

Using the Materials on the NEOP Materials List FFY'14.

Locating Keywords in the List

- Press “Control” and “F” at the same time, or select “Edit” from the menu bar and then select “Find”.
- Type the keyword of the material, age or other defining detail you want to locate in the text box and press enter.
- You will be taken to the first instance of the partial or complete search term you typed in the text box and the text will be highlighted.
- Press enter for the next occurrence of the search term within the document.
- Search each tab individually.

You may use the Legend tab to assist in your keyword search.

Additional Information

- **Adjunct materials** (story books are one example) mentioned in a USDA- approved lesson may be purchased with funds allocated in the budget for this purpose.
- **Tabs** in the current FFY '14 list contain approximately 190 different materials that are organized into categories. Each category is presented as a tab. Many of the materials are appropriate for several tabs, however listed only one time within the complete list. It is acceptable to use a material in the Curriculum tab for a PA activity as long as “PA” is indicated in the Topics column of that material.
- **Recipes or cookbooks** promoted via the Nutrition Education and Obesity Prevention Branch (NEOPB) are allowable. These would include recipes sent out via NEOPB blast email or other means of communication. Each recipe or cookbook may not be listed in order to minimize the list. Recipes from California WIC, SNAP-Ed Connection and Produce for Better Health are pre-approved. USDA recipe are also allowable. Please check with your Project Officer (PO) if you have questions regarding other recipes. Tasting Trios do not need to be approved by the PO or NEOPB.
- **Contractor developed materials** are rarely listed. Materials that were previously

developed by contractors and Project Officer (formerly known as Program Manager) approved have been removed as USDA now prefers that only USDA and NEOP developed materials be used. USDA has also requested a reduction in the length of the list to under 200. To accomplish this over 700 previously listed items were removed, therefore many items you have used in the past may no longer be listed.

- **MyPyramid** material is no longer acceptable. Funds may be used to only purchase MyPlate materials. Some of the items on the List contain MyPyramid references, yet are coming from USDA. Please substitute MyPlate where appropriate.

- **NEOP Rethink Your Drink materials** continue to be developed and will be added to the List when they are finalized. At this time all non-Network developed Rethink Your Drink materials have been removed from the List in order to consolidate and standardize the materials used in interventions.

Quarterly updates will be made to the List. Next update July 2014. The changes will be highlighted in yellow.

Legend

Column	Abbreviation	Key
Venue	as	after school
Venue	com	community
Venue	pre	preschool
Venue	s	school
Venue	ss	summer school
Column	Abbreviation	Key
Type	bk nf	book of non fiction
Type	CD	compact disc
Type	coloring	coloring pages or sheets
Type	curr	curriculum
Type	h/o	hand out
Type	PP	power point
Type	res	resource
Type	web	web site
Column	Abbreviation	Key
Topics	adv	advertising
Topics	bev	beverages
Topics	bkfst	breakfast
Topics	budget	doing well on less money
Topics	comm serv	community service
Topics	ESL	English as a second language
Topics	ethnic	indicates available in multiple languages &/or various cultures addressed
Topics	frt	fruit
Topics	f/v	fruit and vegetables
Topics	FM	farmers' market
Topics	growing	how a produce item goes from seed to eating
Topics	HOTM	Harvest of the Month
Topics	label	how to read a label, samples of labels
Topics	meals	one or more of the three major meals
Topics	modeling	being a role model
Topics	PA	physical activity
Topics	photo	actual photos used rather than drawings

Topics	process	involves how an item is taken from point A to point D
Topics	RYD	ReThink Your Drink
Topics	safety	food safety
Topics	training	for staff
Topics	veg	vegetables

Activities, games							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> via online ordering.	African American Recipe Cards	<i>Network</i> approved recipes on cards	English	adult	com	recipe cards	f/v, recipe, eat healthy, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i> http://www.cdph.ca.gov/programs/cpns/Documents/Farm2TableActivityBooklet.pdf	Farm 2 Table activity booklet	Booklet to support Nut. Ed concepts promoted in School Idea and Resource Kits and in the Community Youth Organization Idea and Resource Kit.	English	9, 10, 11	s, as	booklet	PA, f/v
USDA TEAM Nutrition http://www.fns.usda.gov/tn/fruit-vegetable-challenge-packet	Fruit and Vegetable Challenge Packet	Classroom activity that encourages students to try healthy fruits and vegetables. Students identify various fruits and vegetables served in the cafeteria, count and record the numbers of fruits and vegetables they eat each day, total the number the class consumes, and compare their personal progress with that of their class. The kit includes instructions for the Challenge and a classroom wall poster to chart results. for est. ages 8 - 14.	English	8, 9, 10, 11, 12, 13, 14	s, as	activity sheet	f/v, assessment
<i>Network for a Healthy California</i> online ordering	Fruit and Vegetable Playing Cards	52 cards, each featuring a fruit or vegetable. Use in conjunction with toolkit for Community Educators.	English	adult	com	cards	f/v

Activities, games							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California/ Contractor Developed</i> http://www.harvestothemonth.cdph.ca.gov/EdCorner/extension-resources.asp	Harvest of the Month student workbooks, Tasting Trio booklets and monthly teacher guides	Workbook for K, 1st, 2nd, 3rd and 5th grades. Two pages per month, includes 8 produce items, rating sheet, MyPlate, MyPyramid activity, adjectives and glossary. Do not use MyPyramid information.	English	5, 6, 7, 8, 9, 10	s, as, ss	workbook	HOTM, frt, veg, eat healthy, PA, MyPlate
USDA http://www.choosemyplate.gov/kids/Games.html	MyPlate Kids' Place	Website for children, parents and educators. Topics include games, activity sheets, videos, songs, PA, recipes, tip sheets, etc.	English	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, ss, as, com	res, web	MyPlate, eat healthy, PA
<i>Network for a Healthy California- Children's- PowerPlay!- Campaign</i>	<i>Power Play!- Football Pop Out- Game</i>	<i>See Network site for description of game.</i>	English	9, 10, 11	s, as	game	PA
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Documents/RXD/CalculatingSugar-EN.pdf	<i>Rethink Your Drink: Calculating How Much Sugar is in a Container</i>	<i>Shows how to calculate teaspoons of sugar in a container.</i>	English, Spanish	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o, activity	bev, RYD, ethnic
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx	<i>Rethink Your Drink: Potter the Otter materials (e Book It's Picnic Day, Potter and printed Potter the Otter Picnic)</i>	<i>Includes posters, tip sheets, postcards, table tents, stickers, puppets, activity sheets. Available via on line ordering.</i>	English, Spanish	3, 4, 5, 6, 7	pre, s, as	activity, supplies	bev, RYD, ethnic

Activities, games							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx	Rethink Your Drink: Go for H2O poster and activity sheet.	Poster is 18 x 24 inches, Activity sheet is 8 1/2 x 11.	English, Spanish	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	poster, activity,	bev, RYD, ethnic
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Documents/RYD-L1B2-NutritionFactsScavengerHunt.pdf	Rethink Your Drink: Nutrition Facts Scavenger Hunt	1 page handout with 2 fact labels. Exercise includes key label points and basic multiplication exercises	English	10,11,12,13,14,15,16,17,18,adult	s,as,com	activity	bev, RYD

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/High-School.aspx	Activity + Eating	Shows the connection between physically active, healthful food choices and long-term good health. A PowerPoint presentation with script helps high school students through the 8 page workbook. <ul style="list-style-type: none"> • Identifying hunger cues. • Making small changes to maintain a healthy weight. • Learning the importance of breakfast for a healthy weight and energy. • Choosing healthy meals and snacks when rushed or eating out. • Using hands to eat appropriate serving sizes. • Categorizing foods into food groups to choose the recommended amount of foods. • How physical activity boosts heart rate, builds muscle and bones. 	English	15,16,17,18	s,as	lessons	eat healthy, PA, bev, MyPlate, decisions, weight
USDA TEAM Nutrition http://www.fns.usda.gov/sites/default/files/sugars.pdf	Build a Healthy Plate with Fewer Added Sugars	Contains nutrition and wellness tips for young children. Approved for use with RYD.	English	4, 5, 6, 7, 8	pre, s	curr	MyPlate, sugar, RYD

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/Kindergarten.aspx	Building a Healthy Me	Debuting fall 2013. The Kindergarten program includes eight units with four activities in each unit. Learn the importance of eating foods from food-group foods through engaging, fun activities via singing, writing, coloring and sorting. They will Identify foods from 5 food groups Match specific colors to each food group Classify foods into the appropriate food group Select healthy snacks The importance of breakfast as a healthy start	English	4,5,6	K, s	curr	MyPlate, bkfst, snack
http://catchusa.org/	CATCH Coordinated Approach to Child Health	Program aimed at improving school nutrition, PA and food service. For preschool through 8th and afterschool. Guide or Kit contains 6 six period interventions.	English/ Spanish	3,4,5,6,7,8,9,10,11,12,13	pre, s, as	lessons, guide, toolkit, coloring	PA, eat healthy, ethnic, garden
Teacher's College, Columbia University http://blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/c3/	Choice, Control and Change	Science based curriculum inquiry based investigations of food: 5 units with 3 - 5 lessons each. Students learn science through studying diet and activity choices. They learn about how the human body works, and how food and activity play a role. Students engage in hands-on investigations. For ages 11 - 14 (middle school).	English	11, 12, 13, 14	s, as	curr, lessons, activity sheets	PA, eat healthy, science, digestion

