



Children & Youth Materials and Resources (as of December 2013)

Ordering website: <http://v2.kpcorp.com/cann> Purchasing Online Catalog: www.championsforchangematerials.net

Early Care and Education Resources

Material	Description	Image
<p>English (Guide)</p> <p>http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf</p> <p>English/Spanish/Chinese (Self-Assessment Questionnaire)</p> <p>http://www.ccfproundtable.org/docs/BestPractices/SelfAssessmentQuestions.pdf</p> <p>http://www.ccfproundtable.org/docs/BestPractices/SelfAssessmentQuestions-Spanish.pdf</p> <p>http://www.ccfproundtable.org/docs/BestPractices/SelfAssessmentQuestions-Chinese.pdf</p>	<p>Best Practices for Child Care Nutrition and Physical Activity Environments--A Guide for Self-Assessment and Policy Development</p> <p>A guide for self-assessment and policy development in early care and education settings. Accompanying PA promotion information sheet and relevant bookmarks available.</p>	<p>The image shows the cover of a guide titled 'Best Practices for Child Care Nutrition and Physical Activity Environments: A Guide for Self-Assessment and Policy Development'. The cover features the logos for 'CHAMPIONS for CHANGE' and 'Centro Costa Child Care Council'. Below the logos is a photograph of a young boy smiling and eating an orange.</p>



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<p>English/Spanish</p> <p>http://www.first5california.com/parents/pdf/ItsPicnicDayPotter-ebook.pdf</p> <p>Digital e-book</p> <p>http://www.scholastic.com/first5/</p> <p>Digital e-book, online kids activities, family and teacher resources</p>	<p><i>It's Picnic Day, Potter!</i> Book</p> <p>Follow Potter as he gets ready for a picnic by choosing healthy foods to pack and games to play with his friends. The free e-book also includes activity pages for children.</p> <p>Note: This is the only book that has been approved for <i>Network</i> use.</p>	
<p>English/Spanish Part # KIT-671</p> <p>Available for order through the online ordering system</p>	<p><i>Potter the Otter Loves to Drink Water</i> Clinic/Library Kit</p> <p>Each kit includes:</p> <ul style="list-style-type: none"> Posters - 1 pack of 5 Tip Sheets - 4 packs of 50 Postcards – 2 packs of 50 Table tents – 1 pack of 5 Stickers – 1 roll each (50) Eng. & Spn. Dot to dot Activity sheet – 1 pack of 30 Coloring Sheet – 1 pack of 30 Maze – 1 pack of 30 Puppets – 1 sheet 	



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<p>English/Spanish, double-sided 5" x 7"</p> <p>Quantity: 50-sheet pad with cardboard back Part# BRO-238</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</p>	<p>Potter the Otter Loves to Drink Water Tip Sheet</p> <p>Potter's friends appear on these bilingual take-home tip sheets. The three key nutrition education points from the Otter poster are repeated, with specific suggestions for caregivers.</p> <p>Be a Role Model By:</p> <ol style="list-style-type: none"> 1. Drinking water; 2. Participating in exercise/physical activity time; 3. Serving water or low-fat milk at meals and snack times; 4. Rewarding kids with non-food items. 	
<p>English/Spanish 6" x 8"</p> <p>Quantity: packs of 50 Part# BRO-230</p> <p>Available for order or download through the online ordering system.</p>	<p>Potter the Otter Loves to Drink Water Postcard</p> <p>Potter and all his healthy animal friends are showcased on this postcard, along with the three key nutrition education points from the poster and tip sheet. The postcards can be used as class/appointment reminders, notes to parents, or personal goal reminders.</p>	



