

In Step 5, use your theoretical model, philosophy of nutrition education, and nutrition education program objectives to create (1) educational plans for the individual-level components and (2) environmental supports plans for environmental/policy components.

These pages of the Step 5 worksheets are devoted to designing the environmental supports plan for the environmental/policy components. Generally, the environmental/policy components consist of activities directed at changes that impact one or more facets of the environment or policy as these relate to your program’s behavioral goals.

You should have **one** support plan for **each** environmental/policy component you stated in Step 3.

At the end of the Step 5 worksheets for the environmental/policy components, you will have the following products:

- Step 5D:** General support objectives for each environmental or policy component.
- Step 5E:** A matrix that links mediators, objectives, and activities to help you design your support plan.

Use these worksheets as an organizational guide to help you design your environmental support plan and translate theory mediators into environmental and policy change activities. Electronic versions of these worksheets are available at <http://nutrition.jbpub.com/education/2e/>. If you are unable to access the worksheets electronically, you can write onto this blank worksheet or create a text document that uses the same flow of information.

Step 5D: General support objectives

Support plan title:

Program goal behaviors:

Write the general educational objectives.

Mediator (from Step 3)	General support objectives

Step 5E: Designing the support plan: matrix format

Design your support plan in matrix format. Write specific objectives for the mediators in your theory model (Step 3). Then, write the theory-based strategy you will employ to address the mediator and create support activities that will be meaningful, interesting, and appropriate for your audience and will operationalize strategy.

Mediator (from Step 3)	Specific support objectives*	Strategies to achieve environmental/policy support objectives
* Use your findings about the changes that could be made in your audience’s environment (Step 2D) for each category to guide your writing of the specific objectives.		