## Interventions (What We Enact)

### Weekly Produce and Recipe Card Distribution
Brighter Bites distributes 50-60 servings of a variety of produce (8-12 different kinds of fruits and vegetables) per family each week. Recipes incorporate the various produce items provided in each week’s bag.

### Parental Nutrition Handbooks
Booklets cover food preparation techniques; food storage and safety; reinforcing MyPlate and CATCH nutrition messages; healthy meals and snack recipes; menu planning; nutrition label reading; eating out; establishing family mealtimes; food purchasing; breakfast consumption.

### Weekly Recipe Demonstrations
Staff conducts demos during produce pickup time for parent, child, school volunteers, and staff.

### Teacher-Led CATCH Activities
Teachers lead in-school CATCH lessons, with interactive nutrition/activity “homework” suggestions for the parent and child.

### CATCH Training
Brighter Bites provides training for CATCH implementation in schools.

### CATCH Events
CATCH enacts in-school events, like family fun nights.

### Food Co-op Volunteers
Family and school volunteers help bag and distribute produce.

## Intervention Targets (What We Influence)

### Attitudes
Perceived benefits of consuming fruits and vegetables.

### Self-Efficacy
Providing and consuming fruits and vegetables at home.

### Parental Behaviors
Using nutrition labels to guide food choices and food purchasing.
- Cooking skills.
- Eating out less frequently.

### Parental Rules
Limiting portion sizes, screen time, eating while watching TV, fried snacks, fast food, sugar-sweetened beverages, finishing food on plate. Encouraging meals with family.

### School Environment
Social norms.
- Nutrition practices and policies.

### Home Environment
Making fruits and vegetables available and accessible.
- Serving fruits and vegetables at mealtimes.
- Serving fruits and vegetables as snacks.
- Serving sugar-sweetened beverages and foods at mealtimes.

### Communication
Between child and school.
- Between parent and child.
- Between parent and school.

## child outcomes
- **Increased:** Servings of fruits and vegetables consumed.
- **Decreased:** Calorie intake.
- Added sugar intake.
- Sugar-sweetened beverages intake.

## Parent Outcomes
- **Increased:** Servings of fruits and vegetables consumed.

## Our Objective
**To improve the health of children and their families.**

## How We Change Behavior
**Optimize school and home environments.**

**Enhance communication and interaction between school, parents, and the child.**

**Improve knowledge, attitudes, skills, and self-confidence.**