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<p><i>Network for a Healthy California RYD</i> http://www.cdph.ca.gov/programs/cpns/Documents/R YD_Lessonv5.pdf</p>	Choosing Healthy Beverages	60 minute lesson for adults. Includes MyPlate, label reading, link with chronic disease, types of sugary drinks, calculation of sugar and ID drinks low in sugar.	English	adult	com	lesson	RYD, sugar, label, MyPlate
<p>Center TRT http://centertrt.org/?p=intervention&i d=1095</p>	Color Me Healthy	Program (with 14 lessons) designed to improve fruit & veg intake and PA for preschool. Do not use these RYD lessons or recipes. Please use <i>Network</i> approved RYD material and recipes listed in the Materials list	English	4,5	pre	lessons	PA, eat healthy, fruit, veg,
<p>Share our Strength http://cookingmatters.org/</p>	Cooking Matters at the Store	Program that empowers families with skills, knowledge to prepare healthy meals. Several components to the program. Shopping at store uses brand names and promotes Walmart. Must provide disclaimer before presenting.	English	adults (parents)	com	lessons	eat health, shopping, labels, frt, veg,
<p>USDA TEAM Nutrition http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground</p>	Dig In!	Curriculum of 10 lessons for 5 & 6th grades. Each lesson has 3 Activities (20 -45 mins). Includes teacher's guide, parent booklets, posters, handouts. Some of the material may not be allowable. Optional class experiments, Extensions and Dig Deeper areas may not be usable. Check with PM prior to using these sections. Recipe portions are not taste test size.	English	10, 11, 12, adult	s, as, com	curr	eat healthy, frt, veg, carbs, MyPlate, garden, label

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.health.gov/dietaryguidelines/workshops/	Eat Healthy, Be Active Community Workshops	Six one-hour workshops based on the DG for Americans, 2010 and 2008 PA Guidelines for Americans. Each workshop includes a lesson plan, learning objective, talking points, hands-on activities, videos, and handouts. Workshops are for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.	English	staff, adult	com	lessons (workshop)	eat healthy, PA, report
http://www.uwex.edu/ces/wnep/teach/mff/index.cfm	Eat Right When Money's Tight / Money For Food	2010 updated curriculum with short interactive lessons (12) to teach meal planning and budgeting. 20 minutes or less per lesson, for small groups or adapted to individual. Substitute MyPlate lesson for MyPyramid. (From SNAP Ed Resource Library)	English/ Spanish	adult	com	curr, lessons	menu planning, preparation, budget, label, ethnic
USDA SNAP -Ed http://snap.nal.usda.gov/resource-library/eat-smart-live-strong-nutrition-education-older-adults/eat-smart-live-strong	Eat Smart Live Strong	Revised in 2013. Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds. Comprised of 4 sessions, Comes as a kit including welcome letter.	English, Spanish	60 +	com	lessons	PA, recipes, shopping, f/v, planning, ethnic

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA: Food & Nutrition Services http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/PlayHard/playhardyourway.htm	Eat Smart. Play Hard -Power Up with Breakfast	Emphasizes the importance of eating the first meals of the day to help you be productive for the day and to feel good.	English	6, 7, 8, 9, 10, 11, 12, 13, 14	s, as	lessons	bkfst, eat healthy
http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm	Eat Well, Play Hard in Child Care Settings	Curriculum from 2008 for parents of/and for children 3-4. Includes 10 lessons each with 3 activities, parent letter and handout masters. 9 of 10 lessons have food demo. Time for activity varies significantly. (From SNAP Ed Resource Library)	English	3,4, adult	com	curr	cooking, snacks, veg, PA
UC Cooperative Extension (avail at CHKRC) http://ucanr.org/sites/letseathealthy/Curriculum/Eat_Fit/	EatFit	Nine week curriculum focus on behavioral strategies, online analysis tools for diet so analysis and change can occur. Can be for after school. No cost. For ages 10 - 14	English	10, 11, 12, 13, 14	s, as	curr, web, lessons	eat healthy
http://www.eating-smartbeingactive.com/	Eating Smart-Being Active	Evidence based curriculum from 2012 for adults/parents. 8 lessons to be used in order. 60 - 90 mins. Designed for class < 12 people. Covers PA, shopping, planning, veg, whole grains, salt/sugar/fat. May be cost. (From SNAP Ed Resource Finder)	English	adult	com	curr	PA, shopping, planning, veg, whole grains, salt, sugar, fat

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/Middle-School.aspx	Exercise Your Options	Six-lesson nutrition program with a pre- and post- assessment that aligns with California education standards can easily integrate into your units on LA, Math, Science, SS, Health and PE. The curriculum is skills-based to help students apply problem-solving, reasoning and critical-thinking techniques. Exercise Your Options teaches middle school students skills to make better choices when presented with a range of real-life issues.	English	10,11,12,13	s, as	lessons	decisions, eat healthy, eating out,
Urban & Environmental Policy Institute, Occidental College http://www.uepi.org/wp-content/uploads/2013/10/Pub-Farm_to_Preschool_Harvest_of_the_Month_Curriculum.pdf	Farm to Preschool	Lessons for Sept. to May. Each month provides 3-4 brief lessons centered around a specific fruit or vegetable. Recipes and optional activities included. Can correlate to HOTM items.	English	3,4,5	pre	lessons	frt, veg, eat healthy, growing

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
California Department of Education http://www.healthypreschoolers.com/food-for-thought	Food for Thought	Food for Thought is a nutrition education curriculum for preschoolers. The curriculum is structured around five units, namely, Fall Fruits and Vegetables, Winter Fruits and Vegetables, Go-Grains, Power up with Proteins, and Spring Snacking. There are 32 lessons in the curriculum and each lesson features a nutrition activity and integrates educational domains such as language arts, mathematics and science concepts.	English	3,4,5	pre,	lessons	f/v, grains, protein, snacks
https://extension.usu.edu/fsnc/html/menu/lessonsadults/food-sense/	Food Sense-Basics—	Series of 8 lessons and handouts—2012 for parents. Topics include—nutrition, safety, menu planning, shopping and MyPlate groups.—(From SNAP Ed Resource Library)	English	adult	com	lessons	safety, menu-planning, shopping, MyPlate, f/v, dairy, grains
UC Cooperative Extension, ANR http://ucanr.edu/sites/letseathealthy/Curriculum/Eating_Healthy_from_Farm_to_Fork_Promoting_School_Wellness,_Kindergarten/	From Farm to Fork (a.k.a. Eating Healthy From Farm to Fork)	Curriculum (with 10 lessons) that makes the connection between local food systems, garden-based learning, school food service and the establishment of healthy habits. For age 5 - 7	English, Spanish	5, 6, 7	s, as	curr, lessons	garden, eat healthy, foodservice, process, ethnic

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.network-toolbox.cdph.ca.gov/en/index.asp	Fruit, Vegetable and Physical Activity toolbox for Community Educators.	To educate African American and Latino adults about how to increase fruit and vegetable consumption and PA. Music and dance are incorporated.	English, Spanish	adult	com	toolkit	eat healthy, PA, ethnic, f/v
TEAM Nutrition USDA http://www.fns.usda.gov/tn/grow-it-try-it-it	Grow it, Try it, Like it Preschool Fun with Fruits and Vegetables	Nutrition Ed kit with garden themes for 4 fruits and 3 veg. Hands on activities, nut ed and planting activities. Prior to use update to MyPlate where needed.	English	3, 4, 5	pre	lessons	garden, eat healthy, fruit, veg,
http://md.nutrition-ed.org/	Growing Healthy Habits	2010 curriculum that is garden and nut. ed (frt,veg,whole grain, non fat milk,PA and balancing calories) based focusing on integrating nutrition in classroom via gardening. Lessons meet science, lang. arts,soc.studies, health and math objectives. (From SNAP Ed Resource Finder). Remove references to brand names prior to using.	English	6,7,8,9, 10	s,as,ss	curr	f/v, grains, dairy, calories

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/1st-Grade.aspx	Healthy Choices, Healthy Me!	Aligns with California education standards. The 1st grade lessons cover eating a variety of foods from each food group every day, eating a balanced breakfast , eating healthy snacks and meals and participating in active play for at least 60 minutes a day. The first and second grade programs share the same name, but the student workbooks are different for each grade based on their respective core content standards.	English	6,7	s	curr	MyPlate, eat healthy, breakfast, PA, snacks
Head Start http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/imil/imil_report.pdf	I am moving, I am learning: A proactive approach for addressing child obesity in Head Start	Program designed to increase MVPA and promote healthy food choices among preschool children	English	3,4,5	pre	lesson	PA, eat healthy

