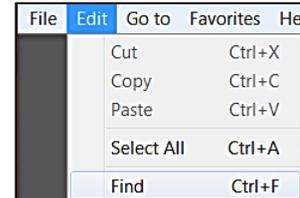


Locating Materials on the Nutrition Education Materials List (List)

Find 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 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.



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

Additional Information

- **Allowable recipes** are from only four sources: the CDC’s Produce for a Better Health, Fruit and Veggies More Matters; the *Network for a Healthy California*; USDA SNAP-Ed Connection; and California WIC. Any recipe used from a different source requires an analysis using a specific software program, Food Processor SQL version 9.8.1.
Note: Tasting trios do not require an analysis.
- **Contractor developed materials** are not on the List. Materials that were previously developed by contractors and Program Manager (PM) approved, may not be used by other contractors until it is posted on the List. PMs will make the request to add to the List. USDA does not want funds to be used to develop new or extensively revise materials. If there are no materials on the List that are acceptable, written justification for developing must be provided to the PM. Materials will then then need to be approved by the Materials Review team.
- **MyPyramid material:** Network funds may not be used to purchase materials with MyPyramid information.
- **Network Rethink Your Drink** materials are in the process of being 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 for Rethink Your Drink interventions. The only approved curriculum is the Serving Up MyPlate: A Yummy Choice.

- **Updates to the List:** The current list for FFY 2014 has been updated from last year's List. Out of date, MyPyramid and other materials no longer meeting current guidelines, and Rethink Your Drink criteria have been removed. Quarterly updates will be made to the List, which will be indicated by yellow highlights.

Legend

Category	Abbreviation	Key
Venue	as	after school
Venue	com	community
Venue	pre	preschool
Venue	s	school
Venue	ss	summer school
Category	Abbreviation	Key
Format	bk nf	book of non fiction
Format	CD	compact disc
Format	coloring	coloring pages or sheets
Format	curr	curriculum
Format	h/o	hand out
Format	PP	power point
Format	res	resource
Format	web	web site
Category	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 involved
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

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Charlotte Diamond	10 Carrot Diamond	CD for PA, includes 18 songs dealing with children's health and development. Words and songs are easy to follow. For ages 3-6	English	3,4,5,6	pre, s	CD	PA
Texas Department of Agriculture	10 Easy Ways to Improve Your Family's Eating Habits	10 strategies suggested as a starting point to improve a family's eating habits. Use as resource, not appropriate for handout to low literacy. Use allowable wording for #8. Check with PM prior to distribution.	English/ Spanish	adult	com	res	eat healthy, meal planning, family, ethnic
National garden Association	10 Terrific Vegetables	Provides cultural connections, lessons ideas, and garden basics. Est. age 4 to 10	English	4,5,6,7,8,9,10	com, s, as	bk nf	garden
William Woys Weaver	100 Vegetables and Where They Came From	Explores heirloom vegetables, their histories, varieties and cooking recommendations. For est. ages 9 to adult.	English	9,10,11,12,13,14, 15,16,17,18, adult	s, as, ss, com	bk nf	veg, garden, history, cooking
Cindy Krezel	101 Kid-Friendly Plants: Fun Plants and Family Garden Projects	Book is a comprehensive guide to indoor and outdoor garden using nontoxic flowers, vegetables, trees, and houseplants. For use as resource.	English	5,6,7,8,9,10,11,12 ,13,14,15,16,17,18, adult	res	bk nf	garden
Huberta Wiertsema	101 Movement game for Children	The movement game in this book are to cultivate children's social and creative abilities. Divided into 10 categories (touch/reaction, concentration /puzzles, impersonation / cooperation and music / movement. For ages 9 - 12	English	9,10,11,12	s, ss, as	game	PA
National Association of Sports & PA	101 Tips for Family Fitness Fun	Ideas on how to be active as a family. Includes variety of places: work, outdoors, home, etc. For adult or staff use. Do not use tip # 18 specifically "sport drinks", use another term.	English/ Spanish	adult, staff	com	booklet, res	PA, family, ethnic
USDA: Food & Nutrition Services	2010 US Dietary Guidelines for American	Eating healthy guidelines for Americans.	English	adult	com	res	eat healthy, fat, sugar, portions, fruit, veg, salt, bev, RYD
Julia E. Sweet	365 Activities for Fitness, Food, and Fun for the Whole Family	Activities to get the family participating in games, exercises, and healthy recipes. Use of recipes is not allowable.	English	5,6,7,8,9,10,11,12, 13,14,15,16,17,18 , adult	com	game	PA, family
NASCO	3-D teaching models	Food & Portion size models Forms of muscle, fat, displays of sugar and foods. For est. ages 15 to adult.	English	15,16,17,18, adult	s, as, ss, com	toolkit	portions, sugar, fat
NASCO	50 Ways for Physical Activity Tablet	Tips and ideas that encourage eating healthier and increasing physical activity. Handout offers 50 creative ways to help individuals lead healthier lives.	English	15,16,17,18, adult	s, com	h/o	PA, eat healthy

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Phyllis S. Weikart and Elizabeth B. Carlton	85 Engaging Movement Activities	Ideas for challenging and enjoyable movement experiences. Easy to follow plan is provided for each activity. For ages 5 - 11.	English	5,6,7,8,9,10,11	s, as,ss	game	PA
David Shannon	A Bad Case of Stripes	A little girls turns colors, sprouts roots, berries, crystals and feathers with a long tail, and she can't be cured until she admits her secret: she loves lima beans. Ages 5 -9	English	7,8,9,10,11,12	s, as, ss,	storybook	veg
<i>Network for a Healthy California-African American Campaign</i>	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.	English	adult	com	Video, guide	f/v, PA, ethnic
Jean Richards	A Fruit is a Suitcase for Seeds	Storybook about purpose and growth of seeds. Two pages of question and answers. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	f/v, growing, process
Lorna Balian	A Garden for a Groundhog	Storybook about a garden and the ground hog who enjoys the produce. For ages 5 - 8.	English	5,6,7,8	s, as, ss	storybook	veg, garden
Patricia Ayers	A Kid's Guide to How Vegetables Grow	A child's guide to how vegetables grow. Includes some basic terminology of plant life and the role plants play in our lives. For ages 4 - 8.	English	4,5,6,7,8	pre, s	res	garden, veg, growing
USDA: Team Nutrition (avail at CHKRC)	A Menu Planner for Healthy school meals	Instructional booklet for school food service professionals to help plan, prepare, serve and market meals. Use more revised version than 2008	English	staff	s	res	training, foodservice
Pamela Hickman and Heather Collins	A Seed Grows: My First Look at a Plant's Life Cycle	Book uses the backyard garden to investigate plant life cycles. Fold over flaps contain additional facts and illustration details. For ages 3 - 6	English	3,4,5,6	pre, s	bk nf	garden, growing
Dianna Hutts Aston	A Seed is Sleepy	About seeds, some are dormant others want to grow easily. For ages 6 -9	English	6,7,8,9	s, as, ss	bk nf	f/v, garden, growing
Karen Adler	A Story About Raisins	The history of how raisins were discovered and how they are produced with an emphasis on nutrition. Book has 10 min Rappin' Raisin CD. contains quiz / answers. For ages 3 - est. 10	English	3 to 10	pre, s, ss, as	bk nf, CD, quiz	fruit, history, process

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Nancy Tabor	A Taste of the Mexican Market	Describes the different foods in a typical Mexican Market with the main focus on F/V. For ages 4 - 8	English/Spanish	4,5,6,7,8	pre, s, ss, as	bk nf	ethnic, shopping
Peggy Sissel-Phelan	A Very Purple Pepper: Colors to Know So You Can Grow	Teach kids their colors by showing them that vegetables come in a rainbow of colors that will help them grow up healthy, smart and strong.	English	2,3,4,5,6	pre, s	bk nf	veg, eat healthy
Peggy Sissel-Phelan	A Visit to the Farmers' Market	Picture book encourages family to shop at the Farmers' Market while addressing basic nutrition concepts such as the importance of variety, color, and freshness of foods. For ages 4 - 8. Information includes 5 A Day. This should not be used but substitute with MyPlate wording.	English / Spanish	4,5,6,7,8	pre, s	bk nf	f/v, FM, shopping, family, photo, ethnic
Melissa Martin Wilke	A Zoo Friends Lunch (Un almuerzo con los amigos de zoológico)	A colorful book about human and animal nutrition. For est. ages 5 -8. Pictures and activities are available from the web to support the story.	English/Spanish	5,6,7,8	s, as, ss	bk nf	meals, eat healthy, ethnic
<i>Network for a Healthy California</i>	Achieving a Healthy Lifestyle:	Addresses Latinos, African Americans and Worksite.	English	adult	com, worksite	booklet	eat healthy, ethnic
Kathryn Smithyman	Active Kids	Through fun, easy-to-follow activities, enhanced by photographs and illustrations, this book will motivate children to get moving. Ages 7 to 12	English	7,8,9,10,11,12	s, as, ss	ideas	PA, photo
Dairy Council of California	Activity and Eating: Small Steps to a Healthier You	Links PA and healthful food choices to maintaining long term good health. For adult (not teens).	English/Spanish	adult	com	h/o	eat healthy, PA, ethnic
Pattie Rouse	Adapted game and Activities: From Tag to Team Building	The activities in this book have been pilot-tested to enhance success while challenging participants to think and use their physical abilities. Age n/a est. 8 to adult.	English	8,9,10,11,12,13,14,15,16,17,18, adult	s, as, ss	ideas, game	PA
American Dietetic Assoc.	ADA's Complete Food and Nutrition Guide	This guide provides nutrition and activity advice for every age and stage of life.	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	res	eat healthy, PA
USDA: ChooseMyPlate.gov	Add more vegetables to Your Day	Handout of 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
Learning Zone Express	Adventures in the Grocery Store	18 minute DVD topics include: label reading, food quality, food safety, unit pricing and money management for grocery shopping, 2003. For ages 15 to adult.	English	15,16,17,18, adult	s, com	DVD	label, safety, shopping, budget

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	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
Lee Campbell-Towell	Aerobic Power for Kids	CD that encourage aerobic exercises via music (Yakety Yak, Boot Scootin Boogie, Conga, La Bamba etc. 12 songs). Age n/a, est. 10 to adult	English	10,11,12,13,14,15,16,17,18, adult	s, as, ss, com	CD	PA
<i>Network for a Healthy California</i>	African American Fact Sheets	Information on health status and disparities facing African Americans.	English	staff, adult	com	h/o, res	ethnic, health, report
<i>Network for a Healthy California</i>	African American Recipe Cards	Quick and easy recipes that feature culturally appropriate foods	English/Spanish	adult	com	recipe cards	eat healthy, ethnic, recipes
Peggy Sissel-Phelan	All About Farmers' Markets: A Teaching Guide for Classrooms, Camps, and Community Programs	10 units covering making food choices, taste & texture of Farmer's Market. 40 activities, reproducibles. For ages 3 - 7.	English	3,4,5,6,7	pre, s, as	lessons	f/v, FM, senses, tasting
Roberta L. Duyff and Patricia McKissack	All Our Fruits and Vegetables	Where and how a variety of produce items are grown. Encourages new taste For ages 3 - 6.	English	3,4,5,6	pre, s, as	bk nf	f/v, growing, tasting
Scott Gustafson	Alphabet Soup A Feast of Letters	Otter invites 26 friends to a potluck house-warming party, asking each to bring a food that's soup-worthy. For ages 3 - 7	English	3,4,5,6,7	pre, s, as	storybook	meals, cooking, eat healthy
Dan Manalang	Ambrosia	Storybook about fruits who don't want the coconut to join them. Each fruit opens up so the inside can be seen. The coconut then opens up so the others can taste him. No definition of ambrosia. For ages 3 - 5.	English	3,4,5	pre, s	storybook	fruit, senses, tasting
American Cancer Society	American Cancer Society Guidelines on Nutrition and Physical Activity	Provides information on means of reducing the risk of cancers. For use as a resource, too complicated for low literacy	English	staff	com	res	disease, PA, eat healthy
Jay Miller	American Indian Foods	Cultural Foods book, highlights crops of American Indians. For ages 8 - 10	English	8,9,10	s, as	bk nf	ethnic, f/v
Sarah L. Schuette	An Alphabet Salad: Fruits and Vegetables From A to Z	Introduces fruits and vegetables through photographs and brief text that describe one item for each letter of the alphabet. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	f/v, photo
Melvin Berger	An Apple a Day	How apples are grown, picked, and shipped to grocery stores. For ages 4 - 8	English	4,5,6,7,8	pre, s as	storybook	fruit, process

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Dianna Hutts Aston	An Orange in January	Fiction: Life journey of an orange from tree to harvest to store to eating it with friends. For ages 4 -8.	English	4,5,6,7,8	pre, s, as	storybook	fruit, process
Kathy Henderson	And the Good Brown Earth	Seasonal description of garden: meal planning, planting, watering, weeding, and waiting with an emphasis on vegetables in rhyme. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	garden, veg, growing
Healthy Start	Animal Trackers	Animal Trackers is a 10 unit (60 activities) physical education program for preschool children ages 3-6 (used in conjunction with nutrition education). Contains CD, poster set & 10 take home activities.	English	3,4,5,6	pre, s	ideas, CD, activities, poster	PA
Monica Wellington	Apple Farmer Annie	Describes harvesting apples and turning them into applesauce, apple muffins, apple cake (recipes included), and cider. Use of recipe is unallowable. For ages 3 - 7.	English	3,4,5,6,7	pre, s	bk nf	fruit, process
Jerry Pallotta	Apple Fractions	Different types of apples and elves that demonstrate math fractions. Different types of apples are discussed. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	fruit, math
Michele Benoit Slawson	Apple Picking Time	Ages 4-8. This book describes the adventures of a young girl in an apple orchard as she and her town harvest the apples.	English	4,5,6,7,8	pre, s	storybook	fruit, process
Gail Gibbons	Apples	Overview of apples. It traces their history in America, shows their parts, and explains their growth, harvest, and uses. For ages 3 - 7	English	3,4,5,6,7	pre, s	bk nf	fruit, history, process, growing
Elaine Landau	Apples	Surveys the history, cultivation and uses of apples and describes different kinds. For ages 9 - 12	English	9,10,11,12	s, as	bk nf	fruit, history
Inez Snyder	Apples	Readers will enjoy this book's trips into orchards to learn how crops are grown and harvested. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, growing
Jacqueline Farmer	Apples	Describes how apples are grown, grafted, harvested, and used in cooking. It also describes the varieties of apples, history, and nutritional value. For ages 6 - 9	English	6,7,8,9	s, as	bk nf	fruit, history, growing
Laura Driscoll	Apples and How They Grow	Part of the All Aboard Science Readers series. Describes types of apples, grafting all from seeds. For ages 5 - 6	English	5,6	s, as	bk nf	fruit, growing

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Dayle Timmons	Apples and Pumpkins 250+ Autumn Activities	Provide ideas for literature, math, science etc.	English	5,6,7,8,9,10,11,12	s, as	res	class ideas, math, science
Mari Schuh	Apples Grow on a Tree	15 pages of photos and simple text. Showing how apples grows from seed to plant. For est. ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing
Allan Fowler	Apples of Your Eye	Provides information about apples: growing, harvesting, uses, etc. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	fruit, growing, process
Inez Snyder	Apples to Applesauce	In this fun and informative book, curious readers will discover how applesauce is made from apples to finished product. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, process
Kathleen Weidner Zoehfeld	Apples, Apples	Bear family apple-picking season and apples: whole or sliced, baked or juice. For ages 3 - 6	English	3,4,5,6	pre, s	storybook	fruit, process
Nancy Elizabeth Wallace	Apples, Apples, Apples	Uses of different apples, how to pick them, how to make applesauce, apple sayings and apple songs through the eyes of a rabbit family. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	fruit, growing, process
Sias	Are You Eating Something Red?	Meet greenie, a new mealtime mascot for young readers and eaters! Greenie helps kids choose from a rainbow of different fruits and vegetables, each healthy and nutritious. This sturdy board book is easy for kids and parents to take along for healthy mealtime fun. Board book	English	2,3,4	pre	bk nf	frt, veg, eat healthy
Michelle Knudsen	Autumn is for Apples	Details of a child's apple picking trip in rhyming text. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	fruit
Rhea Hayes	Avocado to Zucchini	Fascinating facts from A to Z regarding fruits and vegetables. For ages 4 -8	English	4,5,6,7,8	pre, s	bk nf	f/v
HealthyKidsChallenge.com	Balance My Day	Three sections, each 10 lessons for K through 2nd and for 3rd through 5th. Sequential lessons with reproducible pages. lessons = 15 mins integrate with core subjects. Locate curriculum under "catalog". Some material may be unallowable. Materials must be purchased then approved by PM.	English	5,6,7,8,9,10	s, as	curr, lessons	PA, eat healthy, MyPlate
UC Berkeley: Center for Weight & Health	Balancing TV and Computer time with Play time	Handout with tips on increasing play time & decreasing screen time. For adult.	English/ Vietnamese/ Korean/ Chinese	adult	com	h/o	PA, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Center for Disease Control and Prevention (CDC)	BAM! Body and Mind	Website for kids 9-13 years old, gives them the information they need to make healthy lifestyle choices (including nutrition)	English	9,10,11,12,13	s, as	web	eat healthy, PA
Pam Robson	Banana (What's for Lunch?)	Provides nutrition information about bananas and where it is grown and how it gets to our table. For ages 5 - 8	English	5,6,7,8	s, as	bk nf	fruit, growing, process
Elaine Landau	Bananas	Learn how bananas grow, their many varieties, their history, animals that enjoy them and their nutritional value. For est. ages 6 -9.	English	6,7,8,9	s, as	bk nf	fruit, history, growing
Jacqueline Farmer	Bananas	Learn how bananas grow, their many varieties, how they are shipped and stored, their history, animals that enjoy them, and their nutritional value. For ages 7 - 9	English	7,8,9	s, as	bk nf	fruit, process, growing
Nasco	Basic Fruit and Vegetable Poster Set	Vibrantly colored fruits and vegetables are highlighted along with easy-to-read text for teaching common produce. Includes both a fruit and vegetable poster.	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	Com, s, as,ss	res	F/V,Veg
Food Safety and Inspection Service	Basics for Handling Food Safely	Safe steps in food handling, cooking, and storage in order to prevent food borne illness. For adult	English/Spanish	adult, staff	com	h/o	safety, cooking, ethnic
USDA: ChooseMyPlate.gov	Be a Healthy Role Model for Children	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and children.	English	adult	com	h/o	eat healthy, modeling, MyPlate
US DHHS	Be Active Your Way: A Guide for adult	Discusses the benefits and recommendations for physical activity. Includes: getting started, Making PA apart of your life, keeping it up and keeping track. For adult.	English/Spanish	adult	com	h/o	eat healthy, PA, ethnic
USDA: Choose MyPlate	Be Food Safe	One of the 10 Tips series. Addresses clean, separate, cook, chill	English	14,15,16,17,18,adult	s, com	h/o	MyPlate, safety
Gil Saunders-Smith	Beans (Plant Life Cycles)	Photos and easy text show how beans, carrots and sunflowers develop from seed to full-grown plant, and how apple trees change throughout the growing season. For ages 3-5	English	3,4,5	pre, s	bk nf	f/v, growing, process, photo
Julie Murray	Beans: Life Cycles	Details the different kinds of beans, why they are good for you, seed to bean cycle and nutrition facts. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	veg, growing

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Dairy Council of California	Being a Healthy Eating Role Model	Handout that teaches parents how to model healthy eating that supports healthy behavior development in children. For adult	English/ Spanish	adult	com	h/o	eat healthy, modeling, ethnic
Mari C. Schuh	Being Active	Book features sound forms of exercise, shows when to drink water, and depicts nutritious snacks. For ages 4- 8.	English	4,5,6,7,8	pre, s	bk nf	bev, RYD, PA, snacks
Diane L Burns	Berries, Nuts and Seeds	Resource book discussing berries, nuts and seeds. For ages 9 - 12.	English	9,10,11,12	s, as	res	fruit
www.enasco.com	Big Fruit Kit	12 plastic replicas of various fruits. Approximately 1/2 C portions generally shown. \$90	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18,adult	s, as, com	models	fruit, portions
Greg & Steve	Big Fun (CD)	This CD contains a set of songs and activities for kids ages 3-9 years. The songs are high energy movement songs for the classroom and the living room.	English	3,4,5,6,7,8,9	pre, s	CD	PA
www.enasco.com	Big Vegetable Kit	12 plastic replicas of various vegetables. Approximately 1/2 C portions generally shown. \$76	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18,adult	s, as, com	models	veg, portions
Isabel Thomas	Black Foods	This book introduces foods to eat and drink that are black in color. For ages 4 -8	English	4,5,6,7,8	pre, s	bk nf	f/v
Isabel Thomas	Blue and Purple Foods	This book introduces foods to eat and drink that are blue and purple in color. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	f/v
Rosalind Creasy	Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden	Drawings of vegetables in colors. Also how to grow and take care of them. Health recipes are included with brief descriptions of the vegetables. Recipes are not allowable. Some sections may not be Network allowable. For ages 9 - 12	English	9,10,11,12	s, as	bk nf	veg, growing
Mari Schuh	Blueberries Grow on a Bush	15 pages of photos and simple text. Showing how blueberries grow from seed to plant. For est. ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing, photo
<i>Network for a Healthy California</i>	Body and Soul Celebration of African American Health	Toolkit. See <i>Network</i> Ordering site for additional information	English	adult	com	toolkit	eat healthy, ethnic
American Cancer Society	Body and Soul Program	Guide/Materials for the Wellness program designed for African American churches to help members improve their health. For adult. Contact PM regarding Network Faith Based program.	English	adult	com	toolkit	eat healthy, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
U.S. Dept. Health and Human Services/Office on Women's Health	BodyWorks Toolkit	BodyWorks is a program designed to help parents and caregivers of adolescents improve family eating and activity habits.	English /Spanish	adult, 12,13,14,15,16,17,18	com	toolkit	eat healthy, PA, family, ethnic
Katharine D. Barrett, Jennifer M. White and Christine Manoux	Botany on Your Plate - Investigating the Plants We Eat	Curriculum that includes math, nutrition, language arts . Each lessons begins with produce tasting. For ages 5 - 9.	English	5,6,7,8,9	s, as	curr, lessons	f/v, math, language arts, taste testing
UC Botanical Garden	Botany on Your Plate, Math in the Garden	Introduces the fundamentals of plant structure and function (6 plant parts) develop language and math skills. 6 hours of class and 2 of garden. For ages 7 - 11.	English	7,8,9,10,11	s, as	lessons	garden, math, language arts
George Levenson	Bread Comes to Life: A Garden of Wheat and a Loaf to Eat	How wheat is grown and becomes bread, minimum text with photos. For ages 3 - 6	English	3,4,5,6	pre, s	bk nf	grains, process
Ann Morris	Bread, Bread, Bread	This book is about people all over the world eating different breads, lots of pictures. For ages 3 - 6	English	3,4,5,6	pre, s	bk nf	ethnic, grains, photo
Learning Zone Express	Breakfast Basics Tablet	Ideas for creating a healthy breakfast. Full-color back includes a checklist to record protein, whole grains, fruit & veggies, and healthy fats. For est. ages 14- adult	English	14,15,16,17,18, adult	s, as, com	h/o	breakfast, eat healthy, assessment
Renae Buss	bSafe bFit! Program for Kids	Offers active learning via physical and nutrition education. Curriculum included 5 tools: posters, lessons plans, activity cards, CD and DVD. For ages 3 - 12.	English	3,4,5,6,7,8,9,10,11,12	pre, s	curr, CD, DVD, lessons, poster	eat healthy, PA
NASCO	Budget Shopping	30 Power Point slides: tips on budget shopping: healthy foods do not cost more with insightful comparisons, preparation tips, healthy recipe and meals ideas, and 10 budget shopping tips. Do not purchase unless updated to MyPlate. Use of the recipes is unallowable. WA27573HR	English	16,17,18, adult	s, com,as	PP	shopping, preparation, meals, budget, MyPlate
USDA: ChooseMyPlate.gov	Build a Healthy Meal	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	15,16,17,18, adult	s, as, com	h/o	meals, eat healthy, MyPlate
Network for a Healthy California	Building a Healthy Body and Soul	Video and Manual. Help faith based organizations address fruit and vegetable consumption and PA.	English	adult, staff	com	DVD, guide	ethnic, f/v, PA

