**Eat Smart, Live Strong** is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. The intervention is designed to help nutrition educators working with FNS programs and in communities deliver science-based nutrition education to the growing number of low-income older adults. The intervention focuses on 2 key messages of the 2010 Dietary Guidelines for Americans and utilizes a variety of behavior-focused strategies to promote these behaviors:

- eat at least 3 ½ cups of fruit and vegetable per day (1 ½ cups of fruits and 2 cups of vegetables)
- participate in at least 30 minutes of physical activity most days of the week

Nutrition education providers can use *Eat Smart, Live Strong* to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease. Supplemental Nutrition Assistance Program (SNAP) Education providers can download and print the Activity Kit materials through the SNAP-Ed Connection web site at [http://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong](http://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong). Though the Activity Kit is no longer available in print, print-ready files may be made available to states by request.

**Eat Smart, Live Strong Activity Kit**

The Activity Kit promotes behavior change by involving participants in interactive education and skill-building sessions that allow them to use nutrition skills and practice physical activity exercises. The Kit contains:

- A Leader’s Guide
- Four Interactive Sessions
- Ready to Go Participant Handouts
- Marketing Flyers
The Leader's Guide provides information and guidance to help nutrition educators deliver and promote the intervention. It explains what the Kit activities are designed to accomplish and how they work. The Guide includes information about the benefits of the behaviors, a review of the 2010 Dietary Guidelines for Americans recommendations specific to older adults and materials to promote Eat Smart, Live Strong to participants and their communities. Ideally, a trained nutrition educator will deliver all four sessions in sequence after reviewing the Leader's Guide. The sessions are designed to be delivered in small groups of up to 10 participants. In addition, educators can reinforce the behaviors by implementing the suggestions outlined in “MyPlate” and in the “Beyond the Sessions” components of the Leader’s Guide.

The Sessions are designed to motivate participants and build skills. Activities include self-assessment tools to assist participants in achieving eating and physical activity goals and simple standing and seated exercises. Eat Smart, Live Strong can be delivered in local communities through FNS programs such as SNAP, the Commodity Supplemental Food Program or the Senior Farmers’ Market Nutrition Program or through local sites such as senior and community centers.
Session 1, *Reach Your Goals, Step by Step* allows participants to review the amount of fruits and vegetables appropriate for their age, activity level and gender. This session encourages behavior change by providing participants with an opportunity to set goals and track achievement. Participant tools include a goal setting handout to monitor progress and a self-assessment handout to determine current fruit and vegetable intake and physical activity levels. All four sessions include an exercise and a feedback sheet.
Session 2, *Challenges and Solutions* offers numerous suggestions to help older adults adapt their eating and physical activity behaviors to reach their goals. This session encourages behavior change by building participants’ ability to overcome challenges and initiate support from health care providers. Resources for participants include a commitment form and “Smart” card.
Session 3, Colorful and Classic Favorites provides hands-on experiences in updating classic recipes by adding fruits and vegetables. Participants are encouraged to improve their skills in creating healthier dishes by making simple adaptations to familiar dishes. Easy-to-make recipes are provided to help participants make classic dishes at home.
Session 4, *Eat Smart, Spend Less* increases awareness about the variety of nutrition assistance programs available to low-income older adults. Educators are provided with strategies to help participants identify resources within their community to help them obtain fruits and vegetables on a limited budget.

**Developmental Process for Eat Smart, Live Strong**

Development of the intervention involved several phases of formative research and testing. FNS conducted a literature review to better understand the target audience, tailor the intervention to provider and participant needs and identify evidence-based strategies that are effective with the target population. A review of promising practices was also conducted to identify relevant interventions and strategies.
The strategies, education methods, and activities highlighted in *Eat Smart, Live Strong* are based on findings from formative research. The BEHAVE decision framework was used to guide the project, identify motivators to facilitate behavior change and select appropriate activities. The materials were also field tested with nutrition education providers and participants to improve the clarity, relevance, and ease-of delivery.

**Demonstration Projects**

FNS encourages State and implementing agencies to plan and conduct demonstration projects to determine impact of the intervention on participants’ behaviors. Agencies that are interested in conducting a demonstration project should inform the FNS Regional SNAP and the State SNAP Education Coordinator in your state as appropriate. These materials were tested during the development process; however, FNS encourages efforts to assess the efficacy of the intervention in reaching specific outcomes such as:

- increasing fruit and vegetable consumption
- increasing physical activity
- increasing use of community-based resources that improve access to fruit and vegetables or physical activity
- improving skills such as cooking, shopping or other precursors to the target behaviors

Include details about plans for conducting demonstration projects as part of SNAP Education plans. While FNS encourages use of traditional impact evaluation methods, other approaches are invited. Please refer to the current SNAP Education Guidance, available on the SNAP-Ed Connection at [https://snaped.fns.usda.gov/program-administration/guidance-and-templates](https://snaped.fns.usda.gov/program-administration/guidance-and-templates), for more information about evaluation options.