#### **Process Flow for Worksite Health Preparation Implementation Interventions** Establish an Harvest of the employer Stairwells Assess the Month worksite health (Environmental) (Individual) team or committee 4 5 Resource: Resources: Resources: Resources: Resources: Resources: · Work Healthy Georgia • Introduce fruit/vegetable • StairWELL to Better SNAP-Ed Worksite Develop a Harvest of • Rethink Your Drink Toolkit (pp. 5-6) • Discussion (the season it Health, CDC publication the Month meeting Health Survey (Qualtrics) Poster, CDC publication grows in, health benefits/ (includes motivational schedule with • SNAP-Ed Readiness to · Establish worksite worksite leadership nutrition facts, etc.) signs for stairwells) Change Tool/Environpolicies related to • Establish worksite Taste Testing mental Scan (Qualtrics) that ensures healthy eating policies related to physical • Distribute newsletters · Work Healthy Georgia consistency and (Work Healthy Georgia allows work to be Food Demonstration and activity (Work Healthy Toolkit (pp. 7-11) Toolkit pp. 13-17) Georgia Toolkit pg 18-21) completed with the Sampling Sample Healthy Post-survey after each Sample Physical Activity same subpopulation Meeting Policy on the same day of monthly session Policy (Work Healthy (Work Healthy Georgia · Behavioral surveys Georgia Toolkit pg.46) the week in the same Toolkit p. 47) Tips for Offering location each month (first Harvest of the Month Tips for Offering session and 6 months later Healthier Options and Healthier Options and for follow-up) Physical Activity at Physical Activity at Workplace Meetings and **Workplace Meetings** Events, CDC publication and Events, CDC publication Reward Send all pre-and employees for Recognition **Assessment** post-surveys and their accom-Re-assess the pre-and-post plishments worksite assessments to the state office 9 7 8 Resources: Incentives Resources: Resources: • Work Healthy Georgia • SNAP-Ed Worksite • Due monthly by the Toolkit (p. 35) **Health Survey** 5th of each month • FedEx shipping labels • SNAP-Ed Readiness to Change Tool/Environ-

will be provided by state

mental Scan • Work Healthy Georgia Toolkit (pp. 48-49)



# **Process Flow for Community Garden Interventions**

**Preparation** 

Establish a community garden work group

## Resources:

- · Identify a minimum of 3 to 5 people from "Mapping Reciprocal Relationships" graphic to participate in the community garden work group
- Make a list of resources already present in the community that can contribute to the community garden

the community

#### Resources:

Tool (Qualtrics)

- SNAP-Ed Community Readiness Tool (Qualtrics) SNAP-Ed Community Garden Site Assessment

## Resources:

- Georgia Grown Harvest Calendar Georgia Organics Planting and
- Harvesting Calendar
- How to Start a Community Garden, Georgia Organics publication
- Farmer's Almanac
- Ensure all materials have been purchased to construct the gardens
- Work with volunteers and/or consultant (if included in approved SNAP-Ed work plan) to decide on design and plot arrangement

## Construct the garden

## Resources:

 Organize volunteers or work with consultant (if included in approved work plan) to prepare the land and develop the community garden

## Resources:

Develop a Pick

lt, Try lt, Like It

Schedule

• Develop a Pick It, Try It, Like It meeting schedule that ensures consistency and allows work to be completed with the same subpopulation on the same day of the week in the same location

each month

## Recruitment

6

### Resources:

 Develop flyers and posters to promote Pick It, Try It, Like It monthly direct nutrition education sessions in the community gardens.

## **Implementation**

- Introduce fruit/vegetable
- · Discussion (the season it grows in, health benefits, nutrition facts, etc.)
- Taste testing

Resources:

- · Distribute newsletter
- · Food demonstration and sampling
- · Post-survey after each monthly
- Behavioral surveys (first Pick It, Try It, Like It monthly session and 6 months later for follow-up)

#### Resources:

 Determine who is responsible for maintenance within the work group

Maintain the

garden

8

- Develop a maintenance
- schedule
- Ensure maintenance is completed in a timely manner

Send all pre and post surveys & site assessments to the state office

10

## Resources:

- · Due monthly by the 5th of each month
- FedEx shipping labels will be provided by state office

# Re-assess the

9

#### Resources:

- SNAP-Ed Community Readiness Tool
- SNAP-Ed Community Garden Site Assessment Tool

**Assessment** 



**SNAP-Ed Monthly Topics 2017-2018:** 

Harvest of the Month Pick it, Try it, Like it