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Dairy Council of California (avail at CHKRC)	Building a Healthy Me! Stacking up Choices for Good Nutrition	Six lessons (30 -60 minutes) program teaches fundamental nutrition concepts that introduce Kindergarten (age 5) students to a range of healthy food choices. Has café and afterschool uses. Do not use unless material has been updated to MyPlate.	English/ Spanish	5	s, café, as	lessons	eat healthy, ethnic
Anderson, Winram, Ragsdale & Kinney	Building Life Skill Portfolio	200 pages spiral bound: Comprehensive curriculum that allows students to work toward independence by learning functional life and academic skills. Includes CD. Only Nutrition section p 71 - 80 may be allowable. For adult.	English	adult	com	CD, curr, lessons	eating healthy
Meredith Sayles Hughes and Tom Hughes	Buried Treasure: Roots and Tubers	Relates the history and describes the use and production of roots and tubers such as potatoes, yams, cassava, carrots, beets, turnips, radishes, and parsnips. Includes recipes. Recipes are unallowable. For ages 9 - 12.	English	9,10,11,12	s, as	bk nf	veg, history
Brooklyn Botanic Garden All Regions Guide	Buried Treasures: Tasty Tubers of the World	Provides tips for buying, growing, harvesting and cooking featured tubers. Includes non traditional tubers. Recipes are unallowable. Est. ages 10 to adult	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	bk nf	veg, history, ethnic
Tim Chadwick	Cabbage Moon	A bunny who discovers he likes cabbage after a trip to a "cabbage" moon. For ages 4 - 7	English	4,5,6,7	pre, s	storybook	veg, tasting
Dairy Council	Cafeteria Connection	Suggestions for creating nutrition education activities that include the cafeteria	English	staff	café	res	eat healthy, food service
Jacqueline Farmer	Calabazas Pumpkins	The pumpkin (Calabazas) plant is introduced including its anatomy, growth cycle, and historical importance. For ages 4 - 8.	English/ Spanish	4,5,6,7,8	pre, s	bk nf	fruit, veg, history, ethnic
<i>Network for a Healthy California</i>	CalFresh Brochures	See <i>Network</i> ordering site for more information. Includes inserts.	English/ Spanish/ Hmong/Chinese	adult	com	brochures	food stamp, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California-Power Play</i>	California Fit Business Kit	Portfolio of tools and resources used to help employers in qualifying locations develop and implement workplace environments that support healthy eating and PA. Includes 10 Tools: Check for Health (assessment), Wellness Committee, Take Action! (see listing), Healthy Meeting, Healthy Vending, Healthy Dining, Produce Deliveries, Healthy Stairwells, PA Club, Farmers' Market.	English	adult, staff	work site	toolkit	PA, eat healthy, assessment, FM,
California Department of Health Care Services	California Food Guide (CFG)	CFG is for health professionals who primarily serve low-income, ethnically diverse populations and is designed to provide up-to-date nutrition and physical activity guidance that will assist consumers in shifting to healthy lifestyles.	English	staff	com	res	PA, eat Healthy
California Foundation for Ag in the Classroom	California Fruits and Vegetables Seasonal Chart	Listing of produce items by month that shows peak, availability and not available months. For est. ages 10 to adult	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	h/o	f/v
Karen Adler	California Grapes	History of grapes, seasons in the vineyard, nutrition info. For est. ages 7 - 10.	English	7,8,9,10	s, as	bk nf	fruit, history, growing
California Department of Education	California Health Education Content Standards (CHECS)	Standards that provide a clear description of what students should know (knowledge) and be able to do (skills) in health education. Nutrition and physical activity are one of the six content areas that make up these standards. For ages 5-18	English	staff	s, as	res	PA, eat healthy
Judy Hindley	Can You Move Like an Elephant?	This text accompanied by vibrant illustrations encourages children to stomp, swing, swoop or spring like animals. For ages 3 - 6.	English	3,4,5,6	pre, s	game	PA
California Endowment Children's Health Initiative/UC Berkeley	CANFIT	CANFIT is a movement to improve healthy eating and physical activity environments for adolescents in low income communities and communities of color.	English	10,11,12,13,14,15,16,17,18	s, as com	brochure	eat healthy, ethnic, PA

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
CANFIT (avail 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 - 14. Revision date from 2004 unknown. Check with PM prior to use.	English	10,11,12,12,14,15,16	as	res	PA, eat healthy
California Project LEAN	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
Jan Romero Stevens	Carlos and the Cornfield	Carlos doesn't follow his father's instructions about planting corn and must fix the situation. Cornmeal pancakes recipe. Bilingual. Describes how corn is grown. Use of the recipes is unallowable. For ages 4 - 8	English/ Spanish	4,5,6,7,8	pre, s	storybook	veg, growing, ethnic
John Segal	Carrot Soup	Its time to harvest carrots for soup but Rabbit discovers that they are all gone. His friends already completed the harvest and made carrot soup. For ages 3 - 5	English	3,4,5	pre, s	storybook	veg
Inez Snyder	Carrots	Take trips into fields to learn how crops are grown and harvested. For ages 5 -7.	English	5,6,7	s	bk nf	veg, growing, process
Mari Schuh	Carrots Grow Underground	About 15 pages of photos and simple text explaining the cycle for carrots. Est. ages 4 to 7	English	4,5,6,7	pre, s	bk nf	veg, growing
CATCH (Coordinated Approach To Child Health)	CATCH 3-5 Activity Kit	Activity kit that contains physical activity cards and instructors guide. \$195.00	English	8,9,10	as, ss	toolkit, guide	PA, eat healthy, snack
RONNO & Liz Jones-Toomey	Catch A Brain Wave Fitness Fun	CD of 17 songs to "energizing movements to stimulate brain development". Includes designed movements . For ages 4 - 9	English	4,5,6,7,8,9	pre, s	CD	PA
CATCH (Coordinated Approach To Child Health)	CATCH Early Childhood It's Fun to be Healthy!	Features ECE lessons. It's Fun to be Healthy teacher's binder with 9 classroom lessons to encourage healthy eating and activity plus parent tip sheets in English and Spanish with coloring activities and recipe ideas. Use of the recipes is unallowable. \$250.00. Check with PM prior to purchase as unknown when last revised.	English / Spanish	3,4,5	pre, s	lessons, guide, toolkit, coloring	eat healthy, garden, PA,, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
CATCH (Coordinated Approach To Child Health)	CATCH Everyday Foods for Health	A continuation from the expanded Kindergarten CATCH curriculum. Hearty Heart and his friends get students off to a good start to address nutrition and activity. For ages 5 - 7. Material may not be allowable. Unable to view contents.	English	5,6,7	s, as	lessons, curr	eat healthy, PA
CATCH (Coordinated Approach To Child Health)	CATCH Jump Into Health	Class curriculum with Hearty Heart and friends get off to a good start and on a healthy path. Material may not be allowable. Unable to view contents.	English	5,6,7	s, as	curr, lessons	PA, eat healthy
CATCH (Coordinated Approach To Child Health)	CATCH Kids Club Nutrition	Manual: This ideal after-school education and summer enrichment program teaches children the nutrition knowledge, skills and self-reliance that empowers them to make healthy dietary and physical activity choices. The manual has 256 pages, 32 sessions of nutritious and fun lessons on healthy foods and activity cards are designed to be used by staff with less experience as well as experienced professionals. \$225.00 Check with PM prior to purchase, date of revision is unknown.	English	5,6	as, ss	lessons, guide, toolkit	PA, f/v
CATCH (Coordinated Approach To Child Health)	CATCH Taking Off: Fourth Grade Teachers Manual	Pantomimes and play acting encourage students to develop body awareness. Numerous handouts and action game. Material may not be allowable. Unable to view contents.	English/Spanish	9,10	as, ss	curr, game, h/o,CD, lessons	eat healthy, PA, ethnic
<i>Network for a Healthy California</i>	CDPH, CalTEENS, CalCHEEPS	Description of the predictors of SSB consumption in California. Contributing factors listed	English	staff	s, as, com	res	bev, RYD, report
<i>Network for a Healthy California</i>	CDs	See <i>Network</i> ordering site for more information and listing of titles	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	CD	PA
<i>Network for a Healthy California</i>	Champion Mom	Brochure and also success cards	English/Spanish	adult	com	brochure	eat healthy, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Food Groupies, Inc.	Change Children's Eating & Health Behavior	Multi media program encourages children to eat a variety of foods from the five USDA approved food groups in an entertaining way. Includes 12 sessions, teacher's guide, videos, plush characters, storybook, audiocassette, poster, sticker sheets with reproducible activity sheets. Do not purchase unless update to MyPlate. For ages 3 - 7.	English/ Spanish	3,4,5,6,7	pre, s	video, poster, storybook, stickers, guide, activity sheet, toolkit	eat healthy, ethnic
UC Berkeley: Center for Weight & Health	Children Need to Play and Move Their Bodies Everyday	Adult, Handout on the importance of daily physical activity for youth.	English/ Vietnamese/ Korean/Chinese	adult, 5,6,7,8,9,10,11,12, 13,14,15,16,17,18	s, as, com	h/o	PA, ethnic
King	Chile Fever: A Celebration of Peppers	For ages 7 - 18. Photographic tour of chili fields. Includes discussion of plants, history, growing process, varieties	English	7,8,9,10,11,12,13, 14,15,16,17,18	s, as	bk nf	veg, growing, photo
<i>Network for a Healthy California</i>	Chinese Cookbook	See <i>Network</i> ordering site for additional information	English/Chinese	12,13,14,15,16,17, 18, adult	s, as, com	cookbook	eat healthy, ethnic, recipes
Contra Costa Child Care Council	CHOICE Best Practices for Child Care Nutrition & PA Environments	Provides easy to use nut. Ed and PA self-assessment tools for centers and family child care homes, combined with a comprehensive set of best practices to facilitate development and implementation of site specific nutrition and PA policies	English	adults, 3,4,5	Pre	res, h/o	PA, eat healthy
Contra Costa Child Care Council	CHOICE Best Practices for Child Care Nutrition & PA Environments- PA Fact Sheet	Four key messages were created to encourage increased consumption of fruits, vegetables, whole grains, health drinks and increased promotion of PA. The information was carefully written to be clear and easy to understand by parents and the graphics were chosen with the review and input of child care providers.	English	adults, 3,4,5	Pre	res, h/o	PA, eat healthy
Contra Costa Child Care Council	CHOICE Best Practices for Child Care Nutrition & PA Environments- Healthy Beverage Bookmarks	Four key messages were created to encourage increased consumption of fruits, vegetables, whole grains, health drinks. The information was carefully written to be clear and easy to understand by parents and the graphics were chosen with the review and input of child care providers.	English	adults, 3,4,5	Pre	res, h/o	PA, eat healthy

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Teacher's College, Columbia University	Choice, Control and Change	Curriculum: 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). Content has not been reviewed.	English	11,12,13,14	s, as	curr, lessons	PA, eat healthy, science, digestion
Judy Johnson	Choose MyPlate Food Facts Game	A trivia game for students designed around the MyPlate system. 30 self correcting cards contain six questions. For ages 11 - 18. Cost \$25.	English	11,12,13,14,15,16,17,18	s, as	game	MyPlate
USDA: ChooseMyPlate.gov	Choosing whole-grain foods	One of the 10 Tips series. Specific suggestions re grains.	English	14,15,16,17,18,adult	s, com	h/o	MyPlate, grains, eat healthy
North Carolina/ First Five of Calif.	Color Me Healthy Curriculum (material only)	Color Me Healthy 14 lessons (avail for purchase) is a nutrition and activity program aimed at 4- 5 (6)year-olds – uses brightly colored posters, picture cards and sing-along songs to encourage children to develop healthy lifestyles that will follow them to adulthood. Includes teacher's guide, parent newsletter, CD with seven songs. Can be used for afterschool. Content has not been reviewed.	English/ Spanish	4,5,6	pre, s, as	curr, CD, newsletter, lessons	PA, eat healthy, ethnic
Annie Kubler	Come and Eat With Us!	Food around the world. This flap book shows the different food people eat. For 3 - 5	English	3,4,5	pre, s	bk nf	ethnic, meals, tasting
CA Project LEAN	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>	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 service
<i>Neat Solutions</i>	Cook it!	Encourages conversation between child and adult about how helpful the child can be in making a garden grow and then enjoying the produce. Board book	English	3,4,5,6	pre, s	storybook	garden, growing, eat healthy

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Share our Strength: Threesquaremeals.org	Cooking Matters for adult (formerly Eating Right)	Group of lessons covering MyPlate, shopping, grains, food safety, exercise, sodium, fat. Must be done in conjunction with Three Squares in San Francisco. Los Angeles also has a partner to do classes. Contact PM for information.	English/Spanish	adult	com	lessons	shopping, safety, PA, salt, fat, MyPlate, grains
Share our Strength: Threesquaremeals.org	Cooking Matters for adult (formerly Eating Right)	Group of lessons covering MyPyramid, shopping, grains, food safety, exercise, sodium, fat. Must be done in conjunction with Three Squares in San Francisco. Los Angeles also has a partner to do classes. Contact PM for information.	English/Spanish	adult	com	lessons	shopping, safety, PA, salt, fat, MyPyramid, grains
Share our Strength: Threesquaremeals.org	Cooking Matters for Young Parents (formerly Step up to Eating Right)	Covers basic MyPlate topics and how to eat well as young adult and prepare to teach good nutrition habits for children. Must be done in conjunction with Three Squares in San Francisco. Los Angeles also has a partner to do classes. Contact PM for information.	English	15,16,17,18	s, com	lessons	eat healthy, MyPlate
Share our Strength: Threesquaremeals.org	Cooking Matters for Young Parents (formerly Step up to Eating Right)	Covers basic MyPyramid topics and how to eat well as young adult and prepare to teach good nutrition habits for children. Must be done in conjunction with Three Squares in San Francisco. Los Angeles also has a partner to do classes. Contact PM for information.	English	15,16,17,18	s, com	lessons	eat healthy, MyPyramid
	Cooking Smart	See: Eat Healthy					
American Institute for Cancer Research	Cooking Solo	Practical suggestions for adult on shopping, cooking, food safety, and food storage for single households. Recipes are unallowable. Content has not been reviewed. Must be compatible with MyPlate concepts.	English	adult	com	brochure	shopping, cooking, safety

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Meredith Sayles Hughes	Cool as a Cucumber Hot as a Pepper: Fruit Vegetables	Interesting facts & stories, richly illustrated & photographed, historically & geographically relevant helping urban children understand the origins of the plant foods we buy & eat from convenience or grocery stores; documenting the farmers, workers, travelers & scientists who helped collect & distribute popular food plants, nutritional facts, recipes & activities are also included in the mix. Use of recipes is unallowable. For ages 10 - 13.	English	10,11,12,13	s, as	bk nf	eat healthy, process
Produce for Better Health	Cool Fuel Cookbook	Kids can make fun and delicious creations for the whole family! Packed with colorful photos and Fruits & Veggies-More Matters approved recipes, this cookbook will make incorporating fruits and vegetables into main dishes, side dishes, breakfasts, and snacks easy and fun for kids. Paperback. Ages 7-11	English	7,8,9,10,11	s, as	bk nf	recipes, f/v, snack, breakfast
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	3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, as, com	ref, h/o,	eat healthy, MyPlate
Aliki	Corn is Maze	Describes uses beginning with Native Americans using wild grass as the start. Discusses ways to use in a variety of foods. For ages 5 - 10	English	5,6,7,8,9,10	s, as,	bk nf	veg, ethnic, grain
Barbara deRubertis	Count on Pablo	Pablo is excited about helping his grandmother sell vegetables at the farmers' market. But no one comes to buy. Pablo's solution is clever--and delicious! Ages 4 - 8.	English	4,5,6,7,8	s, as	storybook	veg, FM, math
Jules Older	Cow	Different breeds, what they eat, how they make milk, etc. For ages 5 - 8	English	5,6,7,8	s, as	bk nf	dairy, process
California Foundation for Ag in the Classroom	Cream of the Crop	Monthly electronic newsletter about agriculture related resources, ideas and information. For staff as on line resource only. No funding.	English	staff	com	res, newsletter	f/v, process

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Learning Zone Express	Create a Great Plate MyPlate DVD	The 'Create a Great Plate MyPlate Dietary Guidelines' 20 min DVD is based on the USDA's new MyPlate campaign. The DVD shows teens what healthy eating looks like, and tells them how to eat within the food group slogans of MyPlate	English	11,12,13,14	s,as	DVD	MyPlate
Marcy Goldberg Sacks	Curious George The Perfect Carrot	Curious George learns to grow, harvest, and share carrots. Brief section on where food comes from and a carrot muffin recipe. Use of the recipes is unallowable. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	veg, growing
USDA: Choose MyPlate	Cut Back on Your Kid's Sweet Treats	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	4,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, com	h/o	sugar, snacks, MyPlate
National Institute of Health	Cut Down on Salt and Sodium	Basic nutritional recommendations from NIH to help prevent or lower high blood pressure.	English/Spanish	adult	com	booklet	eat healthy, salt, health, ethnic
Marc Brown	D.W. the Picky Eater	D.W. does not like to eat any "healthy foods". Her parents won't take her to restaurants because she raises such a fuss. She wants to go to a restaurant to celebrates her grandmother's birthday and realizes that there are many foods she does like to eat if she is willing to try something new. For ages 3 - 7	English	3,4,5,6,7	pre, s	storybook	eat healthy, picky eater, eating out
Dairy Council of California	Deal Me In...Food and Fitness	Eleven 15 - 30 minutes lessons introduces and reinforces healthy eating and physical activity in a fun and engaging way. The program is designed for Grades K – 6 and can be ordered by After school Directors. Dated 2006, may need to be revised. Discuss with PM	English	5,6,7,8,9,10,11	s, as	lessons	eat healthy, PA
Helen Cooper	Delicious! (A Pumpkin Soup Story) (storybook and accompanying lesson plans)	Duck is a picky eater and frequently goes to bed hungry with stomach pains. He only wants Pumpkin soup. After rejecting many tasty soups, he finally likes a soup made by Cat and Squirrel with many healthy vegetables. For ages 3-7. Also available a lesson plan for grades K-5th. Check with PM.	English	3,4,5,6,7	pre, s	storybook	veg, fruit, picky eater, tasting

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
University of Nebraska - Lincoln Extension, Institute of Agriculture and Natural Resources	Dietary Fiber	Handout that defines Fiber and its Role, Fiber Ground Rules, How Much Should You Eat, and Fiber Supplements? For ages 14 to adult	English	14,15,16,17,18, adult	s, com	res	fiber
Mayo Clinic	Dietary fiber: An essential part of a healthy diet	Fact sheet that discusses how a high-fiber diet offers many health benefits and how to increase fiber intake. For reference	English	adult	com	fact sheet, res	fiber
Dig, Plan, Feast	The students in Ms. Green's class plant a friendship garden and then put all their vegetables together to make a friendship stew in this simple story that illustrates the fun of gardening. Before reading vocabulary building and after reading activities develop young readers' vocabulary and reading comprehension.	English	4,5,6,7,8	s,as	storybook	garden, veg	
Cambridge Educational	Digestive System Your Personal Power Plant	34 minute DVD examines the processes by which the digestive system acts as a power plant for the body by turning food into energy. Topics discussed include the process of energy conversion; the structure and function of the organs of the digestive system; the role of enzymes; and maintaining a healthy digestive system. A viewable/printable instructor's guide is available online. Est. age 13 - adult.	English	13,14,15,16,17,18, adult	s, com	DVD, guide	digestion, calories
Emily Scott & Catherine Duffy	Dinner From Dirt: Ten meals Kids can Grow and Cook	Perennial kid favorites with complete instructions, garden plots, and recipes to show them how to grow and cooking those foods themselves. Safety tips, growing tips, diagrams, fun facts, easy-to-follow directions, and lots of full-color illustrations. Use of recipes is unallowable. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	garden, veg, growing

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	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
Yori Takeda	Dr. Strong and Sweet Potatoes	The doctor (lion) helps children learn the benefits of eating their vegetables. Ages n/a est. 3 - 7	English	3,4,5,6,7	pre, s	storybook	veg, eat healthy
<i>Network for a Healthy California</i>	DVDs	See <i>Network</i> ordering site for information regarding titles or available DVDs	English/Spanish	8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	DVD	PA, eat healthy, ethnic
Karrie Kalich, PhD, Dottie Bauer, EdD, Deirdre McPartlin, Med	Early Sprouts: Cultivating Healthy Food Choices in Young Children	A research-based early childhood 24 week curriculum with a seed-to-table approach to encourage young children to eat more vegetables by planting, harvesting, and preparing their own grown produce. For ages 3 - 7. Some components may not be allowable for use as a resource by early childhood teacher. Promotion of organic methods/foods is unallowable.	English	3,4,5,6,7	pre, s	res	veg, garden, growing
Jean Feldman, Holly Karapetkova	Eat Green	Short booklet that uses real photos to identify fruits and vegetables by color. For ages 3 - 5	English	3,4,5	pre	booklet	fruit, veg, photo, eat healthy
American Cancer Society (call to order 800-ACS 2345)	Eat Healthy (on line name) Cooking Smart (name on hard copy that has to be ordered.)	On line: variety of sections dealing with food terms, fruits/vegetables, recipes under the Sub heading Eat Healthy. Booklet has the same thing but is called Cooking Smart and can't be located on the web under this title. Use of the recipes is unallowable.	English	adult	com	lessons	eat healthy, cooking, budget
DHHS www.health.gov/dietaryguidelines/workshops	Eat Healthy Be Active Community Workshops	Six one hour lesson plans. Covers healthy meals, snacks, budget, weight control, active lifestyle. There are a couple of handouts in Spanish for each lesson.	English, Spanish	adult	com	lesson	MyPlate, meal planning, budget, PA, snacks, weight, label, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
NCES	Eat Less - The Upside to Downsizing	This program explores the USDA's recommendations to "eat less" and "avoid oversized portions." Discover why most people consume far more food and calories than they did in past decades, and how the quality of that food has changed. Learn how to consume fewer, yet more nourishing and satisfying calories. Get tips on downsizing your portions and learn the important role exercise plays in eating less.	English	11,12,13,14,15,16,17,18, adult	s, as, com	DVD	portions, eat healthy, calories
Produce for Better Health	Eat More Fruits and Veggies posters	Each poster features fun nutrition facts and a variety of delicious fruits and veggies. Printed on durable paper stock to last on bulletin boards. 9" x 26". Obtain from on line catalog.	English/Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com, café, work site	poster	f/v, ethnic
USDA SNAP-Ed Connection	Eat Right When Money is Tight!	Tip sheet provides information how to shop for a nutritious diet while on a low-income budget. For adult.	English/Spanish	adult	com	h/o	shopping, budget, ethnic
American Dietetic Association	Eat Right: 25 Healthy Snacks for Kids	25 healthy simple ideas for snacks containing 2 or 3 items. Ages N/A	English	10,11,12,13,134,15,16,17,18,adult	s,as,ss,com	h/o	frt, veg, snacks, eat healthy
USDA/ ChooseMyPlate.gov	Eat Seafood Twice a Week	One of the 10 Tips Nutrition Education Series from USDA	English	adult	com	h/o	protein, eat healthy, MyPlate
USDA: SNAP-Ed Connection Resource Library	Eat Smart Live Strong	Promotes two key behaviors: increase fruit and vegetable consumption and participate in physical activity. Included are a leader's guide and four sessions designed to reinforce these behaviors. For ages 60 -74	English/Spanish	60 +	com	lessons	f/v, PA, ethnic
USDA: Team Nutrition Resource Library	Eat Smart- Play Hard- Be an All Star	Healthy snack recipes and encourages fruit and emphasis the importance of breakfast. 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, breakfast, snack, recipes, ethnic
USDA: Team Nutrition Resource Library	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 (Food Stamp Nutrition Connection)	Eat Smart, Play Hard	Site designed for parents and caregivers to provide information to help them eat better, be more physically active and be a role model for the children.	English	adult	com	web	PA, eat healthy, modeling

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
USDA: Team Nutrition Resource Library	Eat Smart, Play Hard -Move More, Sit Less	Poster reinforces the importance of being physically active. It features children and Power Panther enjoying outdoor activities to remind kids that playing hard is fun.	English/ Spanish	5,6,7,8,9,10,11,12	s, as, ss	poster	PA, ethnic
USDA: Eat Smart Play Hard	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
USDA /FNS	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	breakfast,eat healthy
USDA: Team Nutrition Resource Library	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
USDA / FNS	Eat Smart-Farm Fresh	A Guide to buying and serving locally grown produce in school meals.	English	staff	s, café	guide,	fruit, veg, foodservice
Harvard School of Public Health / Human Kinetics (avail at CHKRC)	Eat Well and Keep Moving	Includes 46 classroom lessons (50 - 105 mins) for fourth and fifth grade students (ages 9 - 10), CD —allows children to learn about nutrition and physical activity while building skills in language arts, math, science, and social studies. Involves food service and parents.	English	9,10, staff, adults	s, as, café	curr, CD, lessons	eat healthy, PA, math, language arts
Oregon State University	Eat Well for Less	3 online modules: #1 is <u>Pyramid Power and cannot be used</u> , We Wish You Well, and Stretching Your Food Dollars. The program's goal is to share useful information about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy, and make food dollars last through the month. For adult	English	adult	com	web	budget, shopping, cooking
Network for a Healthy California, PA Integration	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, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Sarah Albee	Eat Your Colors! A Puzzle Book	Elmo and his friends teach kids the concept of eating snack foods in moderation and making sure they try to eat lots of colorful fruits and vegetables every day. For ages 3 - 5	English	3,4,5	pre, s	storybook	f/v, snacks
Pegeen Snow	Eat Your Peas Louise	A father tries to think of ways to encourage his young daughter to eat her peas, until he finally decides to use courtesy. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	veg
UC Cooperative Extension (avail at CHKRC)	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	10,11,12,12,14	s, as	curr, web, lessons	eat healthy
USDA/ ChooseMyPlate.gov	Eating Better on a Budget	One of the 10 Tips Nutrition Education Series from USDA	English	adult	com	h/o	budget, shopping, MyPlate
Krames Communications	Eating for a Healthier Heart	16 page Brochure: Explains how patients can develop new habits to eat healthfully and enjoy it. For staff to use as reference. #11026.	English	staff	com	res	eat healthy
Laurie Manaham and Katherine Furlan	Eating Fruit and Vegetable Activity book	Each page with activities along with produce labeled in both languages. Encourages intake of fruits and veg. For ages 3 -9	English/ Spanish	3,4,5,6,7,8,9	pre, s	activity sheet, coloring	f/v, ethnic
UC Cooperative Extension (EFNEP)	Eating Healthy From Farm to Fork (aka Farm to Fork)	Curriculum that makes the connection between local food systems, garden-based learning, school food service and the establishment of healthy habits. For age 5 - 7. Use only if MyPlate is incorporated rather than MyPyramid.	English	5,6,7	s, as	curr, lessons	garden, eat healthy
Sarah L. Schuette	Eating Pairs: Counting Fruits and Vegetables by Twos	Although most of the book is about "counting" F & V, there are two pages that describe how 11 F & V grow and a page of "Words to Know" (fruit, fungus, seed, tuber, vegetable). For ages 3 - 5.	English	3,4,5	pre, s	bk nf	f/v
Iowa and Ohio State Universities Extensions	Eating Smart Being Active - Build Strong Bones	Hand out encourages participants to eat enough calcium from low-fat or non-fat dairy foods or other foods high in calcium. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/ Spanish	adult	com	h/o	minerals, ethnic, MyPlate