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Material	Description	Image
<p>English and Spanish 3" x 3"</p> <p>Quantity: rolls of 50 English Part# NERI-603 Spanish Part# NERI-604</p> <p>Available through the online ordering system.</p>	<p>Potter the Otter Loves to Drink Water Stickers - English</p> <p>Early Childhood Resources</p> <p>Each roll contains 50 stickers in a beverage campaign:</p> <ul style="list-style-type: none"> • Use on reward charts or line graphs in classroom-based activities • Give to children that actively participate and engage in healthy beverage lessons, activities and booth events • Award children upon the completion of a lesson or appointment where healthy beverages are emphasized. • Decorate reusable cups and water stations 	
<p>English 11" x 17"</p> <p>Quantity: individual sheets Part# NERI-605</p> <p>Available for order or download through the online ordering system.</p>	<p>Potter the Otter Loves to Drink Water Puppets</p> <p>Potter the Otter and all of his animal friends are featured on this color cut-out page. Children can cut out each animal and glue or tape them to wooden craft sticks to act out their own healthy beverage story.</p>	



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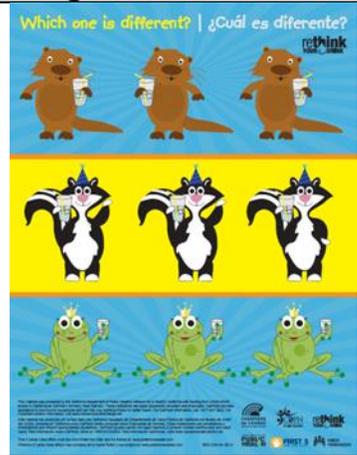
Purchasing Online Catalog: www.championsforchangematerials.net

Material	Description	Image
<p>English/Spanish 8-1/2" x 11" Black-and-white reproducible Quantity: pack of 30 Part# BRO-235</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</p>	<p>Potter the Otter Loves to Drink Water Coloring Activity Sheet 2 in a series of 3 Activity Sheets</p> <p>This black-and-white coloring activity sheet will keep little hands busy, while showcasing healthy beverages at celebrations and gatherings. Older kids can use the back of page to write down drinks they can serve at their next celebration.</p> <p>These heavyweight sheets can be posted in an office or classroom, sent home as a reminder of healthy beverage messaging, or used in a coloring contest.</p>	
<p>English/Spanish 8-1/2" x 11" Black-and-white reproducible Quantity: Pack of 30 Part# BRO-232</p> <p>Available for order or download through the online ordering system.</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</p>	<p>Potter the Otter Loves to Drink Water Maze Activity Sheet 3 in a series of 3 Activity Sheets</p> <p>Potter and his friends are thirsty for a healthy beverage. At home, doctor/dentist office, or in the classroom, children will enjoy completing the maze and coloring the animals. Children can also use the back of the page to draw their favorite healthy beverage!</p>	



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<p>English/Spanish 8-1/2" x 11" (Download Only) Part# BRO-234</p> <p>Download PDF Only from online ordering system or <i>Rethink Your Drink</i> Resource page</p> <p>Link to PDF from the <i>Rethink Your Drink</i> Resource page</p>	<p><i>Potter the Otter Loves to Drink Water</i> “Which one is different?” Activity Sheet</p> <p>Kids can find the differences with the Potter characters, all with their glasses of water! This activity engages children with Potter and his friends, while reinforcing that they all like to drink water.</p>	



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Power Play! Resources

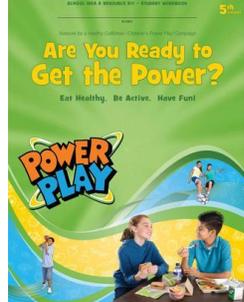
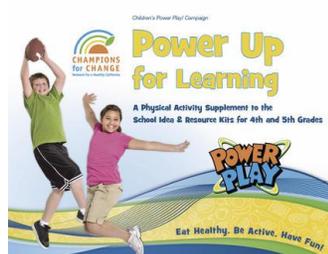
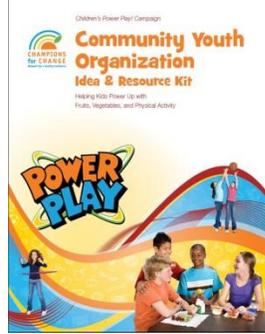
Material	Description	Image
School Idea & Resource Kit - 4 th Grade KIT-610 (individual)	The kit includes 10 activities related to fruits and vegetables and physical activity and link to the fourth-grade Common Core Education Standards.	
School Idea & Resource Kit - 5 th Grade KIT-611 (individual)	The kit includes 10 activities related to fruits and vegetables and physical activity and link to the fifth-grade Common Core Education Standards.	
School Idea & Resource Kit Workbooks - 4 th Grade KIT-612 (35/pk)	The workbook contains student handouts from the 4 th Grade School Idea and Resource Kit.	



