

Supplementals are the spice!

What are Supplementals?

- A program or curriculum that provides additional instruction/learning opportunities outside of the core curriculum
- Support core curriculum
- Core curriculum gets and "extra benefit"
- Supplementals make core curriculum/direct education more flavorful (used to enhance)

Examples of Supplementals

- *Michigan Harvest of the Month*TM (MiHOTM)
- Games, activities and handouts (Learning Zone Express, ChooseMyPlate.gov, SNAP-Ed Connection)
- Books and PA (MFF website- *Health through Literacy*TM, *Fitbits*TM, etc.)

Tips

- Audience appropriate (age, culturally, etc.)
- Scientifically based research
- Aligns with core curriculum and SNAP-Ed behavioral outcomes (increased F/V consumption, increased PA}