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Get Moving	Reviews how much PA participants need daily and what types they can do. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/Spanish	adult	com	h/o	PA, ethnic
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Go Lean with Protein	Handout teaches participants to keep lean meats safe. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/Spanish	adult	com	h/o	safety, ethnic, MyPlate
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Make a Change	Handout teaches participants to limit foods that are high in fat, salt, and sugar. For adult. Info updated to MyPlate. Material may not be allowable. Please verify with PM it complies with RYD standards.	English/Spanish	adult	com	h/o	fat, salt, sugar, ethnic, MyPlate, bev
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Make Half Your grains Whole	Handout encourages participants to eat at least half of their grains as whole grains. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/Spanish	adult	com	h/o	grains, ethnic, MyPlate
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Plan, Shop, Save	Handout teaches family to plan and shop for meals and snacks that are healthy and within their budgets. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/Spanish	adult	com	h/o	shop, budget, snack, ethnic, MyPlate
Iowa and Ohio State Universities Extensions	Eating Smart Being Active-Vary Your Veggies.. Focus on Fruit	Handout teaches family to increase the amount of vegetables and fruits they eat everyday. Also encourages them to eat more than one kind of vegetable and one kind of fruit everyday. For adult. Info updated to MyPlate. If using outdated material contact PM for link or updates.	English/Spanish	adult	com	h/o	f/v, ethnic, MyPlate
Lois Ehler	Eating the Alphabet: Fruits and Vegetables from A to Z	Lists F/V for each letter of the alphabet. The last few pages are a glossary with information for each F/V listed in the book. For ages 3 - 5	English	3,4,5	pre, s	bk nf	f/v
Rena D. Grossman	Eating the Rainbow	Book: the names and colors of nutritious fruits and vegetables are shown on each page; large photographs teach children about healthy foods. For ages 3-5.	English/Spanish/Vietnamese	3,4,5	pre, s	bk nf	f/v, photo, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Jess Stockham	Eating Well	Book: Part of the "Just Like Me" lift-the-flap books for young children. Flaps that flip open. Est. ages 3 - 5	English	3,4,5	pre, s	bk nf	eat healthy
Sarah Garland	Eddie's Garden and How to Make Things Grow	A story about how a family grows a vegetable garden and eats from it. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	veg, garden
California Foundation Ag in the Classroom	Edible Numbers	Edible Numbers, for 8 - 11 year olds, provides teachers with 3 lessons that relate grocery advertisements to classroom mathematics and nutrition education. Food origins, nutrition, problem solving, graphing, and grade-level appropriate mathematics are taught in two separate grade level units. 2003 and using Food Guide Pyramid. Must be adapted for MyPlate if used.	English	8,9,10,11	s, as	lessons	adv, math
USDA, Team Nutrition (avail at CHKRC)	Empowering Youth with Nutrition & Physical Activity	Ten one hour lessons for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge and fun, hands-on activities that teach nutrition concepts. Teacher's guide and student worksheets included.	English	11,12,13,14,15,16,17,18	s, as	lessons	eat healthy, PA
Centers for Disease Control and Prevention (CDC)	Encourage Kids to Eat More Fruits and Veggies	Two page PDF includes section on 10 ways to help kids eat more fruits and veggies, the texture of foods, kid friendly recipes.	English	adult	s, as, com	h/o	eat healthy, recipes
NC Dept. of Public Instruction	Energizers	List of activities and descriptions for teachers to include short physical activities during the school day to energize the student. For ages 5 - 7 and 8 - 10.	English	5,6,7,8,9,10	s	ideas	PA
www.somerset.njaes.rutgers.edu/pdfs/fs1108.pdf	Energy Drinks: The Truth Behind the Boost	Fact sheet that discusses Energy drinks and Sports drinks. Includes caffeine info.	English	staff	s,com	res	bev,
USDA/ ChooseMyPlate.gov	Enjoy Your Food, but Eat Less	One of the 10 Tips Nutrition Education Series from USDA. When this is distributed the Tip sheet Choose MyPlate must also accompany it.	English	adult	com	h/o	eat healthy, calories, MyPlate
USDA Team Nutrition Resource Library	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

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Source	Title	Description	Language	Age	Venue	Format	Topics
Michele Zurakowski	Evening meals around the World	Explores evening meals in different countries. For ages 4- 8.	English	4,5,6,7,8	pre, s	bk nf	meals, ethnic
<i>Network for a Healthy California Power Play!</i>	Everyday Healthy meals cookbook	Healthy and easy to cooking recipes created for distribution through supermarkets, festivals, health care organizations, farmer's markets and flea markets. For adult	English/ Spanish	adult	com	cookbook	recipes, ethnic
Sharon Gordon	Exercise	Discusses the importance of exercise and describes different ways to keep physically fit. For ages 4 -8	English	4,5,6,7,8	pre, s	bk nf	PA
American Cancer Society	Exercise Counts	On line resource to find out how many calories an activity burns. Est. ages 16 - adult	English	16,7,18, adult	s, com	web	PA, calories
Dairy Council of California (avail at CHKRC)	Exercise Your Options	This 6 lessons (45 - 60 minutes for ages 11,12 and 13) assess their current food and activity choices and plan for improvement. Includes PP slides pre and post assessments. Can be for afterschool. Cost = free.	English	11,12,13	s, as	curr, PP, lessons	eat healthy, PA,MyPlate
<i>Network for a Healthy California: Power Play</i>	F2T (A Farm 2 Table Adventure)	Interactive booklet for children that takes them on a trip to the farm. Designed to inspire children to eat more fruits and vegetables and more produce grown in or near their community	English	9,10,11	s, as	booklet	f/v, growing, process, eat healthy
American Institute for Cancer Research	Facts About Fats	Handout with information about different types of fats. Best for reference, for staff. Not appropriate to hand out to low literacy	English	staff	com	res	fat
UC Cooperative Extension, ANR	Farm to Fork (also called Eating Healthy From Farm to Fork)	Curriculum 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
Carmen Parks	Farmers Market	A book about one child's experience at the farmer's market when her family takes produce. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	FM, f/v
Julie Dalton	Farmer's Market Rounding	Fiction based on non-fiction. Using a trip to the farmer's market, a father and son use prices to highlight the math skill of rounding. They make and eat salsa. Recipe is not allowable. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	FM, math

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Marcie Rendon and Cheryl Walsh Bellville	Farmer's Market: family Working Together	Book with photos and text that describes a Farmer's Market through the eyes of two families (Hmong and Polish). For ages 9 - 11.	English	9,10,11	s, as	storybook	FM, ethnic, photo
Learning Zone Express or Nasco	Fast Food Nutrition	16 min DVD that shows 2 teenagers making healthier choices when eating out. 2009. \$80.00	English	11,12,13,14,15,16,17,18, adult	s	DVD	eating out, eat healthy
Learning Zone Express	Fast Food Nutrition	16 min DVD that shows 2 teenagers making healthier choices when eating out. 2009. \$80.00	English	14,15,16,17,18	s	DVD	eating out, eat healthy
Positive Promotions	Fast Food Nutrition Guide	26 "fast food" restaurants listed with nutrient contents of items listed. Should not be passed out without practice using prior to participants going home.	English	13,14,15,16,17,18, adult	s, as, com	res	eating out, nutrients, fat, salt, calories
Kaiser Permanente	Fast Food: A Guide to Healthier Choices	Guide for parents to use for selecting healthier fast foods. Should not be passed out without practice using prior to participants going home.	English	adult	com	h/o	eating out, eat healthy
Learning Zone Express	Fat Facts	Handout describes and defines four types of fats: Mono, Poly, Saturated and Trans Fats. See examples of each kind of fat and learn healthy eating tips I. Black and white worksheet on back. For ages 9 - adult.	English	9,10,11,12,13,14,15,16,17,18, adult	s, as, com	h/o	fats
American Heart Association	Fats 101	Provides basic information about dietary fats and cholesterol down loadable from website. Not for low literacy adult, use as staff resource	English	staff	com	res, web	fats
Cathryn Falwell	Feast for 10	A counting book that features an African-American family shopping for food, preparing dinner, and sitting down to eat. For ages 4 - 8.	English/Spanish	4,5,6,7,8	pre, s	storybook	math, shopping, cooking, ethnic, meals
www.feedingminds.org	Feeding Minds, Fighting Hunger	Food security education resource online free for three learning levels: primary, intermediate and secondary (each with 3 lessons of ~ 45 mins). For use with middle and high school students.	English/Spanish	13,14,15,16,17,18	s	web, lessons	food security, ethnic
Friends of Food Safety Education/ USDA Fight Bac.	Fight BAC! Six steps to safer fruits and vegetables	2 page flyer on 6 steps to keeping fruits and vegetables safe.	English	adult	com	h/o	f/v,safety
USDA Partnership for Food Safety Education	Fightbac.org	Website to access Fight! BAC resources and materials (#486)	English/Spanish	10,11,12,13,14,15,16,17,18, adult	s, as, com	web	safety, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
Kids Health	Figuring Out Food label	Downloadable handout that reviews the label in terms of how it relates to kids. Ages n/a (est. for 12 -14 due to text). Probably best as resource for staff. MyPyramid logo must be covered with MyPlate before distribution.	English	12,13,14	s, as	res, web	label
www.journeyworks.com	Filipino Dance Mabuhay: Instant Recess	References traditional Filipino dance steps and incorporates them in a group setting with several dozen seniors . Every once in a while, the scene changes to a group of young people, copying the same moves outdoors, and then it switches to an urban setting in what looks like the Philippines with people moving and having fun. This seems geared to seniors who might be limited in their range of motion.	English	adult, 60	com	DVD	PA, ethnic
Produce for Better Health	Finding Your balance with Fruits and Vegetables	Brochure includes helpful tips on portion control and healthy substitutions. 8 panels, 4" x 9" folded. 100/pack . Est. ages 13 - adult	English/ Spanish	13,14,15,16,17,18 , adult	pre, s	brochure	portions, eat healthy, ethnic
Robbin Gourley	First Garden: The White House Garden and how it grows	A colorful storybook about the history of the White House and the Obama's who created a large, flourishing garden on the South Lawn involving local school children. Promotes gardening and eating fruits and vegetables. Recipes in book not allowed.	English	6,7,8,9,10,11	s, as	bk nf	garden, history, f/v, process
American Heart Association	Fish and Omega-3 Fatty Acids	Fact sheet that discusses the benefits and sources of Omega-3 fatty acids. Not for low literacy, use as resource for staff.	English	staff	com	res	fat
Michigan Fitness Foundation/ Michigan Nutrition Network	Fit Bits	10 -15 minute activities for teachers to get students moving in the classroom. Each book targets 4 nutrition themes. To use with Healthy Classrooms, Healthy schools. For ages 5 -10	English	5,6,7,8,9,10	s, as	game	PA
UC Cooperative Extension/UC Berkeley Center for Weight and Health	Fit Families Novela Series	An innovative bilingual toolkit created for health professionals working with parents who have young children. The 2005 video and print fotonovelas are designed to stimulate discussion on how to create healthy snacks, increase physical activity, and limit TV watching.	English/ Spanish	adult, 3,4,5,6,7,8	com	toolkit, video, guide	snacks, PA, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
Channing Bête Company	Fitness, Food And A Healthy Weight For Your Child; A Parent's Handbook	32 page Handbook helps family create a plan, with accurate information and hands-on features such as a chart for assessing family attitudes about food, a schedule for ensuring a balance of physical and sedentary activities, and a page for setting nutrition and exercise goals. An interactive resource that guides family step by step to improve their eating and exercise habits. Too much info to pass out use only as resource. Use only if updated to MyPlate.	English/Spanish	staff	com	res	PA, eat healthy, assessment, family, ethnic
<i>Network for a Healthy California, Latino Campaign</i>	Flavors of My Kitchen	Authentic regional Latino recipes with a healthy twist. Contains 4 reference sections: fruit and veg recommendations, cooking utensils, measurement chart and photos of chilies and spices used in recipes. New February 2012	English/Spanish	14,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	com, s, as	cookbook	ethnic, cooking, recipe
USDA: ChooseMyPlate.gov	Focus on Fruit	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	16,17,18, adult	s, com	h/o	fruit, MyPlate
March of Dimes	Folic Acid is good for me, Folic acid is good for us	Encourages women of childbearing age to take folic acid . Explains the various ways in which folic acid promotes good health before, during and after pregnancy.	English/Spanish	15,16,17,18, adult	s, com	h/o	vitamins, ethnic
https://d3n8a8pro7vhmx.cloudfront.net/foodday/pages/24/attachments/original/1341610970/Food_Day_School_Curriculum_2012_NO_BRAND.pdf?1341610970	Food Day School Curriculum	Five lesson plans with activity sheets, photo cards, teacher resource. Section for adaptation to early elementary children and for H.S, students. Lesson topics: Eat real, Mostly plants, Not too much, Navigate the environment and Be an advocate. Originally for celebration of Food Day (12/24/12). Brand names have been removed from the lessons.	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18	s, ss, as	lessons, activity sheet, photo cards	eat healthy, portions, environment
California Department of Education	Food For Thought	For child care programs to teach young children 3,4,5 years good nutrition and healthy food choices. Recipes, hands on activities, chapters on fruit, veg, snack and whole grains. 2009. Use of recipes is unallowable. Story books may not be allowable.	English	3,4,5, staff	pre, s	CD, toolkit	f/v, grains, snack

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Ken Robbins	Food for Thought: The stories behind the things we eat.	Nonfiction. The story behind the fruits and vegetables we eat. Includes nutrition information and describes how produce items are eaten. For staff.	English	staff	s, as	res	f/v, history
Gary Lapow	Food 'N Fun - A Rockin' Celebration of Good Eatin'	Music CD encouraging healthy eating for young students with a beat to encourage PA. For ages 5 - 7	English	5,6,7	s, as	CD	PA, eat healthy
California Project LEAN	Food on the Run	Resource Kit provides real life examples of how Food on the Run, a California-based project worked with youth advocates to make healthy eating and physical activity easier to do at their schools. Pkg of 50 brochures = \$20	English / Spanish	staff	s, as	res, brochure	eat healthy, PA, youth engagement, ethnic
Esha research	Food Processor SQL Version 9.8.1	Database of more than 37,000 foods and food items. Required to analyze recipes chosen from sources other than the four <i>Network</i> allowable sources.	English	staff	s, com	res	recipes
Sharon Gordon	Food Safety	An early reader for students on skill development for food safety. For ages 4- 8	English	4,5,6,7,8	pre, s	bk nf	safety
California Foundation for Ag in the Classroom	Food Safety: From Farm to Fork	Five lessons that provides understanding of food safety through real life examples and activities. Learn everyone has responsibility in minimizing foodborne illnesses. Uses game, puzzles, mat and science. For ages 10 - 12. Cost = free	English	10,11,12	s, as	lessons, game, puzzle	safety
www.journeyworks.com	Football: Instant Recess	DVD that shows low impact exercises that a group or individual could do. May be appropriate for mainly adults.	English	adults	com	DVD	PA, ethnic
Sally M Hunter	Four Seasons of Corn: A Winnebago Tradition	Nonfiction, 48 pages. The story of a modern Native American boy and how he learns about growing and drying corn from his grandfather. For ages 9 - 12	English	9,10,11,12	s, as	bk nf	veg, growing, process, ethnic
Duke Christoffersen	Fred the Fish and the Squash that goes Squish	A story about variety of squashes.	English	3,4,5,6,7,8	pre, s, as	bk nf	frt,veg
UC Berkeley: Center for Weight & Health	Frequently Asked Questions about Sports Drinks	Handout with info on the use & nutritional value of sports drinks. For adult and older teens.	English/Spanish	15,16,17,18, adult	s, as, com	h/o, res	bev, RYD, ethnic
California Department of Education	Fresh Fruit and Vegetable Photo Cards	A set of cards that encourages students to eat more fruits and vegetables. Front includes fruit and name and reverse includes analysis of nutrients and serving size. For ages 5-18	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18	s, as	game, cards	f/v, nutrients, photo

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Anita Ganeri	From Bean to Bean Plant	Beginning reading book focused on how a bean develops. HOTM statement deleted. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	veg
Gail Saunders Smith	From Blossom to Fruit (apples)	Beginning reading book focused on how a apple develops. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, photo
Ellen Weiss	From Eye to Potato	Beginning reading book focused on how a potato develops. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	veg, photo
Robin Nelson	From Kernel to Corn	Beginning reading book focused on how corn develops and ends up at the Farmer's Market. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	veg, photo
Kristin Thoennes Keller	From Oranges to Orange Juice	Beginning reading book focuses on oranges. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, photo
Ellen Weiss	From Pit to Peach Tree	Beginning reading book focuses on how a peach develops. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, photo
Anita Ganeri	From Seed to Apple	Beginning reading book focuses on how an Apple develops. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit
Gail Gibbons	From Seed to Plant	Takes the reader from seed to plant to eating healthy. Beautiful pictures show pollination, harvest and care of plants. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	process, eat healthy
Wendy Pfeffer	From Seed to Pumpkin	Beginning reading book focuses on how a pumpkin develops. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, veg
Michael Dahl and Todd Ouren	From the Garden: A Counting Book About Growing Food	Children help their mom in the garden by gathering vegetables for the dinner salad. It is a counting book but everything they pick is made into a salad. For ages 4 -8.	English	4,5,6,7,8	pre, s	storybook	veg, math, garden
Sara Anderson	Fruit	Colorful pictures and simple information exploring common fruits. For ages 3 -4	English	3,4,5	pre, s	bk nf	fruit
Nicola Edwards	Fruit	Describes different types, where they grown, how different parts are used. For est. ages 7 - 10	English	7,8,9,10	s, as	bk nf	fruit, growing
Rachel Matthews	Fruit (little hands)	Juvenile non fiction explains a variety of fruit, what they look like and how they taste. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit
Honor Head	Fruit (On Your Plate)	Where it comes from, how prepared and cooked, Ages 4-8	English	4,5,6,7,8	pre, s	bk nf	fruit
Lynn Stone	Fruit (Plant Parts)	Book explores the Fruit Group answering: What are fruits? Where do fruits come from? Why is it important to eat fruits? Ages 7 - 9	English	7,8,9	s	bk nf	fruit

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
NASCO	Fruit and Vegetable border set	Border that can be used around room, bulletin board etc.	English	4,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, com	border	f/v
USDA: TEAM Nutrition Resource Library	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
Nasco	Fruit and Vegetable Fun Book and Seedie Kit	This is one time kids can play with their fruits and vegetables. The book features the Seedies™ in 20 activities that are creative and fun, yet physically challenging for kids. 24 Seedies	N/A	All	Pre,s,com,ss	Activity	frt, veg, eat healthy, PA
NASCO	Fruit and Vegetable Memory Match Game	Teaches children about the variety of fruits and vegetables and about delicious options of healthy foods. For ages 4 to adult.	English	4,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, com	game, cards	f/v, photo
<i>Network for a Healthy California</i>	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
Laurie Manahan and Martin A. Manahan	Fruit and Vegetable Scavenger Hunt Game	A game of 60 cards showing 200 descriptions designed to teach students and adult more about fruits and vegetables and how to prepare and eat more of them. For all ages.	English	7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	cards, game	f/v, cooking
PBH	Fruit and Veggie Beach ball Game	Beach ball nutrition trivia game for educating children about healthy eating-specifically Fruits and Veggies	English	5,6,7,8,9,10,11,12,13	s,as,ss,com	Game	Eat Healthy; fruits and Veg.
Ellen Weiss	Fruit Salad	Touch and Feel book of different fruits that are in a salad. For 3 - 5	English	3,4,5	pre	storybook	fruit, senses

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Nasco	Fruit Seedies Collection	This is one time kids can play with their fruits. Set includes 12 fruits: Ashley Apple™, Slam Banana™, Perky Pear™, Luis Lemon™, Tutti Grapefruit™, Golly Grape™, Wally Watermelon™, Al Avocado™, Stu Strawberry™, Peaceful Peach™, Hula Pineapple™, and Sunny Orange™. Each Seedie	N/A	All	Pre,s,com,ss	Res	frt, eat healthy
<i>Network for a Healthy California</i>	Fruit, Vegetable and Physical Activity toolkit for Community Educators	To educate African American and Latino adult about how to increase fruit and vegetable consumption and PA. Music and dance is incorporated	English/ Spanish	adult	com	toolkit	eat healthy, PA, ethnic
Lola Schaefer	Fruits (Food Groups)	Book explores the Fruit Group answering: What are fruits? Where do fruits come from? Why is it important to eat fruits? For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	fruit
Susan Der Kazarian	Fruits and Vegetables	Children learn about fruits and vegetables, where they come from and how to include in a healthy diet. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	f/v, eat healthy
Gladys Rosa-Mendoza	Fruits and Vegetables / Frutas y Vegetables	Introduction to fruits and vegetables through illustrations. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	f/v
Nasco	Fruits and Vegetables by Color Poster Set	This five poster set helps students recognize and learn the names of a variety of fruits and vegetables.	English	4,5,6,7,8,9,10,11, 12,13,14,15,16,17 ,18, adult	Com, s, as,ss	res	frt, Veg
Lynda E. Chandler	Fruits and Vegetables Coloring Book	A coloring book with 45 images and under each picture is background information about that fruit or vegetable. For ages 4 - 8	English	4,5,6,7,8	pre, s	activity sheet, coloring	f/v
<i>Network for a Healthy California: F&V Empowerment</i>	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.	English/ Spanish	adult	com	h/o	f/v, PA, ethnic
<i>Network for a Healthy California</i>	Fruits and Vegetables for Your Health, Your Life, and Your Neighborhood	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.	English/ Spanish	adult	com	h/o	f/v,PA, eat healthy, ethnic
Produce for Better Health	Fruits and Veggies Activity Books	Provide fruit and veggie fun with game, puzzles, and pages to color. Choose the pack that is right for the child's age Each pack includes 3 different books. For ages 3 - 8	English	3,4,5,6,7,8	pre, s	game, puzzle, coloring	f/v

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Center for Disease Control and Prevention (CDC)	Fruits and Veggies On the Go!	Ideas for eating fruits and vegetables while on the go	English	adult	com	brochure	f/v, recipes
Victoria Boutenko	Fruits I Love	Colorful, rhyming about variety of fruits	English	3,4,5,6,7,8	pre, s, as	bk nf	frts, eat healthy
Network for a Healthy California	FSORK (Food Stamp Office Resource Kit) 1 and 2	Brings nutrition ed into the CalFresh offices via demonstrations, tips and recipes to help them purchase and prepare low-cost nutritious meals and snacks. Includes DVD and a kiosk housing a poster, bilingual recipe cards and brochures.	English/ Spanish	adult	com	DVD,poster, brochures, cards	meals, snacks, meal planning, cooking, ethnic
Doering Tourville	Fuel the Body: Eating Well	Book: Eating good food keeps your body healthy, gives you energy and every food group is important. For ages 4 - 8	English/ Spanish	4,5,6,7,8	pre, s	bk nf	eat healthy, ethnic
www.journeyworks.com	Fuel UP Lift Off: Instant Recess	35 minute DVD. Interspersed with nutrition education messages-should show in shorter snippets, not the entire 35 minutes as too much information or have it as a continuous loop play in lobby may be appropriate.	English	adult	com	DVD	PA, eat healthy, bev
Network for a Healthy California	Full Report: Media, Festivals, Farmers' Market and Grocery Store Interventions	To educate intermediaries on effective strategies for increasing fruit and vegetable consumption and PA among Latinos	English/ Spanish	staff, adult	com	res	f/v, PA, ethnic
Greg & Steve	Fun and game	CD: This album provides fun games for children ages 3 - 9.	English	3,4,5,6,7,8,9	pre, s	CD	PA
Heidi Shelton Jenck	Gabe's Grocery List	Fiction. Gabe's grocery list is full of fruits, his dad's is full of veggies. Gabe puts his in the grocery cart and takes out his dad's. For est. ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	veg, shopping
Arizona Nutrition Network eatwellbewell.org	Games From the Garden: A Fruit and Veggie Activity Book	Website that is geared towards children ages 3-8 and comes complete with age-appropriate game, coloring pages, recipes, and activity sheets. Use of recipes is unallowable.	English/ Spanish	3,4,5,6,7,8	pre, s, as	web, game,activity sheet, coloring	eat healthy, PA, ethnic
Contractor Developed: Marin Co HD	Garden Exercises for Garden Kids	Multiple exercises pre-school children can do in the garden (or elsewhere). Roscoe character has a nutrition fact to relay to the children as they do exercises. Developed in conjunction with Nut Ed consultant and Regional PA.	English	3,4,5	pre	game	PA, eat healthy, veg, frt

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Source	Title	Description	Language	Age	Venue	Format	Topics
Patricia Kite	Gardening Wizardry for Kids	Book: An collection of more than 300 experiments and projects with apple seeds, beans, potatoes, fruit pits, vegetables, herbs, etc. For ages 9 - 12. Check with PM as all projects may not be allowable.	English	9,10,11,12	s, as, ss	res	frt, veg, garden, science
California School Garden Network	Gardens for Learning: Creating and Sustaining Your school Garden	Resource for educators that aligns activities identified on pages 20 -28 to the K-6th teaching standards. For staff	English	staff	s,as,ss	res	garden
American Cancer Society	Generation Fit: Today's Generation Advocating for Good Health	Encourages students ages 11 -18 take part in community service projects that promote more physical activity and healthier eating among their friends and family, and in their schools and communities	English	11,12,13,14,15,16,17,18	s, as	lessons	comm service, eat healthy, family
Nigel Hawkes	Genetically Modified Food	Through explanations and illustrations of the DNA model and genetics, the author provides a beginning look at genetically modifying foods. For ages 10 - 15	English	10,11,12,13,14,15	s, as	bk nf	science
Wendy Wakefield Ferrin	Germ on their Fingers!	The story teaches children of all ages to wash their hands while encouraging divergent thinking and modeling community leadership. For ages 4 - 8	English / Spanish	4,5,6,7,8	pre, s	storybook	safety, hygiene, ethnic
Produce for Better Health	Get More.. Because More Matters Guide	Accordion-fold guide for adult with information on how to fit all forms of fruits and vegetables in their diet, along with nutrition information and serving information.	English/Spa nish	adult	com	h/o	f/v, nutrients, ethnic
Center for Disease Control and Prevention (CDC)	Get Smart as You Shop	Smart shopping tips to save money and eat more fruits and vegetables used with adult	English	adult	com	h/o	f/v, shopping, budget
Center for Disease Control and Prevention (CDC)	Get Smart in Your Family Dinner	Tips to add fruits and vegetables to family dinners. For adults	English	adult	com	h/o	f/v, meals
NASCO	Glo Germ Mini Kit	Teaches proper hand washing techniques or food safety compliance. Ages 5 - adult	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, as, com	toolkit	hygiene, safety
Food and Health Communications	Go for the Whole Grain	Laminated poster & handout describing, how to buy whole grains and substitute. The benefits of whole grains. For ages 12- adult	English	12,13,14,15,16,17,18, adult	s, as, com	poster,h/o	grains
Bell Institute of Health and Nutrition	Go with the Whole grains	Tool kit that uses General Mills Materials to promote making 1/2 grains whole. Do not use MyPyramid information.	English	staff, Adult	com	toolkit, res	grains, MyPyramid