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Material	Description	Image
<p>School Idea & Resource Kit Workbooks - 5th Grade</p> <p>KIT-613 (35/pk)</p>	<p>The workbook contains student handouts from the 5th Grade School Idea and Resource Kit.</p>	
<p>Power Up for Learning: A Physical Activity Supplement to the School Idea & Resource Kits</p> <p>KIT-642 (individual)</p>	<p><i>Power Up for Learning</i> is designed to assist teachers in reinforcing classroom-based nutrition education lessons through physically active games. It includes activities that incorporate nutrition concepts, as well as quick classroom energizers.</p>	
<p>Community Youth Organization Idea & Resource Kit</p> <p>KIT-607 (individual)</p>	<p>The <i>CYO Kit's</i> 20 activities are for youth leaders in afterschool programs, summer programs, and clubs serving 5- to 11-year-old children.</p>	



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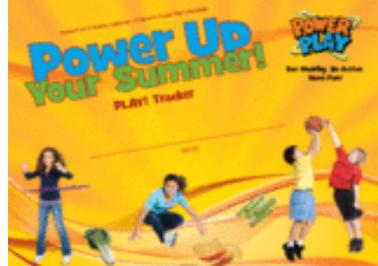
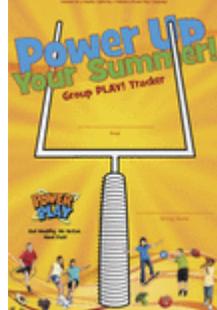
Material	Description	Image
<p>Kids Get Cookin'! Cookbook</p> <p>English COOK-227 (individual) Spanish COOK-228 (individual)</p>	<p>This cookbook features 20 kid-friendly, fruit and vegetable-focused recipes in English. Spanish version will be available in November 2013.</p>	
<p>A Farm 2 Table Adventure activity booklet</p> <p>BRO-219 (25/pk)</p>	<p>The booklet is designed for elementary school-aged children with fruit and vegetable-related activities that support nutrition education concepts in the <i>School Idea & Resource Kits</i> and <i>Community Youth Organization Idea & Resource Kit</i>.</p>	
<p>Try Something New Sticker Booklet</p> <p>BRO-207 (35/pk)</p>	<p>The <i>Try Something New</i> Sticker Booklet was created to support TV Turnoff Week, and encourages goal setting and trying healthy and active alternatives to watching TV and other forms of screen time.</p>	



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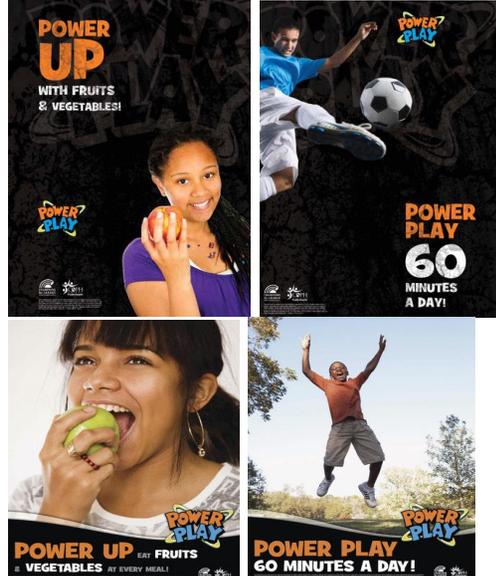
Material	Description	Image
<p>Power Up Your Summer! PLAY! Tracker Booklet</p> <p>BRO-202 (individual)</p>	<p>The Power Up Your Summer! Challenge encourages children to increase their physical activity levels during summer. The PLAY! tracker can be used to record up to 10 weeks of physical activity minutes and is filled with reinforcing messages and tips.</p>	
<p>Power Up Your Summer! Promotion Poster – Group PLAY! Tracker</p> <p>SIGN-503 (individual)</p>	<p>The Power Up Your Summer! promotion poster can be used to track minutes/weeks of physical activity that students achieve over the summer.</p>	
<p>Help Your Kids Power Up with Fruits, Vegetables, and Physical Activity parent brochure</p> <p>English BRO-108 (35/pk) Spanish BRO-109 (35/pk)</p>	<p>These full-color brochures in English and Spanish give parents easy ideas for helping their kids eat more fruits and vegetables and get more physical activity.</p>	