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
https://mdc.itap.purdue.edu/item.asp?itemID=19744	Making Your Food Dollars Work	2009: Curriculum for low-income adults consists of four lessons that are most suited for one-on-one presentation, can be adapted for groups of up to 10. Each lesson stands on its own and should take about 10 or 15 mins . concepts relate to tracking income and expenses, comparison-shopping and impulse buying, meal planning. All handouts and recipes are provided on a CD in both English and Spanish. Grocery store photos that accompany Lesson 2 are available as PDF files on the CD, and also are provided on a DVD. This is a companion curriculum to CFS-749, Small Steps to Health, a nine-lesson curriculum designed to help low-income adults improve their diet quality, food security, and family food safety. Cost \$60 + (From SNAP Ed Resource Library)	English, Spanish	adult	com	curr	shopping, budget, ethnic
National Institute of Child Health and Human Development http://nichd.nih.gov/msy/Pages/index.aspx (avail at CHKRC)	Media Smart Youth	Interactive after-school education program for young people ages 11 -13 designed to help teach them about media and how it can affect their health--especially in the areas of nutrition and physical activity. Consists of 10 lessons and a major project, DVD. From 2005, may need to be revised . Discuss with PO.	English, Spanish	11, 12, 13	as	DVD, lessons	adv, PA, disease, eat healthy, ethnic

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
WorldLink http://www.nourishlife.org/teach/curriculum/	Nourish: Food + Community	Only lessons 1-4 are approved by WRO. They address: Seasonal, local food, food traditions and ecosystems. Check with PO regarding extent of allowability. Student worksheets available in Spanish. The DVD has not been approved.	English, Spanish	10,11,12,13,14,15,16,17,18	s, as, com	lessons	adv., traditions, eat healthy, community, f/v, ethnic, decisions, lang. arts
Orange Co. Health Care Agency http://www.cdph.ca.gov/programs/cpns/Pages/LessonPlans.aspx	Nutrition 5 Class Series	Contractor developed, <i>Network</i> approved 5 lessons 30 - 60 mins each. Topics covered are: Healthy Plate, Planning Meals, Shopping/cooking on a budget, What's on a label, Rethink Your Drink	English, Spanish	adult (RYD is ok for teens)	com, s	lessons	MyPlate, eat healthy, RYD, shopping, planning, budget, portions, f/v, ethnic
http://snap.nal.usda.gov/foodstamp/resource_finder/details.php?id=440	Nutrition Nuggets	2012: 12 mini lessons each with 2 activities. Includes food prep and tasting. Developed to encourage wider acceptance of foods. (from SNAP-Ed Resource Finder)	English	7,8,9,10,11,12,13,14, possibly adult	as	lessons	food prep, MyPlate, bkfst, sugar, safety,

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/4th-Grade.aspx	Nutrition Pathfinders	Seven lesson nutrition program aligns with California Education Standards and can easily integrate into your units on Science, SS, Health, LA, Math and PE. 4th Grade: All 5 food groups, their main nutrients and roles in the body, Reading a Nutrition Facts Label. Measuring appropriate serving sizes, The importance of balanced meals and practicing to make good choices! 5th Grade: Basic healthy food and physical activity choices, Measuring and remembering appropriate serving sizes, Analyzing advertisements, Choosing healthy foods for balanced meals, Making good food choices at restaurants.	English	8,9,10	s, sd	lessons	adv., decisions, MyPlate, fast food, PA, portions
http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best	Nutrition Voyage: The Quest to be Our Best	3 inquiry based lessons each for 7th and 8th grades, modified 2013. 1) Learn about making healthy food & PA choices 2) activities that align with standards 3) investigation, challenge, evaluate and reflect.	English	12,13	s, as	lesson	f/v, survey, snack, PA,
Project LEAN http://www.californiaprojectlean.org/docuserfiles/ParentLessonPlans.pdf	Parent Lesson Plans: Advocating for healthier school environments	A companion to Parents in Action. Six lesson plans covering how parents and schools can work together, foods and beverages, PA, joint use and identifying problems and solutions.	English, Spanish	adults (parents)	com	lesson	PA, eat healthy, RYD, community, ethnic

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.idph.state.ia.us/INN/PickABetterSnack.aspx	Pick a Better Snack & Act	2012: Monthly lessons(4/month) focus on seasonal fruits, vegetables. Includes PA/NE bingo cards, parent newsletters, social marketing components (radio,PSA, TV ads, posters etc.) Lesson length n/a. (From SNAP Ed Resource Finder)	English, Spanish	5,6,7,8,9,10, adults	s,as	lessons	f/v, PA, media, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i> http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx	Power Play! Community Youth Organization Kit	20 activities for youth leaders in after school, summer schools and clubs serving 5 - 11 yr. olds. Includes worksheets and parent materials.	English, Spanish	5, 6, 7, 8, 9, 10, 11, adult, staff	s, as, ss, com	toolkit	PA, eat healthy, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i> http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx	Power Play! School idea and Resource Kit	Kits revised in 2009, Include 10 activities related to fruits, vegetables and PA and link to the 4th and 5th grade Calif. Content Standards for English/Language Arts & mathematics.	English, Spanish	9, 10, 11	s, as	toolkit	PA, f/v, language arts, math, ethnic

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-RP-FoodDemoTrainingKit-2007-10.pdf	Retail Food Demonstration Training Kit	Step by step process for conducting fruit and veg. demos in local grocery and supermarkets. Includes templates, checklists and how to do a food demo.	English	adult	com	toolkit, template	training, f/v
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/R_YD_Lessonv5.pdf	Rethink Your Drink-- Choosing Healthy Beverages	One hour lesson for adults. Lesson and handouts in PDF only. Power Point for TOT and can be adapted to use when doing the lesson. June 2014: Spanish lesson pending.	English, Spanish	adult	com	lesson	sugar, RYD, bev.
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrinkCurriculum.aspx	Rethink Your Drink-- High School Lessons	Lesson set includes 3 lessons. What's in Your Drink, Think Before You Drink, Empower Yourself. Lessons take around 1 hour. Includes handouts (E & Sp). Lesson only in English.	English, Spanish	15, 16, 17, 18	s	lessons	sugar, RYD, bev.
USDA TEAM Nutrition http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum	Serving Up MyPlate: A Yummy Curriculum	Curriculum integrating nutrition into math, science, lang. arts, and health. Three courses (by age), each with three sections ranging from 30 to 60 minutes per section. Ages 6 - 12. The level 3 curriculum is appropriate for use with adults.	English	6, 7, 8, 9, 10, 11, 12, adults	s, as	curr, lesson, CD, songs, poster, activities, game	sugar, fat, MyPlate, PA, meal planning, bev, RYD, f/v, recipe, label

Curriculum or lessons							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Dairy Council of California http://www.healthyeating.org/Schools/Classroom-Programs/3rd-Grade.aspx	Shaping Up My Choices	10-lesson nutrition program aligns with California education standards and can integrate into LA, Math, Science, SS, Health and PE. All 5 food groups, Main nutrients and roles in the body, Importance of eating balanced breakfast and lunch, How to read a food label, How to measure healthy portion sizes, What healthy beverage choices look like (Use Network RYD materials instead) How to get active for 60 minutes a day.	English	8,9	s,as	lessons	MyPlate, PA, label, bkfst portions,
http://www.californiaprojectlean.org/docuserfiles/Bone%20Health%20manual.pdf	Strong Bones Healthy Family (Huesos fuertes, Familia Saludable)	Encourages dairy consumption of low fat milks. Set of 4 lessons with handouts. For adult. \$20	English, Spanish	adult	com	lessons, h/o	dairy, minerals, ethnic
<i>Network for a Healthy California</i> http://www.takeactionca.cdph.ca.gov/	Take Action!	10 week web based program for worksite where teams compete against each other for points. 10 week PA challenge and a 10 week Fruit/Vegetable challenge.	English	adult	com, worksite	lessons, web, game	PA, eat healthy, fruit, veg,
USDA TEAM Nutrition http://www.fns.usda.gov/tn/great-garden-detective	The Great Garden Detective Adventure	11 lesson curriculum for 3rd and 4th grades. Contains teacher guide, curriculum tools, parent newsletter, bulletin board materials and flash cards. Some lessons are an hour. Not all components are allowable.	English	8, 9, 10	s, as	curr	MyPlate, frt, veg, garden, eat healthy, science, math, language arts