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Anna Egan Smucker	Golden Delicious: A Cinderella Apple Story	History of Golden Delicious Apples. Aligns with the nutrition competencies that focus on agriculture. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit
DeMar Reggier	Good Food	A "First Reader" book. A young boy goes grocery shopping with his father for healthy foods. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	shopping
Karen Breitbart	Good for Me Movement: Ages 3 - 6	Small and large group activities are organized by early learning themes. For ages 3 - 6	English	3,4,5,6	pre, s	res	PA
Georgiana Stewart	Good Morning Exercises for Kids	(CD) For ages 3-8. Simple movement exercises to fun songs which can be done early morning, or even through day.	English	3,4,5,6,7,8	pre, s	CD	PA
Nasco	Good Times with Good Foods Nutrition Activity Book - Ages 2-6	Activity books offer kids a fun way to learn about healthy choices and staying active. Activities include coloring, crosswords, word finds, puzzles, hidden picture, and more. Pkg. of 12. 8 pages, 8-1/2" x 11"	N/A	6-Feb	Pre,s,ss,com	Coloring, activity,	frt, veg, eat healthy, PA
www.journeyworks.com	Gospel Dance: Instant Recess	DVD with slower movements, right in church, low key, lower impact. May work in faith based intervention. For older people.	English	adult, 60	com	DVD	PA, ethnic
USDA ChooseMyPlate.gov	Got Your Dairy Today?	One of the 10 Tips Nut Ed series for making healthy food choices to provide calcium. For adult and older teens.	English	14,15,16,17,18, adult	s, as, com	h/o	dairy, minerals, MyPlate
Inez Snyder	Grapes to Raisins	Teaches small children how raisins are made...describes how a grape becomes a raisin; how grapes grow, and kids will be able to identify dried fruit as a healthy snack. Classroom activities involved. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, process
Brian Cleary	Green Beans, Potatoes and even Tomatoes	Goes through items in the vegetable group using goofy verse. Discusses health benefits. For ages 5 - 8	English	5,6,7,8	s, as	bk nf	veg
Lisa Bullard	Green Food Fun	Describes common green foods. For ages 4 - 7	English	4,5,6,7	pre, s, as	bk nf	veg/fruit, eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Meredith Sayles Hughes	Green Power: Leaf and Flower Vegetables	Describes the history, growing requirements, uses, and food value of various leafy green vegetables and vegetable flowers, including cabbage, broccoli, artichokes, spinach, Belgian endive, and lettuce. Includes recipes. For ages 4 - 8. Use of recipes is unallowable.	English	4,5,6,7,8	pre, s	bk nf	veg, history
Mitchell Sharmat	Gregory the Terrible Eater (storybook and accompanying lesson plans)	Gregory, a young goat, refuses the usual goat diet made up of shoes and tin cans. He likes foods like fruits, vegetables, eggs, and orange juice. For ages 4 - 8. Also available lesson plan for grades 1 - 3rd. Check with PM.	English	4,5,6,7,8	pre, s	storybook, lessons	f/v, breakfast, picky eater, satiety, sometimes foods
NCES	Grocery Shopping Challenge	Get the inside scoop on what stores do to get you to spend more at the checkout. Join Megan and Josh as they venture their way through the grocery store with the same shopping list to see who gets the better nutrition value and price for eight common grocery items. Learn some tricks grocery stores use to get you to spend more, and how to separate the hype from the deals so you can eat well for less. 13 mins. Teacher materials included.	English	11,12,13,14,15,16,17,18, adult	s, com	DVD	shopping, eat healthy, adv, labels
Joy Bauer / pbhcatalog.com	Groovin' Foods: Shake, Rattle & Roll, Healthy Foods Mixed with Soul!	Kids are entertained and instructed on healthy eating with this collection of exciting songs (CD). Kids will dance & sing along – while learning about the foods that keep them healthy, fit and strong. Est. age 5 - 12	English	5,6,7,8,9,10,11,12	s, as	CD	PA
Brikett	Grow it	Planting, watering and growing seeds to plants. Est. age Pre K	English	3,4,5	pre	storybook	veg, garden, eat healthy
TEAM Nutrition USDA	Grow it , Try it, Like it Preschool Fun with Fruits and Vegetables	Nutrition Ed kit with garden themes. 4 fruits and 3 veg. Hands on activities, nut ed and planting activities. Should be updated to MyPlate prior to use where needed.	English	3,4,5	pre	lessons,	garden, eat healthy, fruit, veg,
Dorling Kindersley	Grow It Cook It	Children's cookbook that teaches how to grow, harvest, and cook delicious food. Recipes are unallowable. For ages 7 - 11	English	7,8,9,10,11	s, as	bk nf	garden, eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Neat Solutions	Grow it Yourself Series: (Grow Your Own Soup) (Grow Your Own Smoothie) (Grow Your Own Sandwich)	Each book in this series looks at how to grow your own fruit, flower, or vegetable and then make it into a delicious homemade meal. Whether it's a tomato sandwich, a strawberry smoothie or pumpkin soup, kids will love enjoying the fruits of their labor. Topics covered within each book include when and where to plant, caring for your plants, and how and when to harvest. Detailed, labeled photos and clear explanations and instructions guide young readers each step of the way. By Malam	English	4,5,6,7,8	pre, s	bk nf	frt, veg, growing
Mari Schuh	Growing a Garden	Cover topics from tools, compost, bugs with simple text and photos which help provide the basics of starting and keeping a garden. For staff. Check with PM prior to use, some topics may be unallowable.	English	staff	s, com	res	garden, veg
Bruce McMillan	Growing Colors	Pictures of fruit/veggie with the appropriate color. For ages 3 -5	English	3,4,5	pre, s	bk nf	f/v
Koch, Barton, Contento	Growing Food	Students learn about the cycling of matter in nature, flow of energy, and food systems. Includes lesson plans with helpful background information, practical teaching tips, and tools for assessment. 2007. Age 9 - 12	English	9,10,11,12	s, as	lessons,	process
Lois Ehler	Growing Vegetable Soup	Colored graphics capture the complete growing process from seed to cooking pot, with the focus on the plants; cooking them and finally enjoying the homemade soup. For ages 3 - 6	English	3,4,5,6	pre, s	storybook	veg, cooking
www.sph.umn.edu/news/	Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events	Several page booklet promoting substitutions for higher calorie and fat items typically served. Encourages no mid morning or afternoon snacks at meetings.	English	staff	com, s	booklet	eat healthy,
<i>Network for a Healthy California</i>	Harvest of the Month Seasonal produce	Network 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

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Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	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>	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>	Harvest of the Month Coordinated School Health	Identifies how HOTM and PP! fit into a coordinated school health module	English	staff	s, as	brochure	PA
<i>Network for a Healthy California</i>	Harvest of the Month Educator Newsletter	<i>Network</i> developed and approved 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>	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, eat healthy
<i>Network for a Healthy California</i>	Harvest of the Month Fact Sheet	<i>Network</i> developed and approved. Two page fact sheet with information about HOTM program.	English	adult	s, com	fact sheet	HOTM
<i>Network for a Healthy California</i>	Harvest of the Month Fact Sheet	<i>Network</i> developed and approved. Two page fact sheet with information about HOTM program.	English	adult	s, com	fact sheet	HOTM

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Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	Harvest of the Month Family Newsletter	<i>Network</i> developed and approved 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
<i>Network for a Healthy California</i>	Harvest of the Month Menu Slicks/templates	Two sided templates allow district child nutrition staff to insert the monthly school menu. Skills and knowledge learned in the classroom K through 5th grade are reinforced with activities that test memory and motor skills, provide information on the health benefits of fruits and vegetables, and encourage consumption of school meals.	English/ Spanish	5,6,7,8,9,10,11,12 s		menu slick, template	HOTM, f/v, PA, ethnic
<i>Network for a Healthy California</i>	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
<i>Network for a Healthy California</i>	Harvest of the Month Power Up with Fruits and Vegetables	Worksheets for 4th and 5th grade. Includes fact page and one worksheet also Rate the Taste sheet and glossary. Developed by North Coast Collab. May need to contact PM to use the address: CPNS_Harvest of the Month\Student Workbooks\North Coast Region\FFY 2012 most current version	English	9, 10	s, as, ss	worksheet	HOTM, f/v, PA, RYD
<i>Network for a Healthy California</i>	Harvest of the Month web site	www.harvestofthemonth.com		5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	web	fruit, veg
<i>Network for a Healthy California / Contractor Developed: Hawthorne</i>	Harvest of the Month Workbooks	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.	English	5,6,7,8,9,10	s,as,ss	workbook	HOTM, ft, veg, eat healthy, PA, MyPlate

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Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	Harvest of the Month Branding Guidelines	See <i>Network</i> website for Branding Guidelines that should be used when developing any material used in conjunction with HOTM. Obtain PM approval prior to development of materials.	English	staff	s, com	res	guidance
<i>Network for a Healthy California</i>	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
<i>Network for a Healthy California</i>	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>	Harvest of the Month: Harvest Heros	Cartoon character that should be used in HOTM materials for young children	English	5,6,7,8,9,10,11,12	pre, s, as	media	HOTM, fruit, veg
<i>Network for a Healthy California</i>	Harvest of the Month: How to Grow Healthy Students	Instructional guide for staff to use as a resource	English	staff	s, as	res	HOTM, f/v, eat healthy
<i>Network for a Healthy California</i>	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
<i>Network for a Healthy California</i>	Harvest of the Month: Press release templates	Templates are customized by local agencies. 3 focus areas a new HOTM launch, success stories and partnerships. English and Spanish	English/Spanish	staff	s,com	template, press release	ethnic, media
<i>Network for a Healthy California</i>	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>	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>	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, 5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	lesson, res	taste testing, f/v, HOTM
<i>Network for a Healthy California</i>	Harvest of the Month: Thinking Map	Assessment tools teachers use to check for understanding of HOTM information in students	English	5,6,7,8,9,10,11,12,13,14	s,as	res	assessment
<i>Network for a Healthy California</i>	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
<i>Network for a Healthy California</i>	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,

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Cipriano	Harvest Time	Shows how some fruits, vegetables, grains and nuts grow and are harvested. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	fruit, veg, grains, photo, growing, process
Cris Peterson	Harvest Year	Illustrates the huge variety of commercially raised plants and animals, but also reflect the great diversity of people, landscape, and weather found around the country. The book is organized simply around the calendar year, one month per double-page spread. Each month features three items grown in three states, a map, captioned photographs, a concise paragraph. For ages 6 -8	English	6,7,8	s, as	res, bk nf	f/v, calendar
<i>North coast Nutrition Collaborative – Network for a Healthy California</i>	Harvesting Health	A compilation of lessons and resources that foster nutrition education through garden concepts highlighting seasonal produce specific to the North coast Region. Verify recommended books are on the current Allowable list.	English	adult	com	lessons,res	f/v, garden, process, eat healthy
California Department of Education	Health Framework for California Public schools: Kindergarten through Grade Twelve 2003	A guide that delineates CDE's framework for development of curriculum, including instruction, assessment, environment and instructional resources. Focuses on health literacy, integrates positive asset development among youths and identifies research-based programming. Age 5-18	English	staff	s, as	res	health skills, report
Dairy Council of California	Healthier Eating and Physical Activity: Tips for Older adult	Older Adult; Handout with tips on making healthy food & activity choices.	English/Spanish	65	com	h/o	eat healthy, PA, elderly, ethnic
Resource Library: USDA	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,
The Children's Health Fund	Healthy B.A.S.I.C.S. Hand Washing	Lesson plan on the importance of washing your hands. For est. ages 5 - 8.	English/Spanish	5,6,7,8	s, as	lessons	hygiene, ethnic
First 5 of California	Healthy Beginnings	Preschool nutrition and PA. Can be integrated into an existing curriculum or used at home by parents.	English	staff, adult, 3,4,5	pre, com	activities	PA, eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Learning Zone Express	Healthy Choices Tablet	Both sides depict stunning photographs of fat content in foods. See how the fat content of grapes and chocolate chips compare, or mayonnaise and mustard. For est. ages 12 - adult.	English	12,13,14,15,16,17,18, adult	s, com	h/o	fat, label
Dairy Council of California (avail at CHKRC)	Healthy Choices, Healthy Me!	First and second grade (ages 6 - 7) ten-lessons focuses on food choice behaviors while reinforcing language arts and math. Includes teacher guide, cafeteria connections, workbooks, food picture cards. Do not use any MyPyramid information.	English/Spanish	6,7	s, as	lessons, cards, workbook, storybook, poster	eat healthy, math, language arts, ethnic
Michigan Fitness Foundation/ Michigan Nutrition Network	Healthy Classrooms, Healthy schools	Allows teachers to transform classroom/school to be healthy environments. Sets are for K-2, 3-5th. Include 3 companion books, tailored to single grade. Recommend use with Fit Bits	English	5,6,7,8,9,10	s, as	lessons	eat healthy
USDA: ChooseMyPlate.gov	Healthy Eating for Vegetarians	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	15,16,17,18, adult	s, com	h/o	f/v,grains, eat healthy, MyPlate
Mary Turck	Healthy Eating for Weight Management	Encourage teens (12-15) to care about their body through good nutrition, exercise and healthy lifestyle. Includes eating at home and away. Do not use section on brain chemistry relationship to eating disorders.	English	12,13,14,15	s, as	res	eat healthy, PA, eating out.
meals Matter.org	Healthy Eating for your Preschooler/Tips for Feeding and Preparing Food with your Preschooler	General feeding and healthy food preparation tips for toddlers and preschoolers.	English/Spanish	3,4,5	pre	h/o	eat healthy, ethnic
UC Berkeley: Center for Weight & Health	Healthy Food Options: What to eat more of, what to eat less of	Brochure featuring foods from each food group to choose more often & less often. For adult	English/Vietnamese/Korean/Chinese	adult	com	brochure	eat healthy, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
Learning Zone Express	Healthy Food Train Tablet	Using colorful photographs, this tablet shows dozens of foods in suggested portion sizes for kids ages 3-5. Caregivers and parents will be drawn into the tablet with the creative Foodscapes™ train and learn healthy food choices in proper serving sizes within each food group	English	3,4,5	pre, s	h/o	portions, eat healthy, photo
http://theweightofthenation.hbo.com/films/bonus-shorts/healthy-foods-and-obesity-prevention-increasing-markets-for-fruit-and-vegetable-farmers	Healthy Foods and Obesity Prevention	31 mins web video examines difficulties involved in increasing access to fruits and veg. A couple of strategies to increase access are showcased.	English	staff, adult	com	web video	Community, eat healthy, family, process, farmers market
Stephanie Maze	Healthy Foods From A to Z	Variety of healthy foods, pictures and description, also, projects to try with food	English/Spanish	3,4,5,6	pre, s, as, com	bk nf	eat healthy, frt, veg
Tilbury House Publishers / California Healthy Kids Resource Center	Healthy Foods from Healthy Soils	45-lessons (45 - 60 minutes) are organized into four themes: origins of food, choosing food, putting "garbage" to work, and simple gardening. Activities keep students engaged as they make models, taste new foods, keep journals, and chart the results of their investigations. For ages 5 - 11. Check with PM regarding allowability of "putting garbage to work".	English	5,6,7,8,9,10,11	s, as,	lesson	garden, veg, eat healthy
SNAP-Ed Connection	Healthy Futures	10 lessons to promote health. Lessons can be adapted for family with small children. First 4 lessons: healthy food choices & safety. Last 6: disease prevention & reinforcing healthy lifestyle. CD & zip included with lesson plans, PP slides, handouts etc. Optional handouts for older adult. Recipes. For adult. From Virginia Poly Tech Univ.	English/Spanish	adult, 3, 4, 5, 65	com, pre	Curr, lessons, PP	eat healthy, safety, disease, recipes, elderly, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Channing Bête Company	Healthy Grocery Shopping Tips; A Pocket Minder(R) Card	Healthy shopping is the key to healthy eating -- and this credit-card-sized guide will help. Explains how to interpret nutrition information, as well as what to look for when shopping for healthy foods, and includes lots of quick, practical tips for healthy shopping and an overview of the Nutrition Facts label. For adult	English/ Spanish	adult	com	h/o, cards	shopping,label, eat healthy, ethnic
Sesame Street/ First 5 of California	Healthy Habits for Life Child Care Resource Kit	The kit helps teachers incorporate healthy physical activity and nutrition habits into everyday routines. For ages 3 - 5. Replace MyPyramid with MyPlate info.	English/ Spanish	staff, 3,4,5	pre	toolkit	PA, eat healthy, eat healthy
California Healthy Kids Resource Center	Healthy Kids Challenge	6 booklets (Smart Snacking, Active Play Every Day, Fruits & Veggies every day the tasty way, Breakfast Go Power, Drink Think (Do not use), Snack Attack). Each contains promo ideas, café connections, teaching background, lessons for ages 4 - 13, family, staff & community.	English	4,5,6,7,8,9,10,11, 12,13, adult,staff	pre, s, com, café	booklet,toolkit, lessons	bev, snack, breakfast, f/v, PA, eat healthy
USDA	Healthy Kids Challenge: Acting Up! Kids in Motion	Fun 5-10 minute activities that combine math, social studies, health, and language skills with movement are great for use in the classroom to add minutes of physical activity during the school day or in afterschool programs.	English	6,7,8,9,10,11,12	s, as	game	math, PA, language arts
Learning Zone Express	Healthy Kids Healthy Food Activities	Healthy Kids Healthy Foods Nutrition Activities is a complete book of 96 nutrition and health worksheet that teach nutrition and encourage healthy eating. The worksheets are designed to support the nutrition lessons in the classroom or afterschool program and combine nutrition education with math, language arts, and art.	English	5,6,7,8,9,10	s, as	activities, worksheet	math, language arts, eat healthy,
<i>Network for a Healthy California-Latino Campaign</i>	Healthy Latino Recipes Made with Love	Provide traditional Latino recipes that offer a greater variety of fruits and vegetables while reducing the amount of fat, cholesterol and sodium per serving. Has been replaced with Flavors of My Kitchen (Feb 2012).	English/ Spanish	adult,staff	com	cookbook	recipes, ethnic, f/v, fat, salt

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
USDA: ChooseMyPlate.gov & S F Chinese Project	Healthy meals	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English/ Spanish/ Chinese	14,15,16,17,18, adult	s, as, com	h/o	MyPlate, ethnic
CANFIT	Healthy Snack Guide for Your 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, eating out
Krames Communications	Healthy Snacking	Brochure that promotes healthy snacking, emphasizing low fat, low sugar. 6 panel color. For ages 10 - adult	English	10,11,12,13,14,15, 16,17,18, adult	s, as, com	brochure	snacks, eat healthy, fat, sugar
Mari C. Schuh	Healthy Snacks	This book teaches children about healthy snacks...snacks that are not only good, but good-for-you. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	snack, eat healthy
Positive Promotions	Healthy Snacks and Active Breaks	One side listing 50 quick snacks and the other side 50 exercise ideas for children. For est. ages 12 - adult . Must be used and discussed during a nutrition lessons.	English	12,13,14,15,16,17, 18, adult	s, as, com	bookmark,facts heet	snacks, PA
J-P Chanda	Healthy Snacks with Blue! (Blue's Clues)	Fiction. The characters from Blues Clues learn about and make healthy snacks. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	snacks, eat healthy
<i>Network for a Healthy California</i>	Healthy Statistics Related to California and the Workplace	Overview of California Health Statistics in the workplace	English	staff	com, work site	res	report
<i>Network for a Healthy California- Children's Power Play! Campaign</i>	Help Your Kids Power Up with Fruits and Veggies	Provides parents with easy ideas for helping their kids eat more fruits and vegetables and get more physical activity.	English/ Spanish	adult	com	h/o	f/v, PA, ethnic
www.journeyworks.com	Hip Hop: Instant Recess	10 min. DVD. Easy and fun moves for children	English	9,10,11,12,13,14, 15,16	s, as	DVD	PA
Kid Tribe	Hooper Size - Vol. 1	CD of songs and movements to use with the hula hoop. Contemporary music for est. ages 12 - 18 and adult	English	12,13,14,15,16,17, 18, adult	s, as, com	CD	PA
Dianne Warren	Hop-A-Lot-Healthy Habits	Reproducible educational coloring book on fruits and veg. Overall theme is healthy habits. For ages 3 - 5	English	3,4,5	pre, s	coloring	f/v, eat healthy
Dianne Warren	Hop-A-Lot's First Steps to Fitness: Family meals	Describes the benefits of eating together as a family. Include Parent Information. For ages 3 -8	English/ Spanish	3,4,5,6,7,8, adult	pre, s, com	storybook	eat healthy, ethnic, family

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Dianne Warren	Hop-A-Lot's First Steps to Fitness: Look at Me!	Describes the important of maintaining a healthy weight. Include Parent Information. Age: 5 - 8	English/ Spanish	5,6,7,8, adult	s, as, com	storybook	eat healthy, ethnic, weight
Dianne Warren	Hop-A-Lot's First Steps to Fitness: The Best Me	Describes healthy food and drink selections. Include Parent Information. For ages 3 - 8	English/ Spanish	3,4,5,6,7,8, adult	pre, s, com	storybook	bev, RYD, eat healthy, ethnic
Helene J. Jordan	How a Seed Grows	Planting, growing and harvesting beans. Addresses nutrition competencies about learning how things grow. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	process, veg, garden, growing
Lucia Gaggiotti	How Did That Get in my Lunchbox?	Discusses where each item in the lunch came from: bread, cheese, tomato, carrot, mandarins, juice, cookie. Est. age 6 - 11	English	6,7,8,9,10,11	s, as,	bk nf	fruit, grains, veg, growing, process, meal
Betsy Maestro	How Do Apples Grow?	Describes how an apple grows from bud to flower to fruit ready to be picked. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, growing
Pam Ryan	How Do You Raise a Raisin	History of raisins, how they are used, made. For ages 4 - 10	English	4,5,6,7,8,9,10	pre, s ,as	bk nf	fruit, process
Sue Kim	How Does a Seed Grow?	Short book with foldout pages to watch the fruit grow. Photos of a whole seeding in the ground. Est. ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	growing, fruit, veg, eat healthy, photo
Lynne Cherry;	How Groundhog's Garden Grew (storybook and accompanying lesson plans)	The story describes the cycle of an entire garden year. At the end of the season groundhog has a delicious dinner of homegrown F & V for his friends. For ages 5- 10. Also available a lesson plan for grades K-5th. Check with PM.	English	5,6,7,8,9,10	s, as	storybook, lessons	garden, f/v
<i>Network for a Healthy California</i>	How Many Cups of Fruits and Vegetables do I Need? (slide guide)	Helps to determine the amount of fruits and vegetables needed every day for better health by age and gender. African American women	English/ Spanish	adult	com	h/o	eat healthy, f/v, ethnic
Produce for Better Health	How Many Fruits and Vegetables do you Need?	Identifies how many cups of Fruits and veggies are recommended	English/ Spanish	adult	com	h/o	f/v, portions, ethnic
NASCO	How Much Fat? - Special Edition: Appetizers	Visual aid displays the amount of fat, in grams, in the following foods: cheese fries, fried onions, fried mozzarella sticks, Jalapeño Bites, chicken Caesar salad, Chicken Quesadilla, etc.	English	14,15,16,17,18, adult	s, as, com	res	fat