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Material	Description	Image
<p>Power Up Posters</p> <p>Red Apple SIGN-538 (individual)</p> <p>Soccer Ball SIGN-540 (individual)</p> <p>Green Apple SIGN-539 (individual)</p> <p>Jumping SIGN-541(individual)</p>	<p>Two Power Up with Fruits and Vegetables posters and two Power Play: 60 Minutes a Day! posters. These posters are double-sided in both English and Spanish.</p>	
<p>Power Your Plate! Poster</p> <p>SIGN-536 (individual)</p>	<p>The Power Your Plate! poster focuses on MyPlate and the message to make half your plate fruits and vegetables.</p>	



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<p>Go for H2O! Poster</p> <p>English SIGN-549 (individual) Spanish SIGN-549 SP (individual)</p>	<p>Go for H2O! is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children. This poster can be used in conjunction with water promotion activities in classrooms and cafeterias.</p> <p>The poster is available in both English and Spanish.</p>	
<p>Serving Size Poster, English/Spanish</p> <p>SIGN-408 (individual)</p>	<p>The Power Up with Fruits and Vegetables poster reinforces the serving size recommendation.</p>	
<p>Power Play! Power Cards</p> <p>NERI-584 (individual)</p> <p>NERI-584KIT – includes activity booklet (individual)</p>	<p>Power Cards were developed to give elementary school-aged children a fun and easy physical activity resource to play with and stay active while indoors, alone, or to share with their family at home. Can be used by teachers in the classroom for a quick energizer between educational lessons.</p>	



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<p><i>Power Play!</i> Nutrition and Physical Activity Promotion Stickers</p> <p>I Played! NERI-599 (100/pk)</p> <p>Caught Eating NERI-600 (100/pk)</p> <p>Walked to School NERI-601 (100/pk)</p> <p>Power Play NERI-602 (100/pk)</p>	<p>Stickers used to support nutrition education and physical activity promotions in schools (both classroom and cafeteria) and community youth organization settings. Examples of promotions include: Walk to School, Caught You Eating Fruits and Vegetables, and I Played! (to encourage physical activity).</p>	
<p>Fruits and Vegetables Static Clings</p> <p>Summer SIGN-514 (Set of 4 clings)</p> <p>Fall SIGN-520 (Set of 4 clings)</p> <p>Winter SIGN-521 (Set of 4 clings)</p> <p>Spring SIGN-522 (Set of 4 clings)</p>	<p>Static clings of fruit and vegetable images are affixed to cafeteria sneeze guards to promote fruits and vegetables at the point-of-choice. The f/v clings are packaged according to season with sets for fall, winter, spring, and summer. Each set contains about 6 different fruits and vegetables, all of which are fruits and vegetables that are featured in <i>Harvest of the Month</i>.</p> <p>Fall: apple (Gala), pear (Bartlett), acorn squash, tomato</p> <p>Winter: orange (slice), broccoli floret, red cabbage, pink grapefruit (half)</p> <p>Spring: strawberry, peas w/pod, baby carrot, cucumber</p> <p>Summer: corn, peach, red bell pepper, cantaloupe</p>	