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Network for a Healthy California http://cdphinternet/programs/cpns/Pages/WorksiteProgram.aspx	Achieving a Healthy Lifestyle:	Addresses Latinos, African Americans and Worksite.	English	adult	com, worksite	booklet	eat healthy, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf	Add more vegetables to Your Day (2)	One of the 10 Tips Nut Ed series on how to increase vegetable intake. For adult and older teens.	English, Spanish	15, 16, 17, 18, adult	s, com	h/o	veg, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet30BeActiveAdults.pdf	Be active adults (30)	One of the 10 Tips Nut Ed series for ways to add PA into your lifestyle.	English, Spanish, Vietnamese	adult	com	h/o	PA, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf	Be a Healthy Role Model for Children (12)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and children.	English, Spanish	adult	com	h/o	eat healthy, modeling, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet29BeAnActiveFamily-BlkAndWht.pdf	Be an active family (29)	One of the 10 Tips Nut Ed series for ways to be more active together.	English, Spanish, Vietnamese	4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	com	h/o	PA, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet26BeChooseyintheDiningHall.pdf	Be choosey in the dining hall (26)	One of the 10 Tips Nut Ed series for eating healthy in a cafeteria/school dining.	English, Spanish	17, 18, adult	s,	h/o	eat healthy, eating out, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe-BlkAndWht.pdf	Be food safe (23)	One of the 10 Tips Nut Ed series. Addresses clean, separate, cook, chill.	English, Spanish	14, 15, 16, 17, 18, adult	s, com	h/o	MyPlate, safety, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf	Build a Healthy Meal (7)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish, Vietnamese	15, 16, 17, 18, adult	s, as, com	h/o	meals, eat healthy, MyPlate, ethnic
<i>Network for a Healthy California</i> online ordering	CFORK brochures & poster	Brings nutrition ed into the CalFresh offices via demonstrations, tips and recipes to help them purchase and prepare low-cost nutritious meals and snacks. BRO 242 brochure, SIGN 563 poster	English, Spanish	adult	com	DVD, poster, brochures, cards	meals, snacks, meal planning, cooking, ethnic
<i>Network for a Healthy California</i> http://www.championsforchange.cdph.ca.gov/en/index.php	Champion Mom	Brochure and also success cards.	English, Spanish	adult	com	brochure	eat healthy, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf	Choose MyPlate (1)	One of 10 Tips Nut Ed series from USDA. Overall advice	English, Spanish, Vietnamese	4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	pre, s, com	h/o	eat healthy, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet34ChooseTheFoodsYouNeedToGrow.pdf	Choose the Foods You Need to Grow (34)	One of the 10 Tips Nut Ed series for teen guys (and twenties).	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf	Choosing whole-grain foods (22)	One of the 10 Tips Nut Ed series. Specific suggestions re grains.	English, Spanish, Vietnamese	14, 15, 16, 17, 18, adult	s, com	h/o	MyPlate, grains, eat healthy, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackOnSweetTreats.pdf	Cut Back on Your Kid's Sweet Treats (13)	One of the 10 Tips Nut Ed series for making healthy food choices and reducing high sugar foods. For adult and all children. When this is distributed the Tip sheet Choose MyPlate must also accompany it.	English, Spanish	4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	pre, s, com	h/o	sugar, snacks, MyPlate, ethnic
<i>Network for a Healthy California</i> http://www.network-toolbox.cdph.ca.gov/en/GreenGrocer.asp	Dr. Richter's Fresh Produce guide	Brochure/booklet that discusses health benefits, nutrition facts, how to select and store produce as well as preparation ideas and recipes.	English	adult	com	brochure, booklet	eat healthy, fruit, veg, recipes

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf	Eat Seafood Twice a Week (15)	One of the 10 Tips Nut Ed series from USDA.	English, Spanish	adult	com	h/o	protein, eat healthy, MyPlate, ethnic
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet36EatSmartAndBeActiveAsYouGrow.pdf	Eat Smart and be Active as You Grow (36)	One of the 10 Tips Nut Ed series for young girls 10 - 19 that addresses eating right to support changes occurring during these years.	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA Team Nutrition http://www.kidsaccountin.ksu.edu/pdfs/PowerMoves.pdf	Eat Smart- Play Hard- Power Your Moves	Healthy snack recipes and encourages fruits and vegetables. For children and caregivers of children.	English, Spanish	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o	fruit, veg, breakfast, snack, recipes, ethnic
USDA Team Nutrition http://www.kidsaccountin.ksu.edu/pdfs/rustleup.pdf	Eat Smart. Play Hard- Rustle Up Good Grub and Get Moving!	Health snack recipe for kids and gives message about eating fruit and vegetables. Also has message about physical activity For children ages est. 8 - 14 and caregivers.	English, Spanish	8, 9, 10, 11, 12, 13, 14	s, as	h/o	f/v, PA, ethnic, recipe, snack

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf	Eating Better on a Budget (16)	One of the 10 Tips Nut Ed series from USDA.	English, Spanish, Vietnamese	adult	com	h/o	budget, shopping, MyPlate, ethnic
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet31EnjoyFoodsFromManyCultures.pdf	Enjoy Foods from Many Cultures (31)	One of the 10 Tips Nut Ed series from USDA regarding celebration of cultural customs.	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf	Enjoy Your Food, but Eat Less (18)	One of the 10 Tips Nut Ed series from USDA. When this is distributed the Tip sheet Choose MyPlate must also accompany it.	English, Spanish	adult	com	h/o	eat healthy, calories, MyPlate, ethnic
USDA Team Nutrition http://www.kidsactivities.org/pdfs/funzone.pdf	Enter the Fun Zone	USDA handout sheet that helps kids be active and eat healthy with word puzzles and simple tips. For ages est. 8 - 14 and caregivers.	English, Spanish	8, 9, 10, 11, 12, 13, 14	s, as	h/o, puzzle	PA, eat healthy, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf	Focus on Fruit (3)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	16, 17, 18, adult	s, com	h/o	fruit, MyPlate, ethnic
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpn/Documents/Network-FV-RP-ProduceHandlingGuideFPFC.pdf	Fruit and Vegetable Handling Guide	For independent retailers to learn how to store and rotate fresh produce and identify items for discard.	English	adult	com	h/o	food safety, frt, veg.
<i>Network for a Healthy California: F&V Empowerment</i> (online ordering) http://www.championsforchange.cdph.ca.gov/en/docs/Kitchen_Tips/BRO-181_AUG_2007FINAL.pdf	Fruits and Vegetables Empowerment	Provides positive strategies to create healthier homes and communities so that eating fruits and vegetables and getting PA every day is socially supported and easier to do. Order #: BRO-181 (Eng.), BRO-182 (Span)	English, Spanish	adult	com	h/o	f/v, PA, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet33GetTheFactsToFeelAndLookBetter.pdf	Get the Facts to Feel and Look Better (33)	One of the 10 Tips Nut Ed series that addresses men's health.	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet5GotYourDairyToday.pdf	Got Your Dairy Today? (5)	One of the 10 Tips Nut Ed series for making healthy food choices to provide calcium. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, as, com	h/o	dairy, minerals, MyPlate, ethnic
<i>Network for a Healthy California</i> http://www.championsforchange.cdph.ca.gov/en/docs/Kitchen_Tips/HandSeasonGuide.pdf	Harvest of the Month Seasonal produce	<i>Network</i> developed & approved. List of fresh seasonal produce.	English	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, com	fact sheet	f/v

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/community-newsletter.asp	Harvest of the Month Community Newsletter	One page newsletters are intended to complement the other monthly elements and extend HOTM activities from the school to community. They can be used in many settings including retail outlets and by projects of the <i>Network's</i> Campaigns and Programs (Latino, African American, Retail and Worksite).	English, Spanish	adult	com	newsletter	ethnic, f/v, HOTM
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/ed-newsletter.asp	Harvest of the Month Educator Newsletter	Monthly educator newsletters are scientifically accurate and provide hands-on activities, tools and ideas for open-ended study by students, including tasting and school garden: sample physical activities to support developmental skills such as listening, reflexes and hand-eye coordination; and resources for further exploration tied to the California Content Standards.	English	staff	s	newsletter	f/v, PA, tasting, garden, HOTM
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/family-newsletter.asp	Harvest of the Month Family Newsletter	Monthly newsletter reinforces what kids learn in the classroom and provides parents with nutrition information, healthy eating tips, recipes, ideas for being physically active, and tips for selecting, storing and serving the featured produce. Various languages translated by local partners are available in the Educators' Corner of the web site.	English, Spanish	adult	com	newsletter	HOTM, recipes, PA, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA Team Nutrition http://www.fns.usda.gov/tn/resource-library-healthier-middle-schools-everyone-can-help	Healthier Middle Schools: Everyone Can Help	Series of communication tools for engaging teachers, principals, parents, food service and students in wellness efforts. Three minute videos, and printed handouts. Focus group tested.	English	11, 12, 13, adult, staff	s, as, com, café, staff	Video, h/o	eat healthy,
USDA: ChooseMyPlate.gov http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet25HealthyEatingActiveLifestyle.pdf	Healthy Eating for an active lifestyle (25)	One of the 10 Tips Nut Ed series for making healthy food choices for people who pursue an active lifestyle. For adult and older teens.	English, Spanish	15, 16, 17, 18, adult	s, com	h/o	f/v,grains, eat healthy, MyPlate, PA, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet8HealthyEatingForVegetarians.pdf	Healthy Eating for Vegetarians (8)	One of the 10 Tips Nut Ed series for making healthy food choices for people who choose to avoid animal product. For adult and older teens.	English, Spanish	15, 16, 17, 18, adult	s, com	h/o	f/v,grains, eat healthy, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<p>Network for a Healthy California-Children's Power Play! http://www.championsforchange.cdph.ca.gov/en/docs/Kitchen_Tips/BRO-108_MAY_2009.pdf</p>	<p>Healthy Kids: Help Your Kids Power Up with Fruits and Veggies</p>	<p>Provides parents with easy ideas for helping their kids eat more fruits and vegetables and get more physical activity.</p>	<p>English, Spanish</p>	<p>adult</p>	<p>com</p>	<p>h/o</p>	<p>f/v, PA, ethnic</p>
<p>USDA TEAM nutrition http://www.fns.usda.gov/sites/default/files/jtf_fruit.pdf</p>	<p>Jazz Up Your Menu With Fruits for Healthier school meals</p>	<p>Ideas for increasing fruit for school meals and snacks. Replace logo and wording with MyPlate. Recommendations for food service staff and adult.</p>	<p>English, Spanish</p>	<p>adult, staff</p>	<p>com, s, café</p>	<p>h/o</p>	<p>frt, snacks, meals, ethnic</p>
<p>USDA TEAM nutrition http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children</p>	<p>Juice or Fruit Drinks</p>	<p>Newsletter for parents of young children.</p>	<p>English</p>	<p>3, 4, 5, 6, 7, 8, 9, 10</p>	<p>pre, s, com</p>	<p>h/o</p>	<p>RYD, sugar, bev</p>
<p>USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf</p>	<p>Kid-friendly Veggies and Fruits (11)</p>	<p>One of the 10 Tips Nut Ed series for making healthy food choices for children. For adult and older teens.</p>	<p>English, Spanish</p>	<p>14, 15, 16, 17, 18, adult</p>	<p>s, com</p>	<p>h/o</p>	<p>f/v, MyPlate, ethnic</p>