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Source	Title	Description	Language	Age	Venue	Format	Topics
NASCO	How much Salt?	Displays the amount of salt our body needs daily, the average amount Americans eat, the amount listed in the Dietary Goals, as well as the amount of salt, in milligrams, in the following foods: potato, potato chips or tortilla chips, etc. Set comes with a short guide containing background information and ideas for use.	English	14,15,16,17,18, adult	com,s, as	res	salt
NASCO	How Much Sugar	Visual aid demonstrates the amount of sugar that people are consuming.	English	14,15,16,17,18, adult	com,s, as	res	sugar
<i>Network for a Healthy California</i>	How My Employer Changed My Life	Intermediaries use this to engage employers and build interest in the Worksite program. Explains how the Fit Business kit can help employees	English	adult, staff	com, work site	res	eat healthy
Sporer & Pringle	How to Grow a School Garden	Guide to developing garden concept, planning, fundraising, teaching in the garden, planting and harvesting. For staff	English	staff	s, as, ss	res	garden, veg, growing
Connie Evers	How to Teach Nutrition to Kids	How to Teach Nutrition to Kids weaves nutrition education with math, science, language arts, social studies, performing arts, physical education, health education and the school cafeteria.					
Centers for Disease Control and Prevention (CDC)	How to use Fruits and Vegetables to Manage Your Weight	Brochure that suggests ways to learn about fruits and vegetables and their role in weight management. Tips to cut calories by substituting with fruits and veg. Provides meal examples and snack ideas. For adult	English/ Spanish	adult	com	brochure	f/v, meals, weight, eat healthy, ethnic
California Food Policy Advocates (CFPA)	Hunger and Nutrition in California	UCLA health policy research brief. Resource for adult	English	staff	s, com	res	report
Jean Marzollo	I Am an Apple	Life of an apple from bud to fruit to market to table. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	fruit,
<i>Region IX United States Administration for Children and family (ACF) Office of Head Start</i>	I am Moving, I am Learning	Proactive approach to decreasing obesity. To increase daily moderate activities and promote healthy food choices. For ages 3 - 5	English/ Spanish	3,4,5	pre, s	res	PA, eat healthy, ethnic
Annabel Karmel	I Can Eat a Rainbow	A book of colorful nutrition advice for ages 3 - 5.	English	3,4,5	pre, s	storybook	eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Hannah Tofts	I Eat Fruit!	Large clear pictures of fruits fold out to let child look inside . For ages 3 - 5	English	3,4,5	pre, s	bk nf	fruit
Hannah Tofts	I Eat Vegetables!	Large clear pictures of vegetables fold out to let child look inside . For ages 3 - 5	English	3,4,5	pre, s	bk nf	veg
Jennifer Julius	I Like Berries	Find out more about berries. For ages 5 - 7	English	5,6,7	s, as	bk nf	fruit
Lorena Siminovich	I like Fruit	A touch and feel board book introduces fruits and vegetables. For ages 3 - 5	English	3,4,5	pre, s	bk nf	fruit,senses
Pickering	I Like Oranges	Discusses oranges, for ages 4 - 7	English	4,5,6,7	pre, s	bk nf	fruit
Mary Ann Fraser	I.Q. Gets Fit	During Health Month, Mrs. Furber's students prepare for a Student Fitness Challenge, including the class mouse, I.Q. He is determined to change his food ways, drink more water and follow a more active path to win a gold ribbon. For ages 5 - 7	English	5,6,7	s, as	storybook	bev, RYD, eat healthy, PA
Karen Hass-Foletta, Michelle Cogley and Lori Ottolini Geno	Ideas and Activities for After-school Programs,	Contains over 125 activities, game, and recipes. Use of the recipes is unallowable. Middle school est. ages 11 - 13	English	11,12,13	s, as	ideas, game	PA
UC Berkeley: Center for Weight & Health	If My Child is Overweight, What Should I do about it?	Adult. Handout with tips on how to help your child have a healthy weight.	English/ Vietnamese/ Korean/Chinese	adult	com	h/o	eat healthy, ethnic, weight
Gallimard Jeunesse / Danielle Denega	In The Garden	Introduces young children to various fruits, vegetables, and plants in the garden via 24 pages some are fold out pages. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	garden,f/v
Leslie Bockol	In the Garden	Highlights the fruits and vegetables that grow in the garden that we can pick and eat to be healthy. For ages 4 - 6	English	4,5,6	pre, s	storybook	garden, f/v, eat healthy
Susan Grigsby	In the Garden with Dr. Carver	Dr. Carver shows children various aspects of plants and how everything is connected.	English	6,7,8,9	s,as,ss	storybook	garden, growing
Joanne Dennee	In the Three Sister's Garden	Sisters corn, squash and bean introduce garden through the seasons. Includes activities, stories. For ages 4 - 8. Use in conjunction with Nut Ed lessons, can not be used as stand alone.	English	4,5,6,7,8	pre, s	storybook	garden, veg

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Source	Title	Description	Language	Age	Venue	Format	Topics
Plaster and Krustchinsky	Incredible Edible Science	More than 160 science-based activities designed to encourage children's investigative nature while incorporating concepts in math, language, and literacy. Each activity uses simple, inexpensive materials and includes vocabulary words and questions to ask children to encourage interaction and learning. As an added bonus, children can often eat their work after the activity is complete. Recipes are unallowable. Softcover	English	3,4,5,6,7,8	pre, s	bk nf, activities	science, math, language arts,
Ellen Moshein	Indoor Play	80 indoor game for teachers, theme is fun fitness.	English	staff	s, as	game	PA
<i>Network for a Healthy California</i>	Inspiring Youth, Growing Change	Resource that highlight lessons learned and best practices from the field on youth engagement projects	English	staff, 12,13,14,15,16,17,18	s, as	res	PA, eat healthy, youth engagement
<i>Network for a Healthy California</i>	Instant Recess	DVD and user's guide with a celebrity doing PA that can be done anywhere and at any age. Includes Fruit and Veg messages	English/Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	DVD, guide	PA, fruit/veg, ethnic
<i>Network for a Healthy California</i>	Issue Brief: Nutrition and Health Barriers facing California Latinos	Analysis and presentation of health status of Latinos	English/Spanish	adult	com	res	report, ethnic
<i>Network for a Healthy California</i>	Issue Brief: Workplace Nutrition and Physical Activity	Analysis of the status of the workplace. Revised in 2005	English	adult	com, work site	res	report
<i>Network for a Healthy California</i>	Issue Paper: Health Disparities in California	Overview of various health disparities and the current state of the disparities	English	staff	com	res	report
Allan Fowler	It's a Fruit, It's a Vegetable, It's a Pumpkin	Learn many interesting facts about pumpkins in this introductory science book. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, veg
Roberta Duyff	It's a Sandwich	The story focuses on the different ways to make a sandwich and it varies according to different cultures. Many vegetables and fruits are added to the sandwiches. Sandwich "recipes" are not allowable. For ages 3 - 7	English	3,4,5,6,7	pre, s, as	storybook	ethnic, cooking, f/v, meal
Marilee Whiting Woodfield	It's Wiggle Time,	A compilation of theme-based activities to help early-childhood teachers incorporate movement and music . est. ages 3 - 5	English	3,4,5	pre, s	ideas	PA

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
USDA: TEAM nutrition	Jazz Up Your Menu With Fruits for Healthier school meals	Ideas for increasing fruit for school meals and snacks. Recommendations for food service staff. adult	English/ Spanish	adult, staff	com, s, café	h/o	fruit, snacks, meals, ethnic
Allibone	Jody's Beans	A Grandpa and a little girl plant seeds, wait and watch, then eat the green beans. For young children. Est. age 3-5	English	3,4,5	pre, s	storybook	veg, growing
American Heart Association	Jump Rope for Heart	Web site for an event. Lists ideas for physical activities (rope, hula hoop) under Jumping skills & game. For est. ages 7 - 12. Needs to be integrated with nut ed lessons.	English	7,8,9,10,11,12	s, as	web,res	PA
CA Project LEAN	Jump Start Teens	Resource Kit: A series of eight lesson plans for use with teens; the lesson plans are real-life and cross-curricular and will educate and encourage students to eat healthy, keep moving, and take action. The lesson plans were updated in 2007. \$20	English	14,15,16,17,18	s, as	curr, lessons	eat healthy, PA
Texas Cooperative Extension	Junior Master Gardener Teacher/Leader Guide-Level 1	Curriculum is not approved. The guide can be used by staff only as a resource.	English	8,9,10	s	res	garden
National Institute of Diabetes and Digestive and Kidney Disease	Just Enough for You About Food Portions	21 page booklet about portion control. NIH Publication No. 09-5287 June 2009. For est. ages 12 to adult. Best to use as resource rather than passing out.	English	12,13,14,15,16,17,18, adult, staff	s, com	res	portions
Sonya Dunn	Keeping Fit	8 page Let Me Read book about whimsical animals keeping fit. For ages 3-5	English	3,4,5	pre, s	storybook	PA
Extension en Española	Keeping Food Safe	This fact sheet explains how to avoid food poisoning with tips on storing and refrigerating food at home. adult	English/ Spanish	adult	com	fact sheet	safety, ethnic
Wisconsin Nutrition Education	Keeping Food Safe	36 page booklet with suggestions on how to keep food safe. adult	English/ Spanish	adult	com	booklet	safety, ethnic
USDA: ChooseMyPlate.gov	Kid-friendly Veggies and Fruits	One of the 10 Tips Nut Ed series for making healthy food choices for children. For adult and older teens.	English	14,15,16,17,18, adult	s, com	h/o	f/v, MyPlate
California Department of Education (avail at CHKRC)	Kids Cook Farm Fresh Food	245 page activities guide and recipes for students ages 7-12 that links academic content standards to the real world through gardens, nutrition, cooking, recycling, and the environment. Use of the recipes is unallowable. Also for after school.	English/ Spanish	7,8,9,10,11,12	s, as	activities,	eat healthy, garden, cooking, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Network for a Healthy California-Children's Power Play! Campaign	Kids Get Cookin' !	Kid oriented bilingual cookbook features fun graphics, 20 new, tasty, low-cost and easy to make recipes for kids aged 9 - 11.	English/Spanish	9,10,11	s, as	cookbook	recipes, ethnic
Greg & Steve	Kids in Motion	CD of 15 music songs for children 3-9 years old that promotes physical activity.	English	3,4,5,6,7,8,9	pre, s	CD	PA
California Healthy Kids Resource Center	Kitchen Math Kit	Kit contains a video, PowerPoint presentation, posters, CD-ROMs, and reproducible student worksheets to teach students how to apply fraction, multiplication, and division skills as they manipulate recipes and prepare food. Use of recipes is unallowable. Use as resource. For ages 11-13	English	staff, 11,12,13	s, as	res	math, preparation
http://theweightofthenation.hbo.com/films/bonus-shorts/	Latino Health Access: A Model of Community Action	20 mins web video about a Latino community in L.A. that improves their environment and health outcomes of the citizens. Can be located under "Watch" / Bonus Shorts.	English	staff, 16,17,18, adult	com	web, video, dvd	PA, eating healthy, ethnic, community
First 5 of California	LEAN Start	Healthy lifestyle ed. program for parents and caregivers of children 3 - 5.	English	3,4,5, adults, staff	pre, s	curr, lessons	eat healthy, PA
OPT for Healthy Living.	LEAP for family	Nutrition education 6 week 2 hour lessons to be used by adult and children (ages 8-adult) designed to educate about nutrition and importance of physical activity. A minimum charge of \$50 to attend the class. Recipes are unallowable.	English	8,9,10,11,12,13,14,15,16,17,18, adult	com	lessons	PA, eat healthy, safety.
OPT for Healthy Living.	LEAP for Preschoolers	Nutrition education curriculum for preschool aged children. A minimum charge of \$50 for the class. (description of lessons not available)	English	3,4,5	pre, com	curr, lessons	eat healthy
OPT for Healthy Living.	LEAP into Action	A physical activity movement and introduce nutrition concepts for preschool aged children. A minimum charge of \$50 for the class.	English	3,4,5	pre, com	curr, lessons	eat healthy, PA,
Nasco	Learn Nutrition	Teaches how body uses nutrients	English	from Chris	9,10,11,12,13,14,15,16,17,18, adult	s,as,ss,com	DVD
Beaty	Learning about Fruits and Vegetables with ABC's	Learn about fruits and vegetables, how they grow, how to prepare and how good they taste. For ages 3-5	English	3,4,5	s, as	bk nf	fruit/veg, eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Jackie Silberg	Learning game: Exploring the Senses Through Play	168 page book with 200 activities and learning game for children as they expand their learning by engaging all of their senses. For only staff resource	English	staff	s, as	res	PA
USDA SNAP-Ed Connection Resource Library	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
www.letsmove.gov	Let's Move	website with recipes and tips on nutrition and physical activity. Focus on 5 pillars: healthy starts, empowering parents, healthy food in school, improved access to healthy foods, increasing PA.	English	adult	com	web	recipes, PA, eat healthy
Peggy Sissel-Phelan	Let's All Eat Veggies!	14 page book (2007) - Book with photos of children eating vegetables. For ages 4- 8.	English	4,5,6,7,8	pre, s	bk nf	veg, eat healthy, photo
P.K. Hallinan	Let's Be Fit	32 page book for ages 3 - 7 stresses the importance of healthy eating, daily physical activity and rest for the body and mind.	English	3,4,5,6,7	pre, s	bk nf	PA, eat healthy
Merritt	Let's Eat	Big Book that lets children select what they want for a meals. Contains teachers guide. For est. ages 7 -10	English	7,8,9,10	s, as	bk nf	meals, fruit, veg, eating healthy
Claire Hibbert	Let's Eat Lunch	24 page book for ages 3-5. Encourages kids to think about healthy foods for lunch. Introduces foods from other countries.	English	3,4,5	pre, s	bk nf	eat healthy,meals,ethnic
Pat Mora	Let's Eat! A Comer!	24 page book for ages 4-8. bilingual book in English and Spanish about a family eating together.	English/ Spanish	4,5,6,7,8	pre, s	storybook	ethnic, meals,eat healthy
UC Berkeley/ First 5 of Calif.	Let's Get Moving!	Introduces PA into daily routines for children 2 -7 in 5 - 10 minute intervals through the day	English	2,3,4,5,6,7	pre, s	res,ideas, DVD	PA
Frank Leto and Greg Scelsa	Let's Go To The Market	12 page book for ages 4-8. 2006. Shows the colorful produce that can be obtained.	English	4,5,6,7,8	pre, s	storybook, CD	shopping, f/v
Mari Schuh	Lettuce Grows on the Ground	15 pages of photos and simple text. Showing how lettuce grows from seed to plant. For est. ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing, photo
Angela Royston	Life Cycle of a Bean	32 page book for ages 9 - 12 shows the life cycle of a bean from the time it is first planted until, four months later including formation of a root, stem, and shoot, as well as leaves and flowers	English	9,10,11,12	s, as	bk nf	veg, growing

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Source	Title	Description	Language	Age	Venue	Format	Topics
Angela Royston	Life Cycle of an Apple	32 page book for ages 4-8. Charts the stages of development within the lifespan of the plant and contains unusual facts.	English	4,5,6,7,8	pre, s	bk nf	fruit, growing
Teachers College Columbia University	Linking Food and the Environment (LiFE) - Food and Health; Choice, Control, and Change	Science education curriculum inquiry-based investigations in the domain of food. Teacher manuals with complete lesson plans and student packets with activity sheets and readings. Includes Food and Health for grades 5-6. PM must review selected lessons prior to use.	English	9,10,11	s, as	curr, guide, lessons	science,
California Healthy Kids Resource Center and The <i>Network for a Healthy California</i>	Linking Science and Nutrition	Twelve (1 hour) lessons plans and resources for integrated instruction. Designed to model standards-based science and nutrition integration strategies. For ages 5-13. Update to MyPlate when using.	English	5,6,7,8,9,10,11,12,13	s, as	lessons	science, nutrition, eat healthy
Rozanne Lanczak Williams	Little Red Hen Makes Soup	Little Red Hen makes vegetable soup with the help of her farm animal friends. They pull fresh vegetables from the garden. For ages 6-7.	English	6,7	s, as	storybook	veg, meals, garden
American Society on Aging	Live Well, Live Long Steps to Better Health: Physical Activity for Older adult: Exercise for Life!	Provides information and tools to meet the challenge of promoting physical activity for older adult.	English	65	com	res	PA, elderly
USDA: ChooseMyPlate.gov	Liven Up Your meals with Vegetables and Fruits	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	14,15,16,17,18, adult	s, com	h/o	meals, f/v, eat healthy, MyPlate
Dairy Council of California	Looking Good and Feeling Fit- Build Strong Bones	Tip sheet/worksheet for students ages 9-18 on calcium, dairy foods, and strong bones.	English	9,10,11,12,13,14, 15,16,17,18	s, as	worksheet	minerals, dairy
USDA SNAP-Ed Connection	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.	English/ Spanish	staff	com	toolkit	eat healthy, PA, ethnic
<i>Network for a Healthy California</i>	Low Income Children Face Healthy Lifestyle Barriers	Findings from the 2009 CalCHEEPS survey	English	staff	s, com	res	report
Krames Communications	Low-Sodium Eating	Handout with tips for reducing salt, dispels myths, using herbs, eating out advice. adult	English	adult	com	h/o	salt, eating out

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Denise Fleming	Lunch	32 page book for ages 4-8 about a mouse that eats a variety of fruits and vegetables.	English	4,5,6,7,8	pre, s	storybook	f/v, meals
Brenda Cartee Lee / El Monte School District	Lunch at the Zoo (storybook and accompanying lesson plans)	32 page book for ages 4-8 teaches children to choose a diet rich in fruits, vegetables and meats instead of sweets. Also available a Math lesson plan for 1st grade Check with PM.	English	4,5,6,7,8	pre, s	storybook	f/v, sugar, protein, math, meals
USDA: ChooseMyPlate.gov	Make celebrations fun, healthy and active	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	14,15,16,17,18, adult	s, com	h/o	eat healthy
USDA: ChooseMyPlate.gov	Make Half Your Grains Whole	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
USDA, Team Nutrition	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
Dairy Council of California	Making meals Matter for Your school Age Child	8 page booklet helps parents of school-age children, ages 6 - 12, understand the basics of preparing healthy meals and snacks	English/ Spanish	6,7,8,9,10,11,12, adults	s, as, com	booklet	snacks, eat healthy, meal planning, ethnic
Dairy Council of California	Making meals Matter for Your Young Child: Guide for Busy Parents	8 page booklet offers parents guidance and practical information about feeding their preschoolers ages 2-5. It provides busy parents the basics of preparing healthy meals and snacks.	English/ Spanish	2,3,4,5, adult	pre, com	booklet	snacks, eat healthy, meals, ethnic
Marvin Buckley	Making Raisins	lessons plan for ages 5-6 with literacy and science focus. Turning grapes into raisins. (2001). Part of Nat Geo/ Hampton Brown Science Curriculum.	English	5,6	s, as	lessons	fruit, science, process
Ann L. Burckhardt	Manzanas	24 page book ages 4-8. Provides an introduction to apples, their different parts, and how apples are grown and harvested.	Spanish	4,5,6,7,8	pre, s	bk nf	fruit, growing, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
cdph.ca.gov/programs/wicworks/Pages/WICNEHEALEducationCampaigns.aspx	Market to Meals	Campaign that contains two lesson plans and materials for teaching how to plan, shop for healthy meals. Encourages home cooked meals. Class room kit and DVD are available from WIC. Posters, worksheets, bulletin boards and lesson are available on web site. Adult.	English	adult	com	lessons	meal planning, shopping, eat healthy, meals
CA Project LEAN	Mas Leche 1% Huesos Fuertes, Familia Saludable	Brochure that advocates drinking more 1% milk for strong bones and a healthy family. Cost \$1	Spanish	adult	com	brochure	dairy, minerals, ethnic
Debbie Larson	Math in Food	Combines basic math and food concepts into 13 worksheets that incorporate food and nutrition in practical applications of math. For ages 12 - 14	English	12,13,14	s, as	worksheet, lessons	math, eating healthy
East Carolina University	Math Middle-school Energizers	33 page booklet of classroom-based physical activities for middle school students. Needs to be used with nutrition ed. Activity. For ages 12 - 13.	English	12,13	s, as	ideas	PA
Adria F Klein,	Max Goes to the Grocery Store (storybook and accompanying lesson plans)	24 page book for ages 4-8. Max and his friend go to the store to get dried fruit for a snack. Also available a lesson plan for grades K -1st Check with PM.	English	4,5,6,7,8	pre, s	storybook, lessons	snack, fruit, shopping
USDA, Food and Nutrition Service	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
Extension en Española	Meal Planning Stretching Your Dollar	Tip sheet for meal planning and shopping. For est. ages 14 - adult	Spanish	14,15,16,17,18, adult	s, as, com	activity sheet	meal planning, shopping, eat healthy, budget, ethnic
Roger Priddy	Mealtime (Touch and Feel)	Touch and Feel book of different foods. Toddler to 5		3,4,5	pre	bk nf	f/v, senses
National Institute of Child Health and Human Development (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. May need to be revised from 2005. Discuss with PM	English/ Spanish	11,12,13	as	DVD, lessons	adv, PA, disease, eat healthy, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California</i>	Media, Festivals, Farmers' Market and Grocery Store Interventions	Full and Short Reports available: To educate intermediaries on effective strategies for increasing fruit and vegetable consumption and PA among Latinos	English/ Spanish	staff, adult	com	brochure	assessment, ethnic, f/v, FM, PA
American Cancer Society	Meeting Well	Brochure about including healthy foods and physical activity into meetings. For adult	English	adult,staff	com	brochure	eat healthy, PA
American Dietetic Association	Men's Health	Tip sheets (snacks, workouts, vegetarian, fish etc.) on men's nutrition. For adult	English/ Spanish	adult	com	h/o	snacks, PA, protein, ethnic
Claire Llewellyn	Milk (What's for Lunch?)	Provides nutrition information about milk and where and how it is produced. For ages 5 - 8	English	5,6,7,8	s, as	bk nf	dairy, process
USDA materials	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
Aliki	Milk From Cow to Carton	32 page book for ages 4-8. Child sees cows, dairy and learns about dairy foods.	English	4,5,6,7,8	pre, s	storybook	dairy
National Institute of Health	Milk Matters: For Strong Bones...For Lifelong Health	Public health campaign to promote calcium consumption during the years 11 - 15. Contains fact sheets and resources for teachers.	English/ Spanish	11,12,13,14,15	s, as	fact sheet, res	dairy, minerals, ethnic
Tufts University	My Plate for Older Adults (replaces Modified MyPyramid)	Picture of plate with items older adult might eat and drink.	English/ Spanish	65	com	poster	MyPlate, elderly, ethnic
Kathleen Stefancin	Molly the monkey Finds a Pineapple	Molly the monkey finds a pineapple and searches for another. Along the way meets other animals enjoying other fruits and veg. Ends up sharing the located pineapple. Est. ages 3 - 8	English	3,4,5,6,7,8	pre, s, as	storybook	fruit, veg, eat healthy, snacks
Barbara Jean Hicks	Monsters Don't Eat Broccoli	Monsters discover that the "trees" they like to eat look like broccoli so may be broccoli will be OK. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	veg

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Source	Title	Description	Language	Age	Venue	Format	Topics
www.journeyworks.com	Moving with Tradition: Instant Recess	DVD focuses on American Indian dance moves associated with the traditional dances, such as the shawl dance of the Fort Peck Tribe of Montana. It's well-done visually and uses a wide range of moves involving most of the body, while keeping to the rhythm of the beating drum. The dance moves are interspersed with tribal elders sharing their thoughts on how movement has been a part of their culture, and its role in being healthy. Has lots of pep. This would be appropriate for young people, although no young people are seen in the video.	English	12,13,14,15,16,17, 18, adult	s, as, com	DVD	PA, ethnic
Candace Fleming	Muncha! Muncha! Muncha!	32 page book for ages 3-7 . Farmer and bunnies like to eat fresh crunchy vegetables.	English	3,4,5,6,7	pre, s	storybook	veg
Produce for Better Health	Munching Matters: The Snacking Secret	At home, at work and at school, find out why fruits and veggies are the best-kept snacking secret. Brochure includes quick and easy ideas for smart snacks as well as tips for busy family on the go. Brochures pair well with MM-BALA-SP. 8 panels, 4" x 9" folded. 100/pack For all ages.	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18,adult	s, as, com	brochure	snack, f/v
HRSA.gov	My Bright Future: Physical Activity and Healthy Eating Tools for Young Women	15 page booklet with information on PA and healthy eating for young women. ftp://ftp.hrsa.gov/mybrightfuture/GuideforYoungWomen.pdf	English	12,13,14,15,16,17,18	s,as, com	booklet	PA, eat healthy, portions, frt, veg
Wendy Lewison	My First Garden	Mother and child plant a vegetable garden and watch it grow. For ages 3 - 5	English	3,4,5	pre, s	storybook	garden, veg, growing
NYC Health	My Plate Planner	Handout shows participants of ways to incorporate food from all the food groups on their plates. Unallowable page: How to Choose Healthy. Allowable page: A HealthyMeal Tastes Great page. For est. ages 12 - adult	English/ Spanish	12,13,14,15,16,17,18, adult	s, com	h/o	MyPlate, eat healthy, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
Abrams Learning Trends	My Wonderful Body	Children explore body structures and how to make food choices to help their bodies grow strong. Includes teacher's guide and interactive components. Check with PM prior to use regarding allowable sections. For ages 3 - 7.	English/ Spanish	3,4,5,6,7	pre, s, as	bk nf	eat healthy, ethnic
Learning Zone Express	MyPlate Bulletin Board	Kit that provides appropriate materials for a bulletin board display. Est. ages 10 to 18	English	10,11,12,13,14,15, 16,17,18	s, as	res	MyPlate
Nasco	MyPlate Cling Kit	This kit combines five of the plastic MyPlate place mats with two sets of food clings for a total of 98 foods to assemble a variety of meals.	English	5,6,7,8,9,10,11,12, 13,14,15,16,17,18,adult	Com	Res	eat healthy, frt, veg, meal planning
I'm Safe Child Safety Solutions	MyPlate Curriculum Lit for grades PreK-1	Reaches children and their families with nutrition education regarding MyPlate. It offers activities and lessons that support early childhood learning and are easy to integrate into existing programs. Please consult with your Program Manager prior to use	English	3,4,5,6,7	pre, s, ss, as	curr, activities, lessons	MyPlate
Nasco	MyPlate Deluxe Cling Kit	This kit combines five of the plastic MyPlate place mats with Food Cling Sets I, II, and III and PolyZip Envelope for a total of 142 foods to assemble a variety of meals.	English	5,6,7,8,9,10,11,12, 13,14,15,16,17,18,adult	Com	Res	eat healthy, frt, veg, meal planning
Society of Nutrition Education	MyPlate e-catalog	Help nutrition educators find and use nutrition education tools/curriculums to teach MyPlate	English/ Spanish	staff	s, com	res	MyPlate, ethnic
Learning Zone Express	MyPlate Elementary DVD	Registered Dietitian Melissa Halas-Liang shows two students how some of their favorite meals can be both delicious and nutritious by using the USDA MyPlate guidelines. Key messages for each food group are explained while the dietary guidelines are applied to a variety of favorite foods like tacos, pizza, breakfast foods, and fun snacks. 23 mins. teacher material available on line. The kitchen how-to segments are interspersed with interviews of real kids eating and talking about their favorite nutritious foods!	English	6,7,8,9,10,11,12	s,as,ss	DVD	MyPlate, breakfast, snacks