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Material	Description	Image
<p>Power Play! Messaging Static Clings</p> <p>SIGN-515 (2 logos/set)</p>	<p>Static clings of the <i>Power Play!</i> tag line are affixed to cafeteria sneeze guards to promote fruits and vegetables at the point-of-choice.</p>	
<p>Power Up Your School! Flyer</p> <p>BRO-205 (individual)</p>	<p>This flyer can be used to recruit educators and school administration to participate in Power Play! at their school. Includes details about materials and services offered and brief history of the program.</p>	
<p>Power Up Your Youth Organization! Flyer</p> <p>BRO-204 (individual)</p>	<p>This flyer can be used to recruit community organizations and afterschool programs to participate in Power Play! at their school. Includes details about materials and services offered and brief history of the program.</p>	



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<p>Low-Income Children Face Healthy Lifestyle Barriers Fact Sheet</p> <p>BRO-211 (individual)</p>	<p>This full-color pamphlet illustrates the top 10 barriers to a healthy lifestyle that low-income children in California face as identified from the 2009 CalCHEEPS survey.</p>	
<p>Go for H2O! Activity Worksheets</p> <p>English/Spanish BRO-398 (35/pk)</p>	<p>This black-and-white coloring activity sheet supports the activities included in the Go for H2O! Program overview. Students can fill in the blank bubbles with healthy beverage facts and tips, and color it in with their own creative flair.</p> <p>This worksheet is available in English and Spanish.</p>	
<p>Go for H2O! Teacher and CYO Leaders Program Overview Sheet</p> <p>BRO-397 (individual)</p>	<p>Go for H2O! is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children. The Go for H2O! lesson includes a Teacher/CYO overview with instructions and a promotional flyer.</p>	



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<p>Go for H2O! Pledge Card</p> <p>English BRO-399 (35/pk) Spanish BRO-400 (35/pk)</p>	<p>Go for H2O! is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children. The pledge card reinforces nutrition education lessons about choosing healthy beverages.</p>	
<p>Go for H2O! Certificate of Appreciation</p> <p>BRO-401 (35/pk)</p>	<p>Go for H2O! is designed to increase preference for water and encourage the consumption of water in place of sugar-sweetened beverages among elementary school-aged children. This certificate is for use by schools and organizations participating in Go for H2O! nutrition education on healthy beverages.</p>	

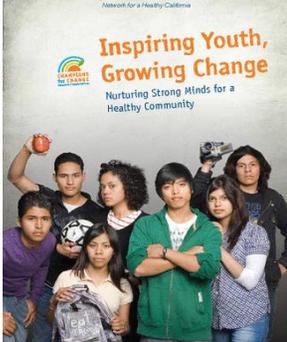


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Youth Engagement Resources

Material	Description	Image
<p>YOUTH EMPOWERMENT LESSONS LEARNED</p> <p>BRO-200</p> <p>http://www.cdph.ca.gov/programs/cpn/s/Documents/Network-BRO-200-2009-02.pdf</p>	<p>This report details the progress of the Pilot Programs for the Youth Engagement Initiative within the Network for a healthy California. It reports on projects from throughout the state of California and contains a CD.</p>	
<p>INSPIRING YOUTH, GROWING CHANGE, ENG</p> <p>BRO-216</p> <p>http://www.cdph.ca.gov/programs/cpn/s/Documents/InspiringYouthGrowingChange.pdf</p>	<p>This report gives an overview of the successes, framework and lessons learned through the projects of the Network Youth Engagement Initiative. The successes, challenges and changes described by experienced adult allies paint a picture of trends, impact and implications of Youth Participatory Action Research when used for Obesity Prevention within SNAP-Ed populations.</p>	
<p>YE BETTER BRIGHTER POSTCARD, ENG</p> <p>BRO-248</p>	<p>This is a multipurpose piece that can be used as business cards for youth researchers or thank you notes to follow up from presentations. The piece is available in three different designs.</p>	



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<p>YE MOTIVATION POSTCARD, ENG (50PK)</p> <p>BRO-249</p>	<p>This is a multipurpose piece that can be used as business cards for youth researchers or thank you notes to follow up from presentations. The piece is available in three different designs.</p>	
<p>YE INSPIRING YOUTH POSTCARD, ENG (50PK)</p> <p>BRO-250</p>	<p>This is a multipurpose piece that can be used as business cards for youth researchers or thank you notes to follow up from presentations. The piece is available in three different designs.</p>	