholders). Note: To use the coalition track, the coalition must have at least five stakeholders representing	Convene and facilitate meetings for local farmers to explore ways of improving food security. Assist a group of backyard gardeners in starting a community exchange table at a nearby church.
(Single)	Working with individual sites or partners	Support producers incorporating SNAP-eligible sites into their business models.
Gardens	Support community and home gardens	See track examples.
(Establishing)	Establish new community and home gardens in current fiscal year	Convene and facilitate community meetings around potential gardens. Provide workshops on affordable home gardening methods in Arizona climates. Assist a community group to establish a new garden.
(Sustaining)	Provide support to sustain community and home gardens started in previous fiscal years	Provide TA and continuing education to gardeners and leaders. Convene or support garden networks to work on additional funding, programming, mentorship, and long-term land use agreements.
Community Engagement	Engage residents in SNAP-Ed eligible communities in the process and planning using consulting, involving and collaborating techniques.	One-on-one conversations, door knocking, phone banking, tabling, surveys, community meetings, focus groups, town halls, consultations, advisory committees, listening sessions, etc. to understand how best to match SNAP-Ed programs and initiatives with the priorities of the community.