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Source	Title	Description	Language	Age	Venue	Format	Topics
Flexi Group	MyPlate folding card	Descriptions of each food group appear on the back of the flaps. Shows how a plate might appear when filled with delicious foods from each food group. Paperboard, 5.5 x 5.5" with the flaps closed	English	8,9,10,11,12,13,14,15,16,17,18,adult	com, s	h/o	MyPlate, eat healthy
Nasco	MyPlate Food Cling Set I	As above with Two sheets with food images to cut out (18" x 12-1/2").	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18,adult	s,pre,ss,as,com	res	eat healthy, frts, veg, meal planning, grains, dairy, protein
Nasco	MyPlate Food Cling Set II	As above with a reproducible sheet that includes nutrition information for each food listed	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18,adult	Com	res	eat healthy, frts, veg, meal planning, grains, dairy, protein
ChooseMyPlate.gov	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
USDA and other sources	MyPlate materials	MyPlate materials from a variety of sources are allowable as long as the MyPlate "rules" are followed	English, Spanish, Chinese	6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s,as,ss,com	ho/ poster, lesson, res, DVD, video, game, fact sheet	MyPlate, eat healthy, ethnic, frt, veg, meal preparation
Learning Zone Express	MyPlate Poster	Colorful USDA MyPlate Poster highlights how to build a healthy plate with tips for selecting the best choices within each food group. Additional tips include foods to cut back on, eating the right amount for you, and being physically active your way. For est. ages 10 plus	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	poster	MyPlate, portions, PA
USDA	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
USDA: Choose MyPlate	MyPlate snack tips for parents	One of the 10 Tips series. Ideas for fast, nutritious snacks. The Choose MyPlate tips handout must accompany this hand out when distributed.	English	adults	com	h/o	MyPlate, snacks
Nasco	MyPlate Stickers	The MyPlate image with five different backgrounds to inspire participants to fill their plate half full of fruits and vegetables. Hand these out at health fairs, as awards for young children, or on all your correspondence	N/A	All	Pre,s,com,ss	stickers	MyPlate, frt/veg

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Source	Title	Description	Language	Age	Venue	Format	Topics
Learning Zone Express	MyPlate Tablet	Colorful USDA MyPlate Tablet highlights how to build a healthy plate with tips for selecting the best choices within each food group. Additional tips include foods to cut back on, eating the right amount for you, and being physically active your way. Tablet backside features a variety of tips to make a great plate. Ages n/a est. 10 plus. # 470106	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	h/o	MyPlate, portions, PA
Sarah Mohrman	MyPlate Trivia	Teaches individuals the most important messages of MyPlate. Use with 60 Power point slides (CD) or handouts. For ages 13 - adult	English	13,14,15,16,17,18, adult	s, as, com	game, PP, h/o	MyPlate
www.bluetoad.com	MyPlate, My Health	23 min DVD that covers PA, MyPlate, eating healthy. Includes 55 page teacher's guide, pre/post tests and student handouts. For grades 7 - college. \$150	English	12,13,14,15,16,17,18	s, as	DVD, h/o, guide, res	Eat healthy, PA, MyPlate
Cathryn Falwell	Mystery Vine	A story about growing variety of veggies in gardens, and how to start a garden. Recipes are not allowable.	English	3,4,5,6,7	pre, s, as	bk nf	garden, growing, frt, veg
NASCO	Myth Busters: Carbohydrates and Proteins	Tablet Set: States popular myths and why they are false. Covers simple carbohydrates, complex carbohydrates, protein, and vegetable proteins. Features eye-catching photos and dietary tips. Includes two double-sided tablets, one featuring carbohydrates and one featuring protein. For ages 14 -18, adult	English	14,15,16,17,18, adult	s, as, com	h/o	protein,veg,grains
NASCO	Myth Busters: Fats	Tablet Set: dispel popular myths about the four types of fat: monounsaturated fat, polyunsaturated fat, saturated fat, and trans fat. Cover what fats are good for you, cooking oils, meats, which fats affect cholesterol level, and how to avoid certain fats. One double-sided tablet features monounsaturated and polyunsaturated fats and the other double-sided tablet features trans and saturated fats. For ages 10 - adult.	English	10,11,12,13,14,15,16,17,18, adult	s, com	h/o	fat
NASCO	Nasco's Power Puzzle	20 puzzles to supplement and expand your nutrition curriculum. For ages 11-- 18.	English	11,12,13,14,15,16,17,18	s, as	game, puzzle	eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
http://theweightofthenation.hbo.com/films/bonus-shorts/nashville-takes-action-a-city-battles-obesity	Nashville Takes Action: A City Battles Obesity	20 mins web video about Nashville which improves their environment and health outcomes of the citizens with help from the city's leaders. Can be located under "Watch" / Bonus Shorts.	English	staff, 17, 18,adult	com	web, video, dvd	community, healthy eating, PA, ethnic
USDA	National Farm to School Handbook	Handbook focusing on procurement, farm-to-school distribution models, locally-grown food and farmers, menu meal planning considerations, and strategies for success. Use only as staff resource.	English	staff	s, as	res	garden
USDA FNS	Nibbles for Health	Nutrition Newsletters for Parents of Young Children. Out of date 2008, do not use MyPyramid materials.	English/Spanish	adult, 3,4,5	s, com	newsletter	eat healthy, ethnic
George McClements;	Night of the Veggie Monster (storybook and accompanying lesson plans)	A young boy turns into a veggie monster the moment a pea touches his lips. He's ok when he realizes the pea tasted all right. He'll have to get ready for broccoli next. For ages 4 - 8. Also available lesson plan for grades K-4th check with PM.	English	4,5,6,7,8	pre, s	storybook	veg, picky eater, tasting
Nicole Rubel	No More Vegetables!	When a young girl demands "No more vegetables," her mother agrees as long as Ruthie helps in the vegetable garden. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	veg, garden
Center for Ecoliteracy	Nourish: Food + Community	The story of our food, how to help create sustainable communities. Only 3 lessons are approved by USDA. They are 1) Story of Food 2) Food Traditions 3) Analyzing Food Ads. The DVD has not been approved.	English	11,12,13	s, as	lessons	adv, traditions, eat healthy
Pam Abrams	Now I Eat My ABC's	Letters are made out of a produce (B= blueberries, Z= zucchini sticks). For ages 3 - 5	English	3,4,5	pre, s	storybook	f/v
Catherine Slonescki / songsforteaching.com	Nutricise	A CD with a happy blend of active learning songs and nutritional information, at a level 4-7 year olds understand. Lyrics and content unknown. Use if MyPlate material is appropriate.	English	4,5,6,7	pre, s	CD	PA, eat healthy

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Learning Zone Express	Nutrient Basics	Nutrients are the substances in food that work to keep our bodies healthy and eating a variety of foods from the food groups will give your body the nutrients it needs maintain good health. Registered Dietitian Melissa Halas-Liang and two students explore the functions, benefits and sources of the six types of nutrients: protein, carbohydrates, fats, vitamins, minerals and water. 20 mins. Teacher materials included.	English	11,12,13,14,15,16,17,18, adult	s, as, com	DVD	science, nutrients, vitamin, mineral, fat, carbs, protein, water
Parlay International	Nutrition	Covers the food pyramid; reading product label; and healthy ways to cook with grains, eggs, beef and beans. Kit is one section from Fitness & Nutrition Kopy Kit. Available in CD ROM format. 61 reproducible pages with binder. Has not been reviewed for allowability. MyPyramid information is no longer valid, do not use. Send any material used to PM prior to distribution.	English	adult	com	toolkit, CD	PA, label, cooking, grains, protein
Debbie Cryer, Adele Richardson Ray, Thelma Harms	Nutrition Activities for Preschoolers	Book: Five Steps to Successful Nutrition Education for preschoolers.	English	3,4,5	pre	ideas	eat healthy, nutrition,
American Cancer Society	Nutrition and Activity Quiz	Quiz to find out if one is "living smart". Use as template but update to go with MyPlate. For adult	English	adult	com	activity sheet, quiz, template	PA, eat healthy, assessment
University of North Carolina – Chapel Hill	Nutrition and Physical Activity Self Assessment for Child Care Providers (NAP-SACC)	To promote healthy eating and physical activity in young children in child care and preschool settings.	English	3,4,5	pre	res	PA, assessment
USDA Team Nutrition	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

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
USDA Team Nutrition (avail at CHKRC)	Nutrition Essentials	This interactive curriculum CD addresses dietary quality, food safety, and the management of food resources. The 17 lessons include topics such as: smart snacking, saving money on meals, keeping food safe to eat, feeding infants, and eating for a healthy pregnancy. As of Feb 2013 still contains MyPyramid. Do not use any lesson or handout with MyPyramid reference unless MyPlate info is substituted.	English	10,11,12,13,14,15,16,17,18, adult	com,s, as	CD,lessons, curr	snack, budget, safety, eat healthy
Alameda County Public Health Dept. Nutr Serv.	Nutrition Facts for Popular Fast Food meals	Handout of the fat and calorie content of popular fast foods. Locate under Ed. Tools. For use in classroom only, not for public distribution	English	12,13,14,15,16,17,18, adult	s, as, com	h/o	eating out, eat healthy, fat, calories
Wisconsin Nutrition Education	Nutrition Facts in Spanish	Hand out on food label for Spanish speaking audience.	English/Spanish	adult	com	h/o	label, ethnic
American Dietetic Association	Nutrition Facts Sheets	36 Eat Right nutrition tip sheets provide practical food and nutrition guidance for healthy eating for adult written by ADA staff RDs	English	adult, staff	com	fact sheet, res	eat healthy, grains, protein, dairy, veg, frt, snacks, meals, sugar, fat, bev, salt, vitamins, minerals
NASCO	Nutrition Facts Toss-Up Ball	This 15" inflatable ball challenges players with 60 questions about general nutrition	English	5,6,7,8,9,10,11,12,13,14, adult	s, as, com	game	PA, eat healthy
USDA: TEAM Nutrition (N.Dakota Dept of Public Instruction)	Nutrition Fruit and Vegetable lessons for Preschool Children	Several short lessons introducing 3-5 yr. olds to fruits and vegetables. Might be useful as a template for approved books. Suggested books may not be allowable. A Tiskit a Tasket, Little Sprouts and Three Sister lessons do not contain enough Nut Ed as written. Components may be allowable.	English	3,4,5	pre	lessons, template	fruit, veg, dairy,
Connie Liakos Evers	Nutrition Fun with Brocc & Roll: A Hand-On Activity Guide Filled with Delicious Learning!	Activity guide with activity sheets and recipes for use by either educators or parents. encourages children to make healthy choices. It has six chapters. For ages 6 - 12. Use of recipes is not allowable.	English	6,7,8,9,10,11,12	s, as	activity sheet	eat healthy

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
University of California at San Diego	Nutrition Link	Nutrition Education curriculum follows the California Health Education standards and California Core Content Standards for 3rd, 4th and 5th graders. For ages 8 - 10. Do not use any MyPyramid information , update to MyPlate.	English/ Spanish	8,9,10	s, as	curr, lessons	eat healthy, ethnic, portions, PA, f/v, safety
Dairy Council of California (avail at CHKRC)	Nutrition Pathfinders (5th grade)	This seven lessons unit reinforces language arts and math while teaching health in a fun way. Uses behavior change model. Students analyze own food and activity records to make goals.	English/ Spanish	9 to 10	s, as	lessons	math, health skills, eat healthy, language arts, ethnic
Dairy Council of California (avail at CHKRC)	Nutrition Pathfinders (4th and 5th grade)	This five lessons unit reinforces language arts and math while teaching health in a fun way. To be replace in 2012 with individual lessons for 4th and 5th grade. For ages 9 - 10.	English/ Spanish	9 to 10	s, as	lessons	math, health skills, eat healthy, language arts, ethnic
Dairy Council of California	Nutrition Pathfinders (4th grade)	New in 2012, 7 lessons that build upon 3rd grade program. Will contain parent component. For age 9.	English/ Spanish	8,9	s, as	lessons	math, health skills, eat healthy, ethnic
www.healthedco.com	Nutrition poster set	6 laminated posters (18x 24), one for each food group plus PA. Includes key terms (e.g. Vary your vegetables etc.)	English	7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	posters	MyPlate, veg, fruit, protein, dairy, grains, PA
Produce for Better Health	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
NASCO	Nutrition puppets	These ten 6" x 8" Nutrition Puppets are made of soft, fleece fabric and are large enough for an adult hand. For ages 3 - 7.	English	3,4,5,6,7	pre, s	game	eat healthy
SNAP-Ed Connection	Nutrition Through the Seasons	Resource that highlights nutrition education materials and resources through out the year	English	staff	s, com	res	PA, eat healthy
California Department of Education (avail at CHKRC)	Nutrition to Grow On	An innovative curriculum for ages 9-11 that offers teachers a direct link between the garden and nutrition education. Check with PM prior to use of lessons. Some components are not allowable.	English	9,10,11	s, as	curr, lessons	garden, eat healthy
TEAM Nutrition USDA	Nutrition Voyage: The Quest to be Our Best	3 lessons for 7th grade and 3 for 8th grade: to learn about making healthy food and PA choices. Aligned with Math, Science and Language Arts. Students can investigate, participate, evaluate and reflect.	English	11,12,13,14	s, as	lessons	frt/veg, PA, snacks, growing

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Michael Ableman	On Good Land: An Autobiography of an Urban Farm	The remarkable true story of a farm's 12 acre struggle to survive amidst a sea of development, and the awakening of a community to the riches it provides. For est. ages 15 -18 .	English	15,16,17,18, adult, staff	s,com	bk nf, res	garden, eat healthy, fruit, veg,
Anne Rockwell	One Bean	A bean plant grows from one bean and produces many beans to eat. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	veg, growing
Hannah Tofts	One Cool Watermelon	Kids can count their way to healthy eating with this delicious introduction to math through familiar fruits and vegetables. Examine texture tastes and sizes. Open flaps to view inside produce. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	math, f/v, senses
American Council on Exercise (ACE)	Operation FitKids	Curriculum for educators looking to integrate health and fitness into classroom learning. Seven-lessons curricula. For ages 8 - 10 and 11 - 13.	English	8,9,10,11,12,13	s, as	curr, lessons	health skills, eat healthy, PA
<i>Network for a Healthy California</i>	Opportunities for Retailing in Low-Income Communities	Describes critical issues that are in the urban setting. Provides options to address the shortage of supermarkets in low-income areas	English	staff, adult	com	res	shopping, eat healthy, report
Lisa Bullard	Orange Food Fun	Book of text and photos about orange colored foods. From a series of eat your colors. For ages 3 -5	English	3,4,5	pre, s	bk nf	fruit, veg, photo
Gretchen Will Mayo	Orange Juice (where does our food come from?)	Provides information on how oranges are grown and harvested and how orange juice is extracted. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	fruit, process, growing
Snyder	Oranges	Book about oranges, how they grow and the process we use to get to eat them. Ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, growing
Louise Spilsbury	Oranges	This title is part of a series that introduces young readers to key foods, looking at how they reach our plate, and what they provide nutritionally. Age n/a	English	7,8,9,10	s, as	bk nf	fruit, process
Rozanne Lanczak Williams	Oranges for Orange Juice	The book follows a simple pattern which is easy for ESL students to follow. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	fruit, process, ESL
Inez Snyder	Oranges to Orange Juice	Full-color photographs, discusses how orange juice is made from start to finish. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, process, photo
Llewellyn	Oranges What's For Lunch	HOTM book, covers many aspects of oranges. For ages 5 - 10	English	5,6,7,8,9,10	s, as	bk nf	fruit

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Network for a Healthy California	Ordering Farm Fresh Produce for Worksites	Guide to ordering produce	English	adult	com, worksite	brochure	fruit, veg, shopping
Gorel Kristina Naslaud	Our Apple Tree	A Thumbelina-sized boy and girl who live in an apple tree follow its progress through the seasons and enjoy its fruits. For ages 5 - 7	English	5,6,7	s, as	storybook	fruit, growing
Diane Mayr	Out and About At the Apple Orchard	Describes all that is involved in growing apples--covering planting, pollination, harvesting, different varieties, and more. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	process, fruit, growing
Ellen Mochein	OutDoor Play: Sports and game for Kids of All Ages	OutDoor Play provides everything you need to get children involved in an active fitness program! Over 80 game and activities are described. For ages est. 4 - 14	English	4,5,6,7,8,9,10,11,12,13,14	pre, s	game, ideas	PA
WE CAN (part of NHLBI, NIDDK, NICHD and NCI)	Parent Tips: Making Healthier Food Choices, Saving Money	A tip sheet that presents simple ideas to help parents plan and prepare meals and snacks to help family get the most nutrition for their dollar. For adult or use as resource.	English	adult, staff	com	h/o, res	meals, snacks, budget, meal planning
meals Matter.org	Parents Get Straight A's With A Healthy Breakfast	2 pages. Reviews reasons and suggestions for a healthy breakfast. For adult	English	adult	com	h/o	breakfast, eat healthy
California Project LEAN	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
Dairy Council of California	Parents: Be Your Child's Partner in Healthy Bones	Provides information to parents about the role of calcium and exercise in promoting bone health in children's bones. Use as resource not appropriate to hand out to low literacy.	English/Spanish	staff	com	res	minerals, dairy, ethnic
National Teen Action Research Center of the Institute of Community Research	Participatory Action Research Curriculum for Empowering Youth	A curriculum based on action research model that promotes learning and change by engaging youth in collecting information about their health. For ages 8 - 18.	English	8,9,10,11,12,13,14,15,16,17,18	s, as, com	curr, lessons	youth engagement
Claire Llewellyn	Peanuts (What's for Lunch?)	Provides nutrition information about how peanuts grow, harvested, marketed and processed. For ages 5-8	English	5,6,7,8	s, as	bk nf	protein, growing, process

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
NCES	Personalizing MyPlate: Easy Changes	People have such different lifestyles and food preferences – is it possible for everyone to eat healthy? Featuring several young adults, who want to improve their eating habits this program shows how real people can easily modify and find healthier alternatives for their meals and snacks. Learn how the principles of MyPlate help people who are busy, comfort-food lovers, or non-cooks eat more fruits and vegetables, up their whole grains, vary their proteins, and limit fat, sugar and sodium to create a healthier plate. 25 mins. 2012	English	11,12,13,14,15,16,17,18, adult	s, as, com	DVD	MyPlate, frt, veg, fat, sugar, sodium, protein, grains, snacks, meals
ChooseMyPlate.gov	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>	Physical Activity Empowerment Brochure	Discusses how to feel and be healthier with PA and describes different level of intensity	English/Spanish	staff, adult	s, com	brochure	PA, ethnic
<i>Network for a Healthy California</i>	Physical Activity for Your Healthy, Your Life and Your Neighborhood	Strategies to create healthier home and communities. Includes eating fruits and vegetables daily along with PA	English/Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, ss, com	brochure	PA, eat healthy, ethnic
CANFIT	Physical Healthy Activities Together (P.H.A.T.)	Workshop for leaders to help understand cultures, improve communication and engage youth in learning about health and concepts of marketing. May need to be revised. Discuss with PM.	English	staff	com,s	lessons	PA, training, ethnic
Lola M. Schaefer	Pick Pull Snap! Where Once a Flower Bloomed	A picture book that describes in simple terms the process by which plants create seeds and bear fruit. For ages 5 - 8	English	5,6,7,8	s, as	bk nf	fruit, garden
Univ of New Hampshire Clemson Coop Ext	Picky Eater	Helpful tips for parents of children with challenging eating choices and food aversions.	English/Spanish	adult	com	h/o	eat healthy, picky eater, ethnic
Cathy East Dubowski	Picky Nicky	Picky Nicky has in mind what she wants for dinner. Her parents, however, are providing Nicky with a variety of healthy foods to eat. Nicky then goes to a neighbor's home to eat but finds the same foods. She finds that putting the vegetables in the spaghetti is a good way to eat them. For ages 3 - 5	English	3,4,5	pre, s	storybook	veg, eat healthy, picky eater

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Source	Title	Description	Language	Age	Venue	Format	Topics
Jennifer Dussling	Picky Peggy	Peggy, a picky eater, decides to become a bold eater when she learns what happens when one doesn't eat the foods one is supposed to eat. For ages 4 - 8.	English	4,5,6,7,8	pre, s	storybook	f/v, eat healthy, picky eater
Harvard school of Public Health (avail at CHKRC)	Planet Health: An interdisciplinary curriculum for teaching middle school nutrition an PA	Interdisciplinary curriculum: 35 lessons 31 micro units for sixth through eighth grade students that builds and reinforcing skills in language, arts, math, science, social studies, and physical education. Includes supporting materials for 2 week reduce TV time, FitCheck (self assessment tool). For ages 11 - 13. Lesson 19 is unallowable. Other lessons should be reviewed by PM prior to use.	English	11,12,13	s, as	curr,lessons	math, eat healthy, PA, language arts, science, assessment
Susan Blackaby	Plant Plumbing: A Book about Roots and Stems	A book about what roots and stems do, mentions how several plants grow. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	f/v, growing
David M. Schwartz	Plant Stems and Roots	Highlights stems and roots, the essential plant parts that give us radishes, blackberries, peas, milkweed, corn, strawberries, and trees. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	f/v
USDA / FNS	Play Hard Your Way	ideas for increasing activity at home, work, etc.	English	adult	com	h/o	PA
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Playing for Healthy Choices	56 customized cards and activity booklet with PA on one side and nutrition message on the other. Cards have silhouettes of people that represent the cultural diversity, limited mobility and age groups of the target audience.	English/ Spanish	6,7,8,9,10,11,12,13,14,15,16,17,18	s, as	game, cards	ethnic,PA
CA Project LEAN	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
CA Project LEAN	Policy in Action : A guide to implementing school wellness policy	Road map for developing and implementing a plan for a school wellness policy. \$10	English	adult	s	res	report

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Channing Bête Company	Portion Control -- For A Healthy Weight	Discusses why portion control is important for a healthy lifestyle. Learn the difference between a serving and a portion, and how many servings from each food group they should eat daily, provides practical tips and states that portion sizes have become much larger in restaurants and in packaged foods. For ages est. 15- adult	English/ Spanish	15,16,17,18, adult	s, com	lessons	portions, eating out
Humans Relations Media (Avail from CHKRC)	Portion Control: Seeing the Healthy Way to Eat	DVD Hosted by 2 teens, this program engages youth (ages 12 - 19) to watch their intake by showing serving sizes typical in restaurants and the high levels of fat, sugar and salt.	English	12,13,14,15,16,17,18, 19	s, as	DVD	portions, eating out, fat, salt, sugar
Learning Zone Express	Portion Distortion	2-sided handout illustrates clearly the difference between recommended portion sizes and what more likely appears on our plate. The back shows the easiest ways to measure portions. May not be available per web site. For ages 14 - adult.	English	14,15,16,17,18, adult	s, as, com	h/o	portions
California Healthy Kids Resource Center	Portion Distortion	Students and a Dietitian present the importance of balancing energy intake an energy expenditure. Available in DVD and as poster for ages 9 - 11.	English/ Spanish	9,10,11	s, as	DVD, poster	portion,PA, ethnic
The Portion Plate	Portion Plate – Adult and Kids	A weight management tool that helps adult and children learn how to eat and focus on portion sizes.	English	7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	activity sheet	portion
NASCO	Portion Size Kit	An easy way to help teach portion sizes and visualize with items included to illustrate portions size; tennis ball etc. Also comes with a laminated card with food portion sizes listed. For est. ages 10- adult.	English	10,11,12,13,14,15,16,17,18, adult	s, com	game, cards	portion
<i>Network for a Healthy California</i>	Posters	See <i>Network</i> site for listing of the variety of posters available	English/Spanish/Chinese	8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	posters	PA, eat healthy, ethnic
Joyce Bentley	Potatoes	A review and explanation of the different kinds of potatoes and discussion on garden and harvesting. For ages est. 5 - 10	English	5,6,7,8,9,10	s, as	bk nf	veg, growing

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Source	Title	Description	Language	Age	Venue	Format	Topics
Claire Llewellyn	Potatoes: What's for Lunch?	Provides nutrition information about how potatoes are grown, harvested, marketed and what other products are made from potatoes. Photos included. For ages 5 - 8	English/ Spanish	5,6,7,8	s, as	bk nf	veg, process, photo, ethnic
<i>Network for a Healthy California</i>	Potter the Otter	Network approved supplemental activity worksheets, posters for young children. The book Drink Water Said the Otter is not allowable.	English/ Spanish	3,4,5,6,7,8,9,10	pre, s, as, ss	poster, activity,	bev, RYD
http://theweightofthenation.hbo.com/films/bonus-shorts/healthy-foods-and-obesity-prevention-increasing-markets-for-fruit-and-vegetable-farmers	Poverty and Obesity	24 mins video examines difficulties involved in increasing access to fruits and veg. A couple of strategies to increase access are showcased.	English	staff, adult	com	web, video,dvd	comm service, eat healthy, family, process, farmers market
USDA	Power Panther Stickers	USDA developed materials. Stickers may be given out when used as educational material for a lessons.	English/ Spanish	4,5,6,7,8,9,10	pre, s, as	stickers	PA, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play Campaign	For ages 9 - 11, MyPlate fruit and veg recommendations with activities to empower kids to make half their plate f & v. Supporting materials & poster included	English	9,10,11	s, as	toolkit, poster	PA, eat healthy, f/v, MyPlate
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play Fit Deck Power Cards	Power Cards give elementary school aged children a fun and easy physical activity resource to play with to stay active while indoors, alone or to share with their family at home.	English	9,10,11	s, as	game, cards	PA
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play Photovoice Kit	Instructional guide on youth engagement and community awareness.	English	adult, 14,15,16,17,18	s, as, com	guide, toolkit	eat healthy, youth engagement
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Activity	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
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	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/Spa nish	adult, staff, 5,6,7,8,9,10,11	s, as, ss, com	toolkit	PA, eat healthy, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Flyers	See <i>Network</i> site for description of flyers	English	9,10,11	s, as	flyer	PA
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Football Pop Out Game	See <i>Network</i> site for description of game	English	9,10,11	s, as	game	PA
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Latino and African American Campaign Case Studies	Strategies for building healthier communities during Nut Ed and PA interventions	English	staff	s, as, com	res	PA, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	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 Play! Campaign</i>	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
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Student workbooks / Are You Ready to Get the Power	Revised workbooks in 2009 to include Nut Ed in the school day. PA also included. For 4th and 5th graders	English	9,10,11	s, as	worksheet	PA
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Up for Learning: A PA Supplement to the School Idea and Resource Kit	To assist teachers in reinforcing nut ed lessons through PA game	English	staff	s, as	guide	PA, eat healthy
<i>Network for a Healthy California-Children's Power Up</i>	Power Up in 10 Strength Training	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
<i>Network for a Healthy California-Children's Power Up</i>	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.	English	9,10,11	s, as, ss	booklet	PA, snacks