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.uwex.edu/ces/wnep/teach/nfspdfs/MtIsMeals.pdf	Let's Make Meatless meals	Provides information on reasons to eat meatless meals and examples of meat alternatives. adult.	English, Spanish	adult	com	h/o	meals, cooking, meal planning, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LiveUpYourMeals.pdf	Live Up Your meals with Vegetables and Fruits (10)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, com	h/o	meals, f/v, eat healthy, MyPlate, ethnic
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet35MakeBetterFoodChoices.pdf	Make Better Food Choices (35)	One of the 10 Tips Nut Ed series for women encouraging time for self and being active.	English	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf	Make better beverage choices (19)	One of the 10 Tips Nut Ed series for making healthier beverage choices.	English, Spanish, Vietnamese	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, com	h/o	bev, RYD, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/tentips/DGTipsheet20MakeCelebrations.pdf	Make Celebrations Fun, Healthy and Active (20)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, com	h/o	eat healthy, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf	Make Half Your Grains Whole (4)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, com	h/o	grains, eat healthy, MyPlate, ethnic
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet32MakeHealthierHolidayChoices.pdf	Make Healthier Holiday Choices (32)	One of the 10 Tips Nut Ed series addressing small changes that can be made in traditional food recipes and seasonal activities.	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
USDA: Food & Nutrition Services http://www.fns.usda.gov/sites/default/files/Guidebook.pdf	Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices	36 page booklet providing assistance to moms and kids to support consistent core nutrition messages.	English	adult, staff	com	booklet	eat healthy

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA: Food & Nutrition Services http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_27.pdf	Milk for Kids with Lactose Intolerance	Tip sheet that explains lactose intolerance and how to ensure children receive nourishment that milk provides. For adult and children est. ages 12-18	English	12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o	dairy
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet27MiniFridgeMakeover.pdf	Mini-fridge makeover (27)	One of the 10 Tips Nut Ed series. Suggestions for what to keep in a dorm room refrigerator.	English, Spanish	17, 18, adult	s	h/o	MyPlate, eat healthy, label, f/v, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/preschoolers.html	MyPlate for Preschoolers	Educational materials for preschoolers and children. Information for parents. Includes picky eating, food safety, meals patterns, developing healthy eating habits.	English	3, 4, 5	pre	web,h/o	MyPlate, safety, meal planning, picky eater, eat healthy
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet24MyPlateSnackTipsforParents.pdf	MyPlate Snack Tips for Parents (24)	One of the 10 Tips Nut Ed series. Ideas for fast, nutritious snacks. The Choose MyPlate tips handout must accompany this hand out when distributed.	English, Spanish	adults	com	h/o	MyPlate, snacks, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/Ordering%20Farm%20Fresh%20Produce_FEB_2008FINAL.pdf	Ordering Farm Fresh Produce for Worksites	Guide to ordering produce.	English	adult	com, worksite	brochure	fruit, veg, shopping
USDA/ Choose MyPlate http://www.choosemyplate.gov/physical-activity.html	Physical Activity	Materials: what is PA, why do it, how much and caloric need are topics.	English, Spanish	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o	PA, ethnic, MyPlate
<i>Network for a Healthy California</i> Online ordering site	Physical Activity Empowerment Brochure	Discusses how to feel and be healthier with PA and describes different level of intensity. BRO 183 (Eng.), BRO 184 (SPN)	English, Spanish	staff, adult	s, com	brochure	PA, ethnic
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/KIT640KIT635PQTSFINALCOMBINED.pdf	Produce Quick Tips for Partners	Pictures of fruits and vegetable on one side, other side has shoppers tips, fun facts, nutrition information, serving ideas and storage tips.	English, Spanish	7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	brochure	frt, veg, eat healthy, preparation, shopping, photo, ethnic
FNS USDA http://www.fns.usda.gov/sites/default/files/readit_poster.pdf	Read it Before you Eat it	Poster on how to read a label. Can be downloaded for a handout. Remove the reference to MyPyramid prior to discussion or distribution.	English	9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	poster, h/o	label

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.network-toolbox.cdph.ca.gov/en/pdf/AllHandouts.pdf	Recommended Cups of Fruits and Vegetables for Adults	Helps to determine the amount of fruits and vegetables needed every day for better health by age and gender. For African American women.	English, Spanish	adult	com	h/o	eat healthy, f/v, ethnic
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/RDYApprovedResources-11-2013.pdf	Rethink Your Drink: Beverages: Make Every Sip Count	Information sheet can be used as handout or poster. To be located on RYD Resource page.	English, Spanish, Vietnamese	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o, poster	bev, RYD, label, ethnic
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Documents/RDY/ShowMeTheSugar-EN.pdf	Rethink Your Drink: Show Me the Sugar	Adapted from BANPAC. Shows how to recognize names of sugar on a label. Available on RYD Resource page.	English, Spanish	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	h/o	bev, RYD, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet14SaltAndSodium.pdf	Salt and Sodium: 10 tips to help you cut back (14)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult.	English, Spanish, Vietnamese	adult	com	h/o	salt, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet37SaveMoreAtTheGroceryStore.pdf	Save More at the Grocery Store (37)	One of the 10 Tips Nut Ed series to help stretch the food dollar.	English, Spanish	adult	com	h/o	eat healthy, MyPlate, ethnic
California Project LEAN http://www.californiaprojectlean.org/docuserfiles/CPL%20Consumer%20Materials%20Order%20Form_01_16_2013.pdf	Shop, Cook & Dine	Brochure with tips on how to stock your kitchen with low fat foods. For adult. \$20 for 50.	English	adult	com	brochure	shopping, cooking, fat
California Project LEAN http://www.californiaprojectlean.org/docuserfiles/CPL%20Consumer%20Materials%20Order%20Form_01_16_2013.pdf	Shop, Cook & Eat	Brochure on low-fat shopping to cut the fat in your diet. For adult. \$20 for 50.	English, Spanish	adult	com	brochure	shopping, label, fat, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf	Smart Shopping for Veggies and Fruits (9)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, as, com	h/o	f/v, shopping, budget, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet28StayFitonCampus.pdf	Stay fit on campus (28)	One of the 10 Tips Nut Ed series. Encourages college students to stay active.	English, Spanish	18, adult	s	h/o	PA , ethnic
California Project LEAN http://www.californiaprojectlean.org/docuserfiles/CPL%20Consumer%20Materials%20Order%20Form_01_16_2013.pdf	Strong Bones Healthy Family (Huesos fuertes, Familia Saludable)	Encourages dairy consumption of low fat milks. Set of 4 lessons with handouts. For adult. \$20	English, Spanish	adult	com	lessons, h/o	dairy, minerals, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet21SchoolDayJustGotHealthier.pdf	The School Day just got Healthier (21)	One of the 10 Tips Nut Ed series. Basically information for the parent. For adult . From ChooseMyPlate.gov	English, Spanish	adult	s, com	h/o	eat healthy, MyPlate, ethnic
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf	Use SuperTracker your way (17)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult.	English, Spanish	adult	com	h/o	calories, report, eat healthy, MyPlate, ethnic

Handouts, brochure							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Network for a Health California online ordering	Vending Machine food and Beverage Standards	See <i>Network</i> ordering for description of material.	English	adult	s, com	brochure, res	bev, RYD, report, guidance
Network for a Health California http://www.network-toolbox.cdph.ca.gov/en/HandWhatsCup.asp	What's in a Cup?	Brochure with pictures that shows how to determine cup portion sizes of fruits and vegetables.	English	8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, com	brochure	portions, f/v, photo
National Institute on Aging http://www.nia.nih.gov/health/publication/whats-your-plate	What's on Your Plate? Smart food choices for healthy aging.	Booklet for adults over 50. Discusses food patterns, portion sizes, labels, nutrients, lifestyle sample menu	English	60 +	com	booklet	PA, eat healthy, f/v, planning, recipes, label
USDA/ Choose MyPlate http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipSheet6ProteinFoods.pdf	With Protein Foods, Variety is the Key (6)	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English, Spanish	14, 15, 16, 17, 18, adult	s, as, com	h/o	protein, eat healthy, MyPlate, ethnic

