Program Development for Seed to Read: An Early Literacy & Healthy Eating Program for Preschoolers

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### Logic Model

<table>
<thead>
<tr>
<th>Situation</th>
<th>Inputs</th>
<th>Activities</th>
<th>Participants</th>
<th>Short Term</th>
<th>Medium Term</th>
<th>Longer Term</th>
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</thead>
<tbody>
<tr>
<td>• Established relationship between UACE &amp; Head Start and early care and education (ECE) centers that serve low-income children</td>
<td>UACE provides curriculum, materials, &amp; training to Head Start teachers and ECE providers. Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
<td>Head Start teachers &amp; ECE providers for low-income 3-5 year old children</td>
<td>Increased knowledge of importance of shared book reading and fruit and vegetable consumption</td>
<td>Children</td>
<td>Children</td>
<td></td>
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<td>• Low-income children are less likely to have adequate literacy skills &amp; vocabulary development than their higher income peers (US Department of Education, 2015).</td>
<td>Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
<td>Low-income 3-5 year old children</td>
<td>Increased knowledge of effective shared book reading strategies</td>
<td>Children</td>
<td>Children</td>
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<td>• Low-income preschoolers do not consume recommended amounts of fruits and vegetables (Ramsay, Eskelsen, &amp; Bransen, 2014).</td>
<td>Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
<td></td>
<td>Increased knowledge of how to promote fruit and vegetable consumption</td>
<td></td>
<td>Better prepared for Kindergarten</td>
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<td>• Early literacy skills and vocabulary development are predictive of later reading ability, GPA, &amp; graduation (US Department of Education, 2015).</td>
<td>Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
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<td>More likely to read at grade level in elementary school</td>
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<td>• Fruit and vegetable consumption linked to diet quality and overall health (Boeing, et al., 2012).</td>
<td>Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
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<td>Better diet, eating habits, and overall health</td>
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<td></td>
<td>Teachers &amp; providers implement Seed to Read in their classrooms with 3-5 year old children. Early literacy skills and food and vegetable consumption are promoted through shared book reading and extension activities (e.g. taste tests, gardening, crafts).</td>
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<td>Better educated and healthier workforce</td>
<td></td>
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</tbody>
</table>

### Program Development Timeline

Spring 2017 – Winter 2018
- Feasibility Study
  - Phone interviews with 48 early care and education teachers, center directors and professionals.
  - Participants confirmed a need for the program and feasibility, offered suggestions for revisions, and provided information about what is feasible for an evaluation study.
- Revisions
  - Adding 8 lessons for a total of 12
  - Redesigning layout so that lessons can be more easily used during classroom instruction
  - Developing training materials
  - Selecting evaluation measures
  - Applying for funding

Spring 2018 – Fall 2018
- Pilot Test
  - UACE educators will deliver lessons and pilot test evaluation measures

Winter 2019 – Spring 2019
- Revisions
  - Revisions based on pilot test of lessons and evaluation measures

Summer 2019
- Evaluation Study
  - Multi-site evaluation including random assignment to intervention and comparison sites in order to establish an evidence base

Fall 2019 – Fall 2020
- Dissemination
  - Dissemination across AZ through UACE
  - Publish evaluation study findings

Winter 2020 – Spring 2021
- Expansion
  - Develop a version of Seed to Read for use in family day care facilities
  - Create an interactive online space for teachers and providers to develop and share their own lessons
  - Update books and lessons as necessary

### Acknowledgements

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