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Source	Title	Description	Language	Age	Venue	Format	Topics
Dairy Council of California	Preschool Program Resource Kit	Nutrition information via engaging activities. Children learn to recognize foods and categorize them, ID foods that can be part of breakfast and lunch, prepare simple recipes (unallowed). Kit includes CD ROM, 50 booklets and tip sheets. For ages 3 - 5. Update to MyPlate if needed.	English/ Spanish	3,4,5	pre, s	lessons	cooking, ethnic, meals
<i>Network for a Healthy California</i>	Produce 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, fruit, veg.
<i>Network for a Healthy California</i>	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	fruit, veg, eat healthy, preparation, shopping, photo, ethnic
<i>Network for a Healthy California</i>	Produce Quick Tips/Recipe Card Combo	8 x 6 double sided flash cards: Nutrition info on one side, recipe on the other.	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	recipe cards	fruit, veg, recipe
Iowa State Univ Coop Ext	Project READ Together	Education program that helps family develop literacy skills while promoting healthy eating. Has 3 "bags" each focuses on a nutrition topic. For young children and parents. Prior to use check to ensure books are on the approved list.	English/ Spanish	4,5,6,7,8	pre, s	bk nf	eat healthy,
Christiane Jones	Pruebalo: Just Try It	Book, 24 pages. Young boy discovers he likes vegetables when they are cooked in a casserole. Easy reader, est. ages 4 - 7.	English	4,5,6,7	pre, s	storybook	veg
George Levenson	Pumpkin Circle: The Story of a Garden.	A video and picture book designed to show elementary children the cycle of nature in a pumpkin patch. For ages 4 - 7	English	4,5,6,7	pre, s	video, bk nf	fruit, veg, growing
Jeanne Titherington	Pumpkin Pumpkin	About watching pumpkins grow from seed then planting the seeds. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, veg, growing
Helen Cooper	Pumpkin Soup	Ages 3-8 years. Cute story of animals making soup.	English	3,4,5,6,7,8	pre, s	storybook	fruit, veg, cooking
Jacqueline Farmers	Pumpkins	Portrays fall harvest and falls favorite fruit the pumpkin and filled with fun facts, origin and recipes. For ages 5 - 8. Use of recipes is unallowable.	English	5,6,7,8	s, as	bk nf	fruit, veg
Ken Robbins	Pumpkins	Describes the life cycle of fruit, photos and poetic text. For ages 5 -7	English	5,6,7	s, as	bk nf	fruit, photo, veg

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Source	Title	Description	Language	Age	Venue	Format	Topics
Ann L. Burckhardt	Pumpkins/Calabazas	Non-fiction. Provides an introduction to pumpkins, parts and how pumpkins grow. For ages 4 - 8	English/ Spanish	4,5,6,7,8	pre, s	bk nf	fruit, veg
McCall and Craft	Purposeful Play	36 developmentally appropriate activities to create a low-cost, easy-to-use movement program for 3-7 year old kids. Activities use commonly available materials and minimal space to help children learn movement, fitness, and sound nutrition. Each activity includes goals, simple instructions, adaptations for children with special needs and fun variations.	English	4,5,6,7,8,9,10	pre, s, as	bk nf	PA
Dairy Council of California	Put Your Beverage to the Test	All Ages. Handout featuring nutrition information on various beverages.	English	7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	h/o	bev, RYD
Susanna Gretz	Rabbit Food	A picky eater learns the importance of eating fruits and vegetables and getting physical activity. Even the uncle decides to try carrots. For ages 4 - 7	English	4,5,6,7	pre, s	storybook	picky eater, fruit, veg, PA
April Sayre	Rah Rah radishes	Photos of fruits and vegetables. For est. ages 3 - 7	English	3,4,5,6,7	pre, s, as	bk nf	fruit, veg, FM, photo,
CA Project LEAN	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/Spa nish	staff	s	res	report, campaign
USDA / FNS	Read it Before you Eat it	Poster on how to read a label. Can be downloaded for a handout.	English/ Spanish	9,10,11,12,13,14,15,16,17,18, adult	s, as, com	poster, h/o	label, ethnic
National Health Video, Inc.	Reading and Understanding the New Food Label	Video designed to help consumers use the new food label. Shopping tips included. For ages 14 - adult.	English	14,15,16,17,18, adult	s, as, com	video	shopping, label
www.healthedco.com	Reading Food Labels is a Healthy Habit	24 x 36 poster that is basically just the label with explanatory text minimized. Easy to bring into an audience or for people to see.	English	7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	poster	label
American Heart Association	Reading Food Nutrition label	Brochure on how to read label. Should be used as resource and not passed out to SNAP-Ed clients	English/ Spanish	staff	com	res	label, shopping/ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
CANFIT	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 from canfit.org	Spanish	staff	s, as, com	ideas	eat healthy, PA, ethnic
<i>Network for a Healthy California</i>	Recipe Cards	4x6 inch cards with healthy and easy to cook recipes. Can be distributed via grocery stores, health fairs, farmers markets.	English/ Spanish	adult	com	recipe cards	eat healthy, cooking, recipes, ethnic
<i>Network for a Healthy California</i>	Recipes	Healthy recipes	English/ Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, ss, com	cookbook	recipes, ethnic
Fruits and Veggies More Matters	Recipes	Healthy recipes	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, ss, com	cookbook	recipes
Produce for Better Health	Recipes	Healthy recipes	English/ Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	pre, s, as	cookbook	recipes, ethnic
SNAP-Ed Connection	Recipes	Healthy recipes	English	adult	s, com	cookbook	recipes
California WIC	Recipes	Collection of recipes for CalFresh population. Only California WIC recipes are allowable.	English/ Spanish	adult	com	cookbook	Recipes, ethnic
Wade Zahares	Red Are the Apples	A children's book for ages 4-8 that describes what you can find in an autumn garden which includes red apples, bright colors and includes a book of rhymes.	English	4,5,6,7,8	pre, s	bk nf	fruit, veg, garden
NCES	Red Light, Green Light, Eat Right	As any parent knows, getting your kids to eat the right foods in the right portions can be a challenge. This book provides an effective plan for the whole family that uses the colors of the traffic light to divide food into three categories: Green(Go!), Yellow(Slow!) and Red(Uh Oh!).	English	adult	com	bk nf	eat healthy
www.journeyworks.com	Reggae: Instant Recess	DVD for all ages. Upbeat, with good movement. Can be used for chair bound.	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult, 60	s, as, com	DVD	PA, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
Project Food, Land and People	Resources for Learning Lessons	Updated collection of 55 Pre-K through 12th grade lessons plans for use in either a formal or non-formal education setting on interrelationships among agriculture, the environment and people of the world. lessons may / not be allowable. Only 50% of lessons appear allowable, check with PM.	English	4,5,6,7,8,9,10,11,12,13,14,15,16,17,18	s, as	res, lessons	eat healthy, ethnic
<i>Network for a Healthy California</i>	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 food demo	English	adult	com	toolkit, template	training, f/v
<i>Network for a Healthy California</i>	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, fruit, veg.
<i>Network for a Healthy California</i>	Retail Sell-In	Introduces commercial sources to the <i>Network</i> . It outlines benefits of the program and encourages Partnerships with the Retail Program	English	adult	com, retail	brochure	guidance
<i>Network for a Healthy California</i>	Retail 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, adult, staff	com	toolkit, template	training, shopping
<i>Network for a Healthy California</i>	Rethink Your Drink Label Cards	Ten cards with picture of a type of beverage with a Nutrition Facts label. Est. for ages 12 to adult	English	12,13,14,15,16,17,18, adult	s, as, com	cards	bev, sugar, calories, label, RYD
Rita Golden Gelman	Rice is Life	Book about how rice is grown in Bali with a cultural perspective. The intro discusses what people in Bali eat (rice for breakfast, lunch and dinner). For ages 4 - 9	English	4,5,6,7,8,9	pre, s, as	bk nf	ethnic, grains, meals, growing
Pam Robson	Rice: What's for Lunch?	Provides information about how rice grows and processed. For est. ages 5 - 8	English	5,6,7,8	s, as	bk nf	grains, growing, process
www.journeyworks.com	Rossum Kick Off: Instant Recess	DVD Moves are easy for all ages: low impact, could be done at a higher level. Promotes healthy eating – fruits, vegetables, drinking water, whole grains. Shows multiple ethnic groups and famous athletes	English	10,11,12,13,14,15,16,17,18, adult, 60	s, as, com	DVD	PA, ethnic, f/v, water, grains, eat health

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Source	Title	Description	Language	Age	Venue	Format	Topics
University of California Cooperative Extension	Sacramento Area Growing Guide and Calendar (resource for garden-based nutrition education)	Written specifically for the Sacramento area with suggestions on what to do in the garden each month. Use as template.	English	adult	com	res, template	garden, fruit, veg
USDA (fight bac)	Safe Food Handling "The Core Four Practices"	Consumer facts on how to keep food safe from harmful bacteria.	English	staff, adult	s, as, com	res	safety, eat healthy, cooking,
USDA/ Choose MyPlate	Salt and Sodium:10 tips to help you cut back	One of the 10 Tips Nut Ed series for making healthy food choices. For adult . From ChooseMyPlate.gov	English	adult	com	h/o	salt, MyPlate
CA Project LEAN	School Food Standards Slide-guide: Does your snack measure up?	A pocket guide for determining California SB 12 compliant snacks. \$1-2	English	staff	s	guide	snacks
California Department of Education	School Nutrition by Design!	A report of the Advisory Committee on Nutrition Implementation Strategies that provides an overview of a healthy nutrition environment and suggests strategies schools and districts can use to model healthy eating habits for their students. For teachers and educators	English	staff	s	res	eat healthy, modeling
Eve Pranis and Amy Gifford	Schoolyard Mosaics - Designing Gardens & Habitats	The book offers advice on involving students in the meal planning and design process, building community support, and integrating the project with curriculum and learning goals. For staff resource.	English	staff	com	res	garden, youth engagement, meal planning
North Carolina Dept. of Public Instruction	Science Middle-school Energizers	Classroom-based physical activities with academic concepts. For ages 11 - 13.	English	11,12,13	s, as	ideas, activities	science, PA
DK Publishing	Scratch and Sniff: Food	Food photos and lots of specially encapsulated sniffs to introduce preschoolers to food aromas.	English	3,4,5	pre	bk nf	fruit, veg, senses, photo
Alameda County Healthy Care Services Agency- Nutrition Services.	Secrets of Sodium	Variety of materials to train staff and adult on where to find the hidden sodium in our diets, how to take action and take charge of our health. HealthyLivingForLife.org/tools.php For staff to use as resource.	English/ Spanish	staff	com	res	salt, training, ethnic
Paul Fleisman	Seedfolks	Short novel (72 pages) of a story told by various ethnic people living in Cleveland. Each person describes transformation of any empty lot into a community garden. 9 - 12 yr. olds	English	9,10,11,12	s,as	storybook	veg, garden

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Mario Lucca	Seeds Grow Into Plants	This books helps children see that living things can be grouped by their characteristics. Includes some worksheets. Est. ages 7 - 9	English	7,8,9	s, as	bk nf, worksheet	fruit, veg, grains, growing
Nancy Wallace	Seeds, Seeds, Seeds	Buddy Bear gets a package of 5 bags of seeds and other items. He learns how to grow the seeds and makes simple projects with other items in the bag. Photos of actual seeds (corn, radish, pumpkin, apple, pear and strawberry). Ages 3 to 7	English	3,4,5,6,7	pre, s	storybook	growing, fruit, veg, photo
USDA / TEAM Nutrition	Serving It Safe	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
USDA / TEAM Nutrition	Serving Up MyPlate: A Yummy Curriculum	Curriculum integrating nutrition into math, science, lang. arts, and health. Three courses, 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. Only approved curriculum for beverages at this time.	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
NASCO	Serving Up.... 50 lessons over Easy for Food Science and Nutrition	50 lessons plans and activities on topics such as: nutrients, the digestive system, meals meal planning, food preparation and tools, kitchen equipment, specific food groups, 254 pages For ages 11 - 18. From 2004, cost \$140, do not purchase unless updated to comply with MyPlate	English	11,12,13,14,15,16,17,18	s,	lessons	meal planning, nutrients, digestion, meals, cooking, preparation
Greg & Steve	Shake, Rattle & Rock	CD of songs and activities for ages three to nine years old. Upbeat style of music gets everyone moving and dancing as well as singing along.	English	3,4,5,6,7,8,9	pre, s	CD	PA
Gail Piernas-Davenport	Shante Keys and the New Year's Peas	Story about New Years food traditions promoting black eyed peas. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	veg, traditions, ethnic
<i>Network for a Healthy California</i>	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

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Source	Title	Description	Language	Age	Venue	Format	Topics
Dairy Council of California	Shaping Up My Choices	This curriculum for California 3rd grade (age 8) contains ten lessons that have students problem-solving, reasoning and using critical-thinking techniques as they learn about nutrition and physical activity. Uses MyPlate. Lesson re beverage choice is not allowable.	English/ Spanish	8	s, as	curr, lessons	eat healthy, PA, MyPlate
California Project LEAN	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	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
Brenda Colgate	Silly Willy Workout	30 minutes of upbeat contemporary music and activities created especially for the younger set. (DVD) Ages 2-6.	English	2,3,4,5,6	pre, s	DVD	PA
University of Minnesota Extension	Simply Good Eating for Health	The book addresses basic nutrition principles and physical activity as part of a healthy lifestyle, how to get key nutrients in one's diet, the importance of eating breakfast, and how to choose healthier, lower-fat and lower-cost breakfast foods, snacks and fast foods. Includes 2 CD of reproducible handouts. Substitute MyPyramid lesson with MyPlate. For adult.	English/ Spanish	adult	com	CD, h/o, booklet	PA, nutrients, breakfast, fat, budget, snacks, eating out, ethnic
University of Minnesota Extension	Simply Good Eating for Seniors	The book and handouts help participants learn how to eat more calcium-containing foods, reduce their intake of fat and salt to reduce heart disease risk, and plan meals that are tasty, attractive, and economical when cooking for one or two. Has 2 CDs with reproducible handouts and recipes. Substitute MyPyramid lesson with MyPlate. Use of recipes is unallowable. For seniors	English/ Spanish	65	com	booklet,CD,h/o	budget, meal planning, fat, disease, minerals, eat healthy, elderly, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
University of Minnesota Extension	Simply Good Eating: Now You're cooking!	This is one of four units in the Simply Good Eating nutrition education curriculum using interactive activities to help participants learn how to plan healthy meals on a limited budget, stretch their food dollar, store foods appropriately, make meals from ingredients commonly found in the kitchen, and cook with an emphasis on safe food practices. Substitute MyPyramid lesson with MyPlate.	English/ Spanish	adult	com	bk nf,CD,h/o, curr	budget, meals, cooking, safety, ethnic
NASCO	Slim Goodbody Presents: MyPlate	This reference will help you understand and use MyPlate. Learn why it is important to eat foods from all the groups, especially more fruits and vegetables; to switch to fat-free or low-fat milk, to choose more whole grain foods; and to vary protein choices. This DVD features music, animation, songs, real world footage, and kids. 12 mins 2011	English	5,6,7,8,9,10,11	s, as	DVD	MyPlate
Russ Invision	Smart and Tasty 1: Good Food Tunes for Kids	These CD tunes teach children how to have fun with food while they learn about healthy eating and physical activity. 69 minutes for ages 3 - 8.	English	3,4,5,6,7,8	pre, s, as	CD	eat healthy, PA
Russ Invision	Smart and Tasty 2: Good Food Tunes for Kids	More CD tunes to teach children how to have fun with food while they learn about healthy eating and physical activity. 62 minutes For ages 3 - 8	English	3,4,5,6,7,8	pre, s, as	CD	eat healthy, PA
Russ Invision	Smart Fruit and Veggie songs	This CD promotes healthy eating and teaches children of all ages to have fun with fruits and vegetables. 12 songs 42 minutes For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	CD	f/v, PA
USDA: ChooseMyPlate.gov	Smart Shopping for Veggies and Fruits	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	14,15,16,17,18, adult	s, as, com	h/o	f/v, shopping, budget, MyPlate
Michele Zurakowski	Snack Time Around the World	Discusses the variety of foods people around the world might have for snacks. Ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	snack, ethnic
Food & Health Comm. Inc.	Snacking Smart: Think Out of the Bag	Poster comparing snack options for adult. Nutritioneducationstore.com	English	adult	com	poster	snack

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Source	Title	Description	Language	Age	Venue	Format	Topics
USDA	SNAP Ed Connection	web site that provides a variety of resources	English	3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult, 65	pre, s, com	web, lessons, curr, activities, h/o, fact sheet	fruit, veg, snack, ethnic, PA, eat healthy, elderly, family, meals, meal planning, budget, shopping, recipes, cooking
SNAP-Ed Connection / USDA	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
www.journeyworks.com	Soccer: Instant Recess	10 min DVD. Looks easy and fun for children as PA integration	English	8,9,10,11,12,13,14,15	s, as, com	DVD	PA
<i>Network for a Healthy California</i>	Soulful Recipes: Building Healthy Traditions	Favorite recipes of African Americans that are written to be a bit healthier.	English	adult	com	cookbook	eat healthy, cooking, ethnic, recipes
Melissa Iwai	Soup Day	A little girl and her mother purchase, prepare, and enjoy vegetable soup. Est. ages 5 - 9	English	5,6,7,8,9	s, as	storybook	veg, cooking, eat healthy.
National Garden Assoc.	Sowing the Seeds of Wonder	Hands-on activities for preschool-age children to engage all their senses as they discover garden. Students will develop a lifelong connection to the outdoors as they dig into the soil; observe birds, insects, and other garden critters; and enjoy the tastes of fresh fruits and vegetables that they have helped plant and harvest. For ages 3 -5. Some material may not be <i>Network</i> allowable.	English	3,4,5	pre	bk nf	garden, fruit, veg, senses
SPARK (Sports, Play, and Active Recreation for Kids)	SPARK Curriculum	A series designed to provide physical education activities during class time, develop skills to promote ongoing regular physical activity, and involve students in physical activity after school and at recreational facilities. For ages 5 - 14.	English	5,6,7,8,9,10,11,12,13,14	s, as, com	curr, lessons	PA
SPARK	SPARK for Early Childhood	A curriculum that provides age appropriate physical activity lessons for preschoolers. (ages 3-5)	English	3,4,5	pre, s	curr, lessons	PA
Network for a Healthy California, PA Integration	Sparkling Motion Instant Recess	10 minute DVD that promotes being active at school, after school, home or workplace. Produced in collaboration with Dr. Yancy from UCLA	English	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	DVD	PA, eat healthy
Nasco	Sparkle Stickers-Nutritious Is Delicious	Helps children identify and get excited about fruits and vegetables as well as physical activity	N/A	All	Com,pre.s,ss	Res	Nutrition

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Source	Title	Description	Language	Age	Venue	Format	Topics
Meredith Sayles Hughes	Spill the Beans and Pass the Peanuts: Legumes	Presents information on the history, production, and uses of several popular members of the legume family: peanuts, lentils, peas, and beans, particularly soybeans. For ages 9 - 12.	English	9,10,11,12	s, as	bk nf	history, veg, process, protein
FDA-HHS	Spot the Block	Outreach campaign that challenges 9 - 13 to use the food label to make healthy choices.	English	9,10,11,12,13	s, as	lessons, campaign	label, eat healthy
Dairy Council of California	Start Your Preschooler on the Path to Healthy Eating	Educational handout for adult provides seven tips for raising healthy eaters.	English/Spanish	adult, pre	com	h/o	eat healthy, picky eater, ethnic
Alice B. McGinty	Staying Healthy: Let's Exercise	24 page book for ages 9-12. Defines exercise, describes its benefits, and gives a few examples of how to exercise.	English	9,10,11,12	s, as	bk nf	PA
American Dietetic Association	Step up to Nutrition and Health	Handout on food, nutrition, PA and food safety, best used as reference source. For staff	English/Spanish	staff	com	res	safety, eat healthy, PA, ethnic
Amy L. S. Gifford	Steps to A Bountiful Kids' Garden	A how-to guide that features detailed information on how to launch and sustain a school or community kids' garden program.	English	staff	com, s, pre, as	res	garden
USDA / ChooseMyPlate.org	Steps to a Healthier Weight	Online resource about the importance of reaching and maintaining a healthier weight. For adult	English	adult	com	lessons, web	weight, eat healthy, MyPlate
Meredith Sayles Hughes	Stinky and Stringy: Stem and Bulb Vegetables	Describes historical origins, use, and growing requirements of garlic, onions, shallots, and leeks as well as celery, asparagus, and rhubarb. For ages 5 - 13.	English	5,6,7,8,9,10,11,12,13	s, as	bk nf	history, veg, growing
Ann McGovern	Stone Soup	A young man on a walk encourages a lady to create a wonderful soup out of items from her garden and farm. For ages 5 - 7	English	5,6,7	s, as	storybook	garden, veg, cooking
Marcia Brown	Stone Soup	Classic French tale about soldiers who trick miserly villages into making them a feast. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	storybook	cooking, meals
Petr Horacek	Strawberries are Red	Board book for preschoolers that teaches colors of six different fruits.	English	3,4,5	pre,	bk nf	fruit
Tomie dePaola	Strega Nona's Harvest	Tale of sharing vegetables and learning how to organize and prepare a garden. Est. ages 7 - 10	English	7,8,9,10	s, as, ss	storybook	garden, growing, veg.

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Source	Title	Description	Language	Age	Venue	Format	Topics
CA Project LEAN	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
CA Project LEAN	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
Action for Healthy Kids	Students Taking Charge	Facilitator's guide, 130 pages. Demonstrates to school leaders how students can be positively engaged in school wellness efforts. Covers a variety of activities for students to find their voice, investigate school environments, plan improvements and take action	English	staff	s	res	process, youth engagement
Texas Department of Agriculture	Suggestions for Nutritious Snacks	Nutritious snack ideas for children at home and at school. For ages 5 - adult	English/ Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	h/o	snack, ethnic
USDA, Choose MyPlate.gov	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	fruit, veg, grains, dairy, protein, calories, PA, eat healthy, weight, nutrient, MyPlate
Molly Blaisdell	Surprising Beans	A little girl learns about growing beans and giving a new food a try. Ages N/A	English	5,6,7	s, as	storybook	veg, growing, picky eater
Sally Smallwood	Sweet as a Strawberry	Pictorial book that shows names and photographs of fruits and vegetables. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	f/v, photo
Pam Robson	Sweet Corn (What's for Lunch?)	Corn from farm through processing to eating and what other products have corn. Ages 4-8	English	4,5,6,7,8	pre, s, as	bk nf	process, veg.
<i>Network for a Healthy California</i>	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,
National Institute of Health	Take Charge of Your Health	20 page booklet for teens with advice on how to take small steps to keep a healthy weight and facts about nutrition and PA. http://win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf	English	13,14,15,16,17,18	s, as, com	booklet	PA, eat healthy, portions, frt, veg

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Source	Title	Description	Language	Age	Venue	Format	Topics
California Department of Education	Taking Action for Healthy school Environments	Publication that illustrates promising practices in nutrition and physical activity policy development and implementation. For school community and state leaders to support health for students of all ages	English/ Spanish	staff	s, as, com	res	health, report, ethnic
Allan Fowler	Taking Root	Describes physical features of roots and why they are important. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	veg
Texas Dept. Food and Agriculture	Taking the Mystery out of the Food Label	How-to handout on reading food label. Too much information for low literacy. Use a resource	English/ Spanish	14,15,16,17,18, adult	s, as	res	label, ethnic
Meredith Sayles Hughes	Tall and Tasty Fruit Trees	Describes historical origins, uses, and growing requirements of various fruit trees. Includes recipes. Use of recipes is unallowable. For ages 9 - 12.	English	9,10,11,12	s, as	bk nf	fruit, history, growing
CA Foundation for Agriculture in Classroom	Teacher Resource Guide	Provides list of resources to assist teachers teaching about agriculture. For staff use only as resource.	English	staff	s, as	res	garden, f/v
Dairy Council of California/mealsmatter.org	Teen BEAT- Basic Exercise and Activity Tracker	Online tool to track exercise and activity, also provides tips for eating healthier. For teens 13 - 18.	English	13,14,15,16,17,18	s, as	web	PA, eat healthy
NCES	Teen MyPlate	Handout with tips for teens regarding P.A., snacks, food groups and calorie needs. For ages 12 - 18	English	12,13,14,15,16,17,18	s, as,	h/o	PA, snacks, eat healthy, calories, MyPlate
Pat Hutchins	Ten Red Apples	Rhyming, sing-song book counts down from 10 as a succession of farm animals consume apples from a tree. For ages 3 and up.	English	3,4,5,6,7,8	s, as	storybook	fruit
Centers for Disease Control and Prevention (CDC)	Test Your Fruit and Veggie IQ	True False questions with answers on one page. Second page has three recipes. For adult.	English	adult	com	h/o, quiz	eat healthy, recipe, f/v, assessment
Steve Charney & David Goldbeck	The ABC's of Fruits and Vegetables and Beyond	Book of poems, jokes and activities that explains nutritious foods and farming using the alphabet. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf, activities	eat healthy, f/v
I'm Safe (.com)	The Adventures of MyPlate	Curriculum kit for Pre-schoolers to K. Includes teaching cards, puppet, storybook, certificates, poster, bingo parent tip sheets, teachers guide.	English/ Spanish	3,4,5	pre	curr, game, activity, puppet, cards,	MyPlate, eat healthy
Patricia J. Murphy	The Apple Orchard	Part of the Visit to series. The book describing how apples are harvested. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	fruit, process
Ellen Jackson	The Autumn Equinox Celebrating the Harvest	Book explores harvest festivals and traditions from around the world. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	ethnic, f/v, traditions