Misc.							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA TEAM Nutrition http://www.fns.usda.gov/sites/default/files/eatsmartminiposter.pdf	Eat Smart to Play Hard	2 sided poster (36 x 24) with MyPlate icon and foods from the five groups. Backside can be used as a tool to assess understanding.	English, Spanish	5, 6, 7, 8, 9, 10, 11, 12	s, as, ss	poster	PA, ethnic
USDA: Eat Smart Play Hard http://www.fns.usda.gov/eatsmartplayhardeducators/userfiles/File/0021_esph_campaign_FA.pdf	Eat Smart. Play Hard- Activity and Sticker Book	Specially designed to help communicate healthy eating and PA messages to children 6 - 8 years and to motivate and encourage them to develop healthy habits early in life. Stickers are allowable if given in the context of a nutrition lessons.	English, Spanish	6, 7, 8	s, as	stickers	PA, eat healthy, ethnic
<i>Network for a Healthy California</i> online ordering	Harvest of the Month and Power Play: Stickers and static clings	Variety of stickers and static clings. See <i>Network</i> on line ordering for listing of titles./ Includes PP, worksite etc. May be used if part of a nutrition education lessons.	English	4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	pre, s, as, com	stickers	eat healthy, PA
<i>Network for a Healthy California</i> online ordering	Harvest of the Month Posters	Three posters (24" x 36") provides a visual display of HOTM and is available to order from the <i>Network for a Healthy California</i> .	English	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	poster	f/v, HOTM
USDA http://www.choosemyplate.gov/print-materials-ordering.html	MyPlate Posters	Educational material that bring the messages of MyPlate.	English	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as	poster	MyPlate
Produce for Better Health http://www.pbhcatalog.org/ixxocart/catalog/Posters-13-1.html	Nutrition Posters	Catalog lists 12 different posters encouraging fruits and vegetables. For all ages.	English	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	posters	f/v

Misc.							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> on line ordering	Posters	Variety of posters are available via online ordering. Go to the left toolbar "My Inventory list" to print your allotment to look at each item. Poster category begins with SIGN-.	English, Spanish, Chinese	8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	posters	PA, eat healthy, ethnic
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx	Rethink Your Drink Label Cards	Each card (12) has beverage image and generic fact label. 8 1/2 x 12	English, Spanish	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	cards	bev, RYD, ethnic
<i>Network for a Healthy California</i> http://cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx	Rethink Your Drink posters: 1) Sugar Synonyms and 2) How much sugar is in your drink?	Poster is 18 x 24 laminated. Provides multiple names of "sugar" and poster from WIC on how to calculate grams of sugar to teaspoons. Only WIC item allowable. Www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPoster.pdf . For Spanish version add "Spanish" just before pdf.	English, Spanish	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	poster	bev, RYD, ethnic
http://www.think-downloads.com/download/Food/recipes/A%20River%20of%20Recipes%20USDA%20Using%20Commodity%20Foods.pdf	River of Recipes Cookbook	Recipes using USDA food distribution program (commodities) on Indian reservations.	English	15,16,17,18,adult	com, s	recipes	eat healthy, meal prep and planning, ethnic

Misc.							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.championsforchange.cdph.ca.gov/en/docs/AACookbook_v21_FINAL.pdf	Soulful Recipes	<i>Network</i> developed cookbook specifically for African American community	English	adults	com	cookbook	eat healthy, f/v, ethnic
USDA ChooseMyPlate and SF Chinese Project http://www.choosemyplate.gov/ for Chinese version use Network on line ordering	USDA MyPlate	MyPlate poster culturally adapted for the Chinese population.	Chinese	adults, staff	com	poster	MyPlate, eat healthy, f/v, ethnic

PA							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
1) <i>Network for a Healthy California</i> http://www.networkforahealthycalifornia.net/pa/InstantRecess.html 2) www.journeyworks.com	Instant Recess	1) Free DVD from the Network user's guide with Allen Rossum can be done anywhere and at any age. Includes Fruit and Veg messages. 2) Collection of 11 Dr. Yancey low cost DVDs. Each 10 minute DVD can be ordered and used singularly. Themes cover various sports, ethnicity dances or music.	English, Spanish	5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	DVD, guide	PA, f/v, ethnic
<i>Network for a Healthy California</i>	Physical Activity Program Toolkit	A toolkit to assist LHD's with planning, implementing, and evaluating Network-allowable PA interventions. Toolkit includes train-the-trainer modules with national and state recommendations and strategies, nutrition ed and PA resources and evidence-based and best practices for increasing PA. Est. availability summer 2014.	English	adult	com	toolkit	PA
USDA: Food & Nutrition Services http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/PlayHard/makefamilytimeanactivefamilytime.htm	Play Hard Your Way	Ideas for increasing activity at home, work, etc.	English	adult	com	h/o	PA

PA							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
Network for a Healthy California-Children's Power Play! Campaign online ordering	Power Play Fit Deck Power Cards	Power Cards give a fun and easy PA resource on how to stay active while indoors, alone or to share with their family at home.	English	9,10, 11	s, as, com	game, cards	PA
Network for a Healthy California-Children's Power Up http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx	Power Up Your Summer Play Tracker!	Activity tracking booklet encourages healthy and active play during summer with areas to track progress and includes play and healthy snack tips. See towards bottom of web page for links.	English	9,10, 11	s, as, ss	booklet	PA, snacks
Network for a Healthy California http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf	Shape of Yoga Nutrition and PA Booklet	Booklet gives basic yoga moves that promote PA, strength building while incorporating nut. ed. messages.	English, Spanish	12, 13, 14, 15, 16, 17, 18, adult	s, as, com	booklet, DVD	PA, eat healthy, ethnic
SPARK http://rtips.cancer.gov/rtips/programDetails.do?programId=201624	SPARK Sports Play Active Recreation for Kids	PA specialist implement instructional strategies to increase amount of time in MVPA. Requires a Nutrition Education component to be allowable	English	5,6,7,8,9,10,11,12,13,14	s, as	toolkit	PA

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA: Food & Nutrition Services http://www.health.gov/dietaryguidelines/2010.asp	2010 US Dietary Guidelines for American	Eating healthy guidelines for Americans.	English	adult	com	res	eat healthy, fat, sugar, portions, frt, veg, salt, bev, RYD
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-AA-PolicyAgendaFinal-2008-06-09.pdf	Advocating for the Health of our Communities	Info based on the priorities and methods recommended by the Campaign to increase Nut. Ed and PA among African American family to promote behavior change.	English	staff, adult	com	guide	eat healthy, PA, ethnic, family
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Pages/AfricanAmericanHealthStatistics.aspx	African American Fact Sheets	Information on health status and disparities facing African Americans.	English	staff, adult	com	h/o, res	ethnic, health, report
http://www.health.gov/paguidelines/pdf/adultguide.pdf	Be Active Your Way: A Guide for Adults	A guide based on the 2008 physical activity guidelines for adults. Consumer-facing piece that has been reviewed for translation accuracy and readability in Spanish by Network staff.	Spanish	staff	com, s, as	res	PA
http://snap.nal.usda.gov	Best Practices in Nutrition Education for Low Income Audiences	Developed by Colorado State Univ. Offers 28 best practices within five domains. Appropriate for direct and indirect education. Covers: Program Design, Program Delivery, Educator characteristics, Educator Training and Formative Evaluation. 42 pages	English	adults	sch, pre	res	policy,

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California African American Campaign</i> http://cdphinternet/programs/cpns/Pages/AfricanAmericanCampaign.aspx	Body & Soul: A Celebration of Healthy Eating and Living	Wellness program for the African American churches. Includes MyPlate, pastor's leadership guide, educational activities, environmental support for healthy eating, peer counseling, how to run the program, tools, handouts and resources. Materials will be available after attending the training. Contact the campaign for training info.	English	adult	com	res, guide	MyPlate, eat healthy, PA, f/v, ethnic
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Pages/CaliforniaStatewideSurveys.aspx#3	CalCHEEPS survey	Findings from the 2009 survey.	English	staff	s, com	res	report
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx	California-Fit Business Kit Sell-In	Brochure intermediaries use this to engage employers and build interest in the Worksite program. Explains how the Fit Business kit can help employees. Must be modified to align with SNAP-Ed policies. Activities must be in approved worksites were more than half of them are low wage workers. Please check with PO prior to use.	English	adult, staff	com, work site	res	eat healthy

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
California Department of Health Care Services http://www.dhcs.ca.gov/formsandpubs/publications/Pages/CaliforniaFoodGuide.aspx	California Food Guide (CFG)	For health professionals who serve low-income, ethnically diverse populations. Designed to provide nutrition and PA guidance towards healthy lifestyles. Guide needs to be updated in some areas. Please consult with RD or PM for clarification regarding selected sections.	English	staff	com	res	PA, eat Healthy
CanFit.org	CANFIT	CANFIT is a movement to improve healthy eating and physical activity environments for adolescents in low income communities and communities of color.	English	adult	s, as, com	brochure	PA, eat healthy, ethnic
CANFIT http://canfit.org/ (available at CHKRC)	CANFIT Super Manual	Manual for after school or any youth service provider that combines nutrition and PA. Offers 25 physical and nutrition activities, assessment tools. For ages 10 - 16. Revision date from 2004 unknown.	English	10, 11, 12, 13, 14,	as	res	PA, eat healthy
California Project LEAN http://www.californiaprojectlean.org/documents/files/Captive%20Kids2007.pdf	Captive Kids: Selling Obesity at School, Creative school fundraising ideas	Guide that includes key policy steps that address marketing in schools, talking points, case studies & fact sheets.	English, Spanish	adult	s, com	res	report, ethnic

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.californiaprojectlean.org/docuserfiles/SSB%20Case%20Study%20-%20ChooseHealthLA%20Vending%20Final%202014%201.pdf	Case Study: Implementing Healthy Nutrition Guidelines for Vending Machines in the County of Los Angeles County	Paper discusses establishing a Blue Ribbon Task Force on Childhood Obesity. This systematically examined a variety & public health practice issue and adult obesity, including the uniform institutional food policies that integrate healthy nutrition standards in County operated or contracted food service.	English	adults	com	res	policy, eat healthy, fruit, veg, bev
<i>Network for a Healthy California</i> http://www.healthyeveryagesinchildcare.org/bestpractices/BestPracticesHandbook.pdf	CHOICE Best Practices of Child Care Nutrition & Physical Activity Environments	A guide for self assessment and policy development. Fact sheet addressing increase in fruits, vegetables, healthy drinks and PA. Bookmarks available.	English	staff	pre	res, self assess	PA, eat healthy
California Project LEAN http://www.californiaprojectlean.org/docuserfiles/Community-Based_Social_Marketing.pdf	Community Based Social Marketing	The experiences of Project LEAN and the lessons learned. \$10	English	staff	com	res	report
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-EventManualChildrenComponents.pdf	Conducting Successful Nutrition Ed. and PA Promotions at Community Events	Manual that provides tools to reach adult members of the community through various community events. Provides easy to implement activities to improve fruit and vegetable consumption and PA.	English	adult, staff	com	res	PA, eat healthy, comm serv

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
http://www.fns.usda.gov/fns/corenutritionmessages/background_page.htm	Core Consumer Messages	Web site for Tips and Tools that include 16 core messages for Moms and children of various ages. Each food group is discussed. Videos, games etc. are available.	English	3, 4, 5, 6, 7, 8, 9, 10	pre, s, as, com	res, h/o,	eat healthy, MyPlate
USDA Team Nutrition http://origin.drupal.fns.usda.gov/tn/empowering-youth-nutrition-physical-activity (avail at CHKRC)	Empowering Youth with Nutrition & Physical Activity	A manual for use in after school programs and classrooms with youth 11-18 years old. Fun, hands-on activities that teach nutrition concepts; ideas to include nut ed and PA; resources to help youth develop a nutrition or PA related community project; tips, worksheets, handouts, discussion prompter. Do not use MyPyramid but substitute with MyPlate info. if needed. Please use Network Rethink Your Drink materials instead of those in the document.	English	11, 12, 13, 14, 15,	s, as	lessons	eat healthy, PA
www.foodhero.org	Food Hero Oregon State University web site	Provides fast, fun, inexpensive recipies as well as tips.	English, Spanish	adults	com	res	eat healthy, recipe, ethnic
<i>Network for a Healthy California Retail Program</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-RP-StoreTourGuide.pdf	Fruit and Vegetable Store Tour Guide	Step by step for conducting fruit and veg store tours for youth or adult at local grocery stores. Includes templates, checklists and how to do food demos.	English	15, 16, 17, 18, adu	com	toolkit, template	training, shopping

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/download.asp	Harvest of the Month Educator Newsletter Training Guide	Training tool staff can use for training teachers on the content and use of the Educator Newsletter.	English	staff	s, as	res, guide	HOTM, f/v
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/download/HOTM%20Fact%20Sheet%202009.pdf	Harvest of the Month Fact Sheet	<i>Network</i> developed two page fact sheet with information about HOTM program.	English	adult	s, com	fact sheet	HOTM
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/TrainingCorner/download/HOTM_QuickStartGuide.pdf	Harvest of the Month: Quick Start Guide	Training tool staff can use for training others.	English	adult, staff	s, as, com	res, training	F/V, HOTM
<i>Network for a Healthy California</i> http://caff.org/wp-content/uploads/2011/05/HOTM-Training-Manual_CAFF_reduced.pdf	Harvest of the Month: Tasting Kit Training Manual	Background and information on what to do to introduce our SNAP-Ed population to produce via taste testing. Contact PM if more information is needed. http://harvestofthemonth.com/TrainingCorner/	English	staff	s, as, com	lesson, res	taste testing, f/v, HOTM
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/download/TipSheet_CommFamNews.pdf	Harvest of the Month: Tip sheets	Tip sheets for conducting taste testing in the classroom, implementation strategies and developing partnerships.	English	staff	s, com	res	taste testing

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/TrainingCorner/index.asp	Harvest of the Month: Training materials	Resources, outlines, power points for conducting trainings for those new to HOTM and those experienced looking for new strategies	English	staff	s, com	res	training,
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/EdCorner/Support.asp	Harvest of the Month: Calendar	3 calendar template that can be customized with preapproved messages and nutrition content that is provided.	English	staff	s, com	res, template	frt, veg, PA
<i>Network for a Healthy California</i> http://www.harvestofthemonth.cdph.ca.gov/download/How-To-Guide.pdf	Harvest of the Month: How to Grow Healthy Students	Instructional guide for staff to use as a resource. Revised 2012	English	staff	s, as	res	HOTM, f/v, eat healthy
Network for a Healthy California http://www.harvestofthemonth.cdph.ca.gov/EdCorner/assessment.asp	Harvest of the Month: Thinking Map	Assessment tools teachers use to check for understanding of HOTM information in students.	English	5, 6, 7, 8, 9, 10, 11	s,as	res	assessment
<i>Network for a Healthy California</i> on line ordering	Health Disparities in California	Overview of various health disparities and the current state of the disparities. See on line ordering brochures: BRO-211,212,213,214,215	English	staff	com	res	report
www.healthyappleaward.com	Healthy Apple Awards for SF child care ceters	Award provided by SF Children's Council to recognize child care facilities for preschool aged children that promote healthy eating and PA. Site must meet or exceed expected standards. Web page to include a self assessment in Fall of 2014.	English	staff	pre	res	eat healthy, policy

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
CANFIT http://canfit.org/our_work/programs/snackguide/	Healthy Snack Guide for Youth After School Program	Menus using foods that can be easily obtained at convenience stores and that fall within the federal; reimbursement rate budget. For est. ages 7-12. Dated 2009.	English	7, 8, 9, 10, 11, 12	s, as	res	snacks, meals
<i>Network for a Healthy California- Youth Empowerment</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-BRO-200-2009-02.pdf	Inspiring Youth as Partners	In partnership with Youth in Focus, the <i>Network</i> has now expanded our Youth Engagement Initiative to 19 sites. This resource describes the various local sites and key "over-arching" lessons learned, as a result of these innovative youth-led projects.	English	staff	s, com	res	report, youth empowerment
http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf	Inspiring Youth, Growing Change (Youth Participatory Action Research Projects YPAR)	A report on the impact, success and challenges of the Youth Engagement Initiative (youth 12-18) that began in 2006. The report's goal was to document changes in youth's eating and PA habits resulting from local projects. Order via # BRO-216	English	15,16,17,18, adults	sch, com	res	Community, policy, behaviors,PA, YE
<i>Network for a Healthy California</i> on line ordering	Issue Brief: Nutrition and Health Barriers facing California Latinos	Analysis and presentation of health status of Latinos. BRO-159 (Eng) BRO-172 (Span)	English, Spanish	adult	com	res	report, ethnic
www.eatfresh.org	Leah's Pantry S.F.	Web site that provides recipes, tips and tools regarding shopping, budget and other ideas for healthy living.	English, Spanish	adults	comm	res	eat healthy, recipe, shopping, budget, ethnic
USDA http://www.letsmove.gov/kids/	Let's Move	Initiative designed to assist child care providers in implementing 5 key PA and nutrition goals	English	staff	pre	res	PA, eat healthy

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA SNAP-Ed Connection http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/loving-your-family-feeding-their-future	Loving Your Family Feeding Their Future	Provides educational and promotional materials and techniques to help nutrition educators in their work with SNAP (Supplemental Nutrition Assistance Program) participants and eligibles. Do not use MyPyramid material, substitute with MyPlate materials.	English, Spanish	staff	com	toolkit	eat healthy, PA, ethnic
http://www.eatwellbetter.org/parents/healthy-habits	Low Fat Dairy campaign from Arizona Nutrition Network. (a.k.a. Simple Goodness Campaign)	Web pag with variety of categories: dairy questions, family fun activities, parent resources and HOTM links.	English	adults	com	res	dairy, HOTM, bev
USDA TEAM Nutrition http://www.cdc.gov/healthyyouth/mih/index.htm	Making it Happen! School Nutrition Success Stories	CDC & FNS collaborated featuring success stories from schools and individuals regarding positive changes made in the school environment. For staff	English	staff	s, as	res	report, eat healthy
USDA http://www.choosemyplate.gov/preschoolers.html	MyPlate for Preschoolers	Educational materials for preschoolers and children. Information for parents. Includes picky eating, food safety, meals patterns, developing healthy eating habits.	English	3, 4, 5	pre	web,h/o	MyPlate, safety, meal planning, picky eater, eat healthy
http://www.cdph.ca.gov/programs/cpns/Pages/RetailProgram.aspx	Network for a Healthy California - Retail Program	Web site with information for Local Health Depts., Retailers and Vendors. Video overview link as well as other links that provide additional information.	English	adults	com	res	policy, eat healthy, fruit, veg,

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
CenterTRT http://centertrt.org/?p=intervention&id=1091	Nutrition and Physical Activity Self-Assessment for Child Care	Self Assessment, goal setting and action planning tools with workshops & technical assistance tools to improve policies & practices in child care settings.	English	staff	pre	res, self assess	PA, eat healthy
FNS, USDA http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program	Nutrition and Wellness Tips for Young Children	Handbook developed by USDA to help child care providers. It addresses wellness recommendations for children 2 - 6. Contains series of tip sheets which contains ideas for hands-on activities and practical application.	English	2, 3, 4, 5, 6	pre	activity sheet, res	eat healthy, PA
USDA SNAP-Ed Connection http://snap.nal.usda.gov/resource-library/nutrition-through-seasons	Nutrition Through the Seasons	Resource that highlights nutrition education materials and resources through out the year.	English	staff	s, com	res	PA, eat healthy
Project LEAN http://www.californiaprojectlean.org/documents/files/ParentsInAction_web.pdf	Parents in Action	Materials and background information are used as a supplement for parent classes to build understanding of school wellness policy.	English, Spanish	adult	com	res	eat healthy, ethnic
California Project LEAN http://www.californiaprojectlean.org/documents/files/Playing%20the%20Policy%20Game%20Entire%20Manual.pdf	Playing the Policy Game	Resource Kit 30 pages highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance. \$10	English, Spanish	14, 15, 16, 17, 18	s, as	toolkit	eat healthy, PA, youth engagement, ethnic

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
California Project LEAN http://www.californiaprojectlean.org/doc.asp?id=168	Policy in Action : A guide to implementing your local school wellness policy	Road map for developing and implementing a plan for a school wellness policy. \$10	English	adult	s	res	report
<i>Network for a Healthy California-Children's Power Play! Campaign</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network_PP_Power%20Up%20for%20Learning.pdf	Power Play! Power Up for Learning PA Supplement	Designed to assist teachers in reinforcing classroom-based nut ed lessons through PA game. Intended for teachers. Field tested and finalized 2009.	English	staff	s, as	res	PA, eat healthy
<i>Network for a Healthy California-Children's Power Up</i> http://www.cdph.ca.gov/programs/cpns/Documents/BRO-206_JUL_2010.pdf	Power Up in 10 Strength Training for Families	A physical activity and nutrition education resource for adult user to perform 10 basic movements to increase strength and flexibility without equipment. Includes nutrition tips on every page. Created in partnership with LA Regional <i>Network</i> Cal State Northridge. See Shape of Yoga and Power Up in 10 DVD to go with this.	English, Spanish	adult	com	res	PA, ethnic
http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp	Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE)	Statewide recognition program that recognizes preschool programs that demonstrate optimal health, nutrition, and physical activity policies and practices that support children's health and readiness to learn. On line links for more information. For children's care centers ages 3-5	English	Staff	pre	res	eat healthy, policy

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
California Project LEAN http://www.californiaprojectlean.org/doc.asp?id=171&parentid=20	Reaching School Board Members: A guide for creating clear, concise and compelling nutrition policy campaign	A guide for creating clear, concise and compelling nutrition policy campaign. \$10	English, Spanish	staff	s	res	report, campaign, ethnic
CANFIT http://canfit.org/downloads/#spanish_language_materials	Recetas para el Exito	English version is n/a. Provides how to guide for creating a nutrition and physical activity program for adolescents. Can be down loaded in 5 parts.	Spanish	15, 16, 17, 18, staff	s, as, com	res	eat healthy, PA, ethnic
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/Retail%20FV%20Marketing%20Guide_5_060811_FINAL.pdf	Retail Fruit and Vegetable Marketing Guide	Information for local retails on how to educate customers on selecting, storing and preparing fresh produce. Includes: Produce Quick Tips, Produce Handling and merchandising material options.	English	adult	com	toolkit	food safety, frt, veg.
USDA (fight bac) http://www.fightbac.org/safe-food-handling	Safe Food Handling "The Core Four Practices"	Consumer facts on how to keep food safe from harmful bacteria.	English, Spanish	staff, adult	s, as, com	res	safety, eat healthy, cooking, ethnic
USDA TEAM Nutrition http://www.fns.usda.gov/TN/Resources/serving_safe.html	Serving It Safe: A Manger's Tool Kit	A trainers guide re. food service safety and sanitation training package for personnel at all levels. Revised 2009.	English	adult, staff	s, com	res	training, safety, foodservice

Resources							
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smarterlunchrooms.org	Smarter Lunchrooms Movement	Evidenced based set of best practices tools to help improve children's eating behavior in school lunchrooms. Can impact children of all ages.	English	staff	s,as,ss	res	foodservice, f/v, eat healthy
SNAP-Ed Connection / USDA http://snap.nal.usda.gov/resource-library-0	SNAP-Ed Resource Library Educational Materials	Online library to find quality information to aid in delivering SNAP-Ed including resources, referrals and recipes.	English	staff	pre, s, as, com	res,web	eat healthy, PA, recipes
http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf	SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States	Strategies for evidence based policy and environmental change interventions in child care, school, community and family settings. Behaviors are listed and examples provided of policies and environmental change strategies that promote changes in behaviors that lead to obesity. Resources are listed at the end of each section. Many are listed individually throughout the Materials List. Updated May 2014.	English	Staff	com	res	Community, policy, behaviors

Resources							
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California Project LEAN http://www.californiaprojectlean.org/documents/Successful%20Students%20Wellness%20Guide_Entire%20Guide.pdf	Student Wellness: A Healthy food and Physical Activity Policy Resource Guide	Guide to assist school governance leaders in planning policies that promote good nutrition and physical activity. \$20	English	staff	s	res	eat healthy, PA
<i>Network for a Healthy California</i> http://www.cdph.ca.gov/programs/cpns/Documents/RXD_facts%20and%20figures%20list_V2%20_8-27-2013.pdf	Sugary Drinks-Facts and Figures	Evolving document that will change. Tool to help intermediaries with writing or speaking points. Research Team has reviewed. Do not change or modify, combine or delete any part of the provided statements.	English	staff	s,com	res	bev, sugar, RYD
Centers for Disease Control and Prevention (CDC) http://www.ehd.org/health_obesity.php	U.S. Obesity Trends	Animated map from the Center of Disease Control and Prevention chronicling the rise of obesity in America. For ages 15 to adult, staff. Update if possible from 2010 version shown.	English	15, 16, 17, 18, adult	s, com	res	weight, training, report
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan	We Can! Ways to Enhance Children's Activity and Nutrition	offers science based educational programs and material that promote healthy weight in youth.	Chinese, English	staff	com, s,as	res	f/v, eat healthy, ethnic

Resources							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California-Worksite</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-FADWorksiteBrieffinal.pdf	Workplace Nutrition and PA- An Overview of the Facts, Case Studies and Information Resources	Provides practical solutions on what employers, employees and community organizations can do to improve worksite wellness through fruit and vegetable consumption and PA.	English	adult	com	res	eat healthy, worksite

Technology							
Source	Title	Description	Language	Ages	Venue	Type	Main topics
<i>Network for a Healthy California-African American Campaign</i> http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-ToolboxOrderingInstruction.pdf	A Day in the Life	Video and discussion guide designed to help community educators offer fun and effective educational lessons on ways to eat the recommended amount of fruits and vegetables and get the recommended levels of physical activity every day where they live, work, worship, play and shop. Found in the Community Toolbox	English	adult	com	Video, guide	f/v, PA, ethnic
<i>Network for a Healthy California, PA Integration</i> order from cost recovery site	Eat Well, Move More	20 min. DVD shows families how to eat healthy and be physically active at home, work, church, community settings.	English	adult	com	DVD	PA, eat healthy
USDA/ Choose MyPlate http://www.choosemyplate.gov/supertracker-tools.html	Supertracker Tool	On line means of tracking intake, nutrients and calories and PA compared to recommended amounts. For 10 - adult	English	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	web	frt, veg, grains, dairy, protein, calories, PA, eat healthy, weight, nutrient, MyPlate
USDA/ Choose MyPlate http://www.choosemyplate.gov/	Tips to a Great Plate	Online resource that provides educational materials and information on the basics of a healthy diet. For children and adult.	English, Spanish, Chinese	11, 12, 13, 14, 15, 16, 17, 18, adult	s, as, com	web	eat healthy, ethnic, MyPlate