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Source	Title	Description	Language	Age	Venue	Format	Topics
Steila Otto	The Backyard Orchardist	Assists in selecting best fruit trees and learning about growth, development, harvesting and storage of fruit. Staff	English	staff	s, com	res	frt, garden, growing
L. Michelle Nielsen	The Biography of Corn	Book describes the history of corn, explains how it is grown and harvested, discusses its uses, and describes new developments in the corn industry. For ages 12 - 16.	English	12,13,14,15,16	s, as	bk nf	history, process, veg
Adrianna Morganelli	The Biography of Tomatoes	This book describes how tomatoes are grown, harvested, and used in cooking. It also describes the history, nutritional value and future of tomatoes. For ages 9 - 12.	English	9,10,11,12	s, as	bk nf	process, veg, history
Erika Oller	The Cabbage Soup Solution	Storybook about a cabbage farmer who tries to stop a mystery marauder from decimating her famous cabbage patch. They all end up enjoying cabbage soup. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	storybook	veg, garden
NASCO	The Case for Breakfast	Slide presentation on CD that explains why breakfast is important, what happens when you skip, and what are the best choices. Interact, present on screen or print to duplicate. Handouts, quiz, activities. For ages 12 - 18	English	12,13,14,15,16,17,18	s, as	CD, PP, h/o, quiz, activities	breakfast
Eric Hughton	The Crooked Apple Tree	Story about two kids and a crooked apple tree in their backyard that teaches about changes in seasons and changes of apples trees during each season. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	fruit, growing
Donna Heller and James Payne	The Enchanted Tree	Flossie helps her friends enjoy the beautiful colors and tastes of vegetables and fruits of the rainbow. As a result, her friends become energetic and active. For ages 9 - 12	English	9,10,11,12	s, as	storybook	f/v
Aubrey Davis	The Enormous Potato	A story of an enormous potato planted and harvested and share with the townspeople. For ages 4 -6	English	4,5,6	pre, s	storybook	veg
Kathleen Stefancin	The Fish Who Wished He Could Eat Fruit	Young children will read along with the author, discover a rainbow of fruits, and will get excited about eating fruits. For ages 3 - 8.	English	3,4,5,6,7,8	pre, s, as	storybook	fruit

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Source	Title	Description	Language	Age	Venue	Format	Topics
Kathleen Stefancin	The Fish Who Wished He Could Eat Fruit (storybook and accompanying lesson plan)	Young children will read along with the author, discover a rainbow of fruits, and will get excited about eating fruits. For ages 3 - 8. Lesson also available for K - 2nd grade, contact PM.	English	3,4,5,6,7,8	pre, s, as	storybook, lesson	fruit
Cattlemen's Beef Board	The Fitness Connection	Handout details how you can fit PA into your busy schedule. Recipe is unallowable. Use only 1st page. For adult	English/Spanish	adult	com	h/o	PA, ethnic
<i>Network for a Healthy California-Latino Campaign</i>	The Flavors of My Kitchen	Developed in 2011. Provides healthy and traditional Latino recipes with an abundance of fruits and vegetables.	English/Spanish	adult	com	cookbook	recipes, ethnic, f/v
Lawrence Hall of Science	The Food and Fitness Festival	Skits developed for teens to present to students and family about nutrition, fitness and health. For ages 11 - 18.	English/Spanish	11,12,13,14,15,16,17,18	s, as	skit	PA, eat healthy, nutrition
Many Hands Media	The Foods I Eat- The Foods You Eat	Kit includes 80 page teachers guide, 3 storybooks (F&V, sandwiches, ethnic foods), hand washing poster, recipe and station cards and CD. For ages 3- 5.	English	3,4,5	pre	CD, storybook, guide	f/v, safety, ethnic
Produce for Better Health	The Fruit and Veggies Guide to Good T.A.S.T.E.	Brochure on how to get more fruits and veggies in your day with helpful tips and hints aimed at busy family.	English/Spanish	adult	com	brochure	f/v, family
Dianne Warren, Susan Smith and Amy Lindman	The Fruit Bowl and Vegetable Soup	Purpose is to build an awareness of and appreciation for nutritionally sound foods—fruits and vegetables—through an entertaining and informative reading experience. This is best accomplished by encouraging the child to be an active participant in the reading process. Age n/a	English	7,8,9,10	s, as	bk nf	f/v
Mari C. Schuh	The Fruit Group	From the Healthy Eating My Pyramid series. Discusses types of fruits and examples of healthy eating. For ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, eat healthy
Produce for Better Health	The Fruits and Veggies Guide to Good T.A.S.T.E. for kids	Help kids learn how to get more fruits and veggies in their day with fun game and activities. Brochure also provides helpful tips for Moms, Dads, and caregivers. For ages 3 - 8	English/Spanish	3,4,5,6,7,8, adult	com	brochure	f/v, ethnic
Cherie B. Stihler	The Giant Cabbage: An Alaska Folktale	Moose grows an enormous cabbage, sure to win a prize at the fair, all his friends help load it into a truck. After it wins they come home and make a pot of cabbage soup. For ages 4 - 7	English	4,5,6,7	pre, s	storybook	veg, cooking

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Source	Title	Description	Language	Age	Venue	Format	Topics
Jan Peck;	The Giant Carrot (storybook and accompanying lesson plans)	A story of a giant carrot planted and grown and four different ways a family ate it. For ages 4 - 8. Also available a lesson plan for grades 1-3rd, contact PM.	English	4,5,6,7,8	pre, s	storybook, lessons	veg, cooking, phytochemicals, salad, PA
Aleksie Tolstoy and Niamh Sharkey	The Gigantic Turnip	A cumulative tale in which the turnip planted by an old man grows so enormous that everyone must help to pull it up. For ages 4- 8.	English	4,5,6,7,8	pre, s, as	storybook	veg
Katie Milway	The Good Garden	How one family went from hunger to having enough by changing the way they produce food. Helps to foster sense of food security. Ages 8 - adult	English	8,9,10,11,12,13,14,15,16,17,18, adult	s,as, com	storybook	garden, veg, growing
Mari C. Schuh	The Grains Group	Text & photos present the grains group, foods in this group, & examples of healthy eating choices. For ages 4 - 8.	English	4,5,6,7,8	pre, s	bk nf	grains, photo
Lynne Tuft	The Grapes Grow Sweet	Picture book (with text) that offers a captivating glimpse of a 4 year old growing up on a vineyard & the development of the grape from bloom to harvest. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	fruit, growing
Sterling Publishers	The Green Caterpillar	A hungry caterpillar and friends choose healthy choices. For ages 4 - 8	English	4,5,6,7,8	pre, s	storybook	eat healthy
Roberta Jaffe and Gary Appel	The Growing Classroom Garden-Based Science	Resource book for educators, contains 480 pages of science, math, & language arts activities that you can do with students in the garden. Only section three related to SNAP-Ed allowable nut ed can be used. Check with PM prior to use.	English	staff	s, as	res	science, math, garden, language arts
Frances and Ginger Park	The Have A Good Day Café	Story about a Korean family who sells American food from a food cart but two other vendors also sell at the same location and their sales drop. They decide to sell Korean food and their sales increase. Nutrition message: cultural influences on food choices. For ages 6 - 8	English	6,7,8	s, as	storybook	ethnic, eat healthy
Gail Gibbons	The Honey Makers	Picture book that introduces young readers to honeybees & bee culture. Explains the organization of the hive, the life cycle & functions of the bees, & typical beekeeping practices. For ages 6 - 9.	English	6,7,8,9	s, as	bk nf	f/v

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Source	Title	Description	Language	Age	Venue	Format	Topics
Leonard Villanueva	The Hungry Pua'a and the Sweet Sweet Potato	A pig gets a sweet potato and thinks it is great but won't share it at first. Nice introduction to very young children (3-7) of a nutritious vegetable.	English	3,4,5,6,7	s, as	storybook	vegetable
Charles Micucci	The Life and Times of the Apple	Picture book that covers tree growth from seed to harvest & the uses & varieties of the apple. For ages 7 - 10.	English	7,8,9,10	s, as	bk nf	fruit, growing, process
Linda Tagliaferro	The Life Cycle of a Bean	Book provides what the title indicates. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing
Linda Taliaferro	The Life Cycle of a Carrot	A short story on how carrots grow and the part we eat. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing
Linda Tagliaferro	The Life Cycle of an Apple Tree	Book provides what the title indicates. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	fruit, growing
Gayla Dowdy Seale	The Little Squash Seed	Story about a little squash seed on his journey from a small dry seed in a packet to a part of a luscious plant that produces over two dozen nutritious & delicious squash. For ages 3 - 8.	English	3,4,5,6,7,8	pre, s, as	bk nf	veg, growing
Harris	The Meaning of Food	Why we need food and the roles it plays in 13 - 20 ethnic communities. For 10 - adult	English	10,11,12,13,14,15,16,17,18, adult	s, as, com	bk nf	fruit, veg, grains, eat healthy, ethnic.
Mari C. Schuh	The Meat and Beans Group	Text & photos present the meat & beans group, foods in this group, & examples of healthy eating choices. MyPlate refers to this group as the Protein group. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	protein, photo
Karen Adler	The Mighty Pomegranate	History and uses of the pomegranate told in rhyme. Recipes at the end are not allowable.	English	8,9,10,11,12	s, as	bk nf	fruit, history
Mari C. Schuh	The Milk Group	Text & photos present the milk group, foods in this group, & examples of healthy eating choices. MyPlate refers to this as the Dairy group. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	dairy, photo
Danny Schnitzlein	The Monster Who Ate My Peas	Story about a boy who conquers his loathing for peas & discovers he likes the way they taste. Ages 6 - 9	English	6,7,8,9	s, as	storybook	veg, picky eater

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Wellness Inc.	The OrganWise Guys	Cartoon characters who participate in activities and situations that give children the opportunity to learn about healthy lifestyle choices. For ages 4- 10. USDA RESTRICTIONS: prior to purchase contractor must submit to PM 1) a list of the specific items/materials they intend to purchase, 2) cost justification to briefly explain why another lower-cost or free set of resources that teach the same concepts is not used and why these more costly materials are needed. PM will decide if items can be purchased.	English	4,5,6,7,8,9,10	pre, s, as	storybook, lessons	eat healthy, PA
Gail Damerow	The Perfect Pumpkin	Book on how to grow, cooking, & carve pumpkins.	English	5,6,7,8,9,10	s, as	bk nf	fruit, cooking
dePaola	The Popcorn Book	Presents a variety of facts about popcorn.	English	4,5,6,7,8	pre, s, as	bk nf	veg
<i>Network for a Healthy California</i>	The Power is in Your Hands	Encourages moms to make healthy choices and provides success cards from 14 real moms offering tips	English/ Spanish	adult	com	brochure	eat healthy
USDA:TEAM Nutrition Resource Library (avail at CHKRC)	The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.	The power of choice: Intended for after-school program leaders working with young adolescents. Contains 10 interactive sessions based on six posters. Included in the Leader's Guide are a cookbook, parent letter, and Nutrition Facts cards. Revised 2008 so substitute MyPyramid with MyPlate information	English	staff, 11,12,13,14	as, com	activities, posters	recipes, nutrients
Gail Gibbons	The Pumpkin Book	Illustrations & text explain the planting, cultivating, & harvesting of pumpkins. For ages 5 -8.	English	5,6,7,8	s, as	bk nf	fruit, veg, growing
Produce for Better Health	The Quest for Color Activity Books	Quest for colorful fruits & veggies activity book for children. For ages 3-8	English	3,4,5,6,7,8	pre, s	game, activities	f/v,
Mary K.Corcoran	The Quest to Digest	Follows an apple through the entire digestive system and how it gives us energy and nutrients. Answers questions about burping, gas and vomiting. For ages 7 - 10.	English	7,8,9,10	s, as	bk nf	fruit, digestion, nutrients
Ruth Heller	The Reason for a Flower	Lifecycle of the flower and how they can become fruits, and vegetables. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	f/v, growing

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Source	Title	Description	Language	Age	Venue	Format	Topics
Joan D'Amico	The Science Chef	Teaches science through 100 fun food experiments & recipes. Use of the recipes is unallowable. For ages 9 - 12.	English	9,10,11,12	s, as	activities	science
USDA: ChooseMyPlate.gov	The School Day just got Healthier	One of the 10 Tips series. Basically information for the parent.	English	adult	s, com	h/o	eat healthy, MyPlate
Gail Gibbons	The Seasons of Arnolds Apple Tree	As the seasons past, Arnold enjoys a variety of activities as a result of this apple tree. Includes recipes. Use of the recipes is unallowable. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	storybook	fruit
Lisa Trumbauer	The Story of Orange Juice	Explains how oranges are grown & harvested & how orange juice is produced. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	fruit, process
Mary Newell DePalma	The Strange Egg	The strange egg is an orange which a monkey and bird share and then plant a seed and they share many oranges. For ages 3 - 7	English	3,4,5,6,7	pre, s, as	storybook	fruit, growing
Eames-Sheavly	The Three Sisters: Exploring an Iroquois Garden	Legend recounts how the Indians grew corn, beans and squash together. Must be used with nutrition education lessons of one of the 3 sisters.	English	6,7,8,9,10	s, as	storybook	veg,
Jane Sutton	The Trouble with Cauliflower	A tale about a koala who overcomes his superstition about cauliflower. For ages 4 - 7	English	4,5,6,7	pre, s.as	storybook	veg, picky eater
USDA, Team Nutrition	The Two-Bite Club	Educational storybook developed to introduce MyPlate to young children. Encourages just 2 bites when trying new food. Revised October 2012.	English	3,4,5,6	pre, s, as	storybook	MyPlate
Grace Lin	The Ugly Vegetables	A little girls thinks her mom's garden is fully of ugly vegetables. She discovers Chinese vegetable soup smells the best. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	garden, veg, picky eater, ethnic, senses
Mari C. Schuh	The Vegetable Group	Text & photos present the vegetable group and examples of healthy eating choices. For ages 4 - 8.	English / Spanish	4,5,6,7,8	pre, s, as	bk nf	veg, photo, eat healthy, ethnic
Gail Gibbons	The Vegetables We Eat	This book takes the reader through all of the eight different groups of vegetables. Explanations of the different types are provided along with how to harvest. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	veg, process
Rozanne Lanczak Williams	The World In A Supermarket	Storybook about foods grown & sold around the world. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	shopping, ethnic, f/v
Judith Ann Rice	Those Mean Nasty Downright Disgusting But...Invisible Germs	Story of a little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals. For ages 4 - 8	English/ Spanish	4,5,6,7,8	pre, s, as	storybook	hygiene, ethnic

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Fruits and Veggies More Matters	Three simple steps to eating more fruits and vegetables	Steps to increase the amount of fruits and vegetables in the diet as well as picture examples of what a cup and ½ cup serving looks like. For ages 9 -18, adult	English/ Spanish	9,10,11,12,13,14, 15,16,17,18, adult	s, as, com	h/o, res	f/v, portions, bev, breakfast, snacks, meals
C.Z. Guest	Tiny Green Thumbs	Boy & grandmother plant several types of vegetables with the 6 things needed to grow a garden. For ages 4-6	English	4,5,6	pre, s, as	storybook	veg, garden, growing
Kansas State University Research and Extension	Tips for Using the Food Label	Handout that helps parents navigate through a nutrition food label.	English/ Spanish	adult	com	h/o	label, ethnic
USDA: FNS 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
Anne Miranda	To Market, To Market	Humorous story about a trip to the grocery store. Based on the nursery rhyme "to buy a fat pig" there are unruly animals that interfere with the shopping trip. Finally, the vegetables are purchased to make hot soup. For ages 4-8.	English	4,5,6,7,8	pre, s, as	storybook	shopping, veg, cooking
Elaine Landau	Tomatoes	Examines the history, cultivation and uses of tomatoes. Ages 8 - 10	English	8,9,10	s, as	bk nf	history, veg
Inez Snyder	Tomatoes	Life cycle of tomatoes. For ages 4 - 7.	English	4,5,6,7	pre, s, as	bk nf	veg, growing
Mari Schuh	Tomatoes Grow on a Vine	15 pages of photos showing the grow cycle of tomatoes from seed to produce. Est. ages 4 to 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, growing, photo
Johnson	Tomatoes, Potatoes, Corn and Beans	How some foods came to American and how they became engrained in various cultures. For ages 11 - 18.	English	11,12,13,14,15,16 ,17,18	s, as	bk nf	fruit, veg, ethnic, traditions
<i>Network for a Healthy California</i>	Toolkit Playing Cards	Cards that show produce by color.	English/Spa nish	4,5,6,7,8,9,10,11, 12,13,14,15,16,17 ,18, adult	pre, s, as, com	cards	fruit, veg, ethnic
<i>Network for a Healthy California</i>	Tools For Learning Fuel for Moving	DRAFT on web site: Performance related nutrition instructional materials for PA programs. lessons for ages 5 to 18.	English	5,6,7,8,9,10,11,12 ,13,14,15,16,17,1 8	s, as	lessons,web	PA, snack, eat healthy, science, calories,
Produce for Better Health	Top 10 Reasons to Eat More Fruits and Vegetables	As title indicates. Includes convenience, taste, variety, health, etc. For adult/staff	English	Adult, staff	Com, s	res	f/v, tasting , eat healthy

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Source	Title	Description	Language	Age	Venue	Format	Topics
Janet Stevens	Tops and Bottoms	Bear and Mr. Hare agree to sharing half of the crops grown by the Hare family. Beautiful vegetables are grown, however, Bear never gets the colorful parts. In the end, Bear contributes by growing the crops and selling at a stand. For ages 4 - 7.	English	4,5,6,7	pre, s, as	storybook	veg, growing
NCES	Toss N' Tell Ball	Beach Ball nutrition trivia game designed for older children and adults. Do not use/purchase if using MyPyramid.	English	9,10,11,12,13,14,15,16,17,18, adult	s,as,ss,com	Game	Eat Healthy
National Cancer Institute	Traditional Foods Can be Healthy	Ten page booklet encourages Native Americans to use traditional foods. Gives tips on eating healthy in contemporary times. Easy to read, use as handout or in classroom. Recipes are not allowable. Age est. 10 to adult	English	10,11,12,13,14,15,16,17,18, adult	com,s, as	booklet	ethnic, eat healthy, traditions
Melinda Hemmelgarn and Jan Wolterman	Treasure Hunt with the Munch Crunch Bunch	A whimsical story/activity book with 45 food friend (food riddles) cards. Includes a board game. Age: 3-8	English	3,4,5,6,7,8	pre, s, as	storybook, game	shopping, eat healthy, garden
www.enasco.com	Tumble and Teach Cube	Clear plastic cube with a dice inside. The cube is thrown and the side up describes an exercise to do and the dice indicates the number of times. \$13	English	,5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	game	PA
John Coy	Two Old Potatoes and Me	Girl finds old potatoes and plants them and waits for new ones to grow. For ages 4-8.	English	4,5,6,7,8	pre, s, as	storybook	veg, growing
Centers for Disease Control and Prevention (CDC)	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, staff	s, com	res	weight, training, report
Katherine Ayers	Up, Down and Around	Two children learn how food (many fruits and vegetables) is grown (up or down or around). Includes helpful animal/insect friends. Ages 3-6.	English	3,4,5,6	pre, s, as	storybook	f/v, garden, process, eat healthy
Jody Fickes-Shapiro	Up, Up, Up! It's Apple Picking Time	A child and grandparents pick and sell apples. For ages 5 - 8.	English	5,6,7,8	s, as	storybook	fruit, process
USDA Agric. Research Service	USDA National Nutrient Database for Standard Reference	Food composition database	English/Spanish	staff	s, com	res	nutrients, calories, vitamins, minerals, report

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Source	Title	Description	Language	Age	Venue	Format	Topics
USDA/ Choose MyPlate	Use SuperTracker your way	One of the 10 Tips Nut Ed series for making healthy food choices. For adult . From ChooseMyPlate.gov	English	adult	com	h/o	calories, report, eat healthy, MyPlate
Jerry Pallotta	Vegetable Alphabet Book	26 Vegetables from A to Z, relating to vegetable garden, beginning with asparagus & ending in zucchetta. For ages 4 -8	English	4,5,6,7,8	pre, s, as	bk nf	veg
Nasco	Vegetable and Fruit Beanbag Set	Set of 12 plush fruit and vegetable beanbags.	English	3,4,5,6,7	pre,s,as	res, game	frt, veg,
Douglas Florian	Vegetable Garden	Ages 4-8, family & dog work in garden where produce grows and ripen with sun and rain helping.	English	4,5,6,7,8	pre, s, as	storybook	garden, veg
Sara Anderson	Vegetables	Pictures (not photographs) of vegetables and their names for Pre K children.	English	3,4,5	pre	bk nf	veg,
Sally Hewitt	Vegetables (Good for Me!)	Information on growing, nutrition, storing and cooking vegetables.	English	3,4,5	pre	storybook	veg, garden, cooking, growing
Honor Head	Vegetables (On Your Plate)	Covers spinach, peas, broccoli, eggplant and Brussels sprouts, how prepared and cooked, Ages 4-8	English	4,5,6,7,8	pre, s, as	bk nf	veg, cooking
Robbins	Vegetables and How They Grow	Young readers learn that vegetables could be the seeds, roots, flowers, stems, or leaves of plants. With real-life photos and simple text, readers are shown how to plant and water a seed in order to grow and eat their own vegetables! Includes close-up photos of carrots, peas, asparagus, lettuce and cauliflower, and a "Words to Know" page in back.	English	4,5,6,7,8	pre, s, as	bk nf	veg, photo, garden
Nicola Edwards	Vegetables- See How Plants Grow	Describes what vegetables are, where they grow, introduces germination, photosynthesis and how plants make food. Reviews edible parts: leaves, roots, stem, flowers. Full of color photos. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	veg, science, growing, photo
Peggy Sissel Phelan	Vegetables Count	Easy to read picture and counting book with photos of 45 veg. Explores numbers, pictures, measures and concept of serving sizes. For est. age 4 -6	English	4,5,6	pre, s	bk nf	veg, photo, math
Fay Robinson	Vegetables, Vegetables!	Book of pictures with minimal text regarding facts for young children. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	bk nf	veg, photo

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Nasco	Veggies Seedies Collection	This is one time kids can play with their vegetables. Set includes 12 veggies: Ollie Onion™, Ripe Tomato™, Beta Carrot™, Collie Flower™, Skeeter Squash™, Crunchy Celery™, Belle Pepper™, Moy Mushroom™, Corny on the Cob™, Cabby Cabbage™, Spuds Potato™, and Charles Broccoli™. Each Seedie™	N/A	All	Pre,s,com,ss	Res	veg, eat healthy
<i>Network for a Health California</i>	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
Diane Stango	Vicky's Vegetables	Vicky likes to eat vegetables and wants to grow them in the garden. She and her Dad prepare them for dinner. For ages 4 - 8.	English	4,5,6,7,8	pre, s, as	storybook	veg, garden, cooking, growing
Laurie Berkner	Victor Vito and Freddie Vasco	Two bear friends travel around the US trying new foods. Includes CD for songs. For ages 3 - 5.	English	3,4,5	pre	CD, storybook	meals, ethnic
National Institute of Health	Walking, a step in the right direction	Brochure that shares warm up exercises and benefits of walking	English/Spanish	8,9,10,11,12,13,14,15,16,17,18, adult	com	brochure	PA, ethnic
Tony Ross	Wash Your Hands!	Princess is frequently reminded to wash her hands after playing in mud, with animals etc. For ages 3 - 7	English	3,4,5,6,7	pre, s, as	storybook	hygiene
squido.com	Washing Hands Coloring Page	Site with multiple pictures of washing hands topic for coloring with variety of pictures for various age groups.	English	3,4,5,6,7,8,9	s, as	coloring	hygiene
National Institute of Health	Watch Your Weight!	Practical suggestions to keep weight under control via PA and healthy food choices.	English/Spanish	adult	com	h/o	PA, weight, eat healthy, ethnic
Kathi Appelt	Watermelon Day	Little girl keeps waiting for the day her watermelon seed becomes a watermelon to enjoy at a picnic. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	fruit, growing
Angela Russ-Ayon	We Eat Food That's Fresh	A whimsical chef introduces young children to fun food experiences. Age: 4 - 8. Companion CD with song.	English	4,5,6,7,8	pre, s, as	storybook, CD	cooking
California Foundation for Ag in the Classroom	We Garden	10 lessons plans for 1-3 and 4-6th grades covering variety of produce items. We Project by Maria Shriver. Some lessons may not be <i>Network</i> allowable. Check with PM	English	6,7,8,9,10,11	s, as	lessons	fruit, veg, garden

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Source	Title	Description	Language	Age	Venue	Format	Topics
Wendy Pfeffer	We Gather Together	Picture book explains the science behind autumn and history of harvest time celebrations. Includes some simple science activities and celebration ideas. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf, activities	science, fruit, veg
Marcus Allsop	We Like to Help Cook	Multicultural children help themselves or assist adult by helping in the kitchen. Simple text, brightly colored pictures. For ages 4 - 8. Recipes are not allowable.	English	4,5,6,7,8	pre, s, as	bk nf	cooking, ethnic
Elyse April	We Like to Move, Exercise is Fun	Multicultural children 4-8 years picture book with upbeat , rhyming text and illustrations of children enjoying variety of physical activities	English	4,5,6,7,8	pre, s, as	bk nf	PA, ethnic
Fay Robinson	We love Fruit!	Discusses different kinds of fruit and how they grow. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	fruit, growing
National Institute of Health	WeCAN!	National movement designed to give adult a way to help children 8 - 13 stay at a healthy weight.	English	8,9,10,11,12,13	s, as	campaign	eat healthy,weight
National Institutes for Health (NIDDK)	Weight Control Information Network	Provides up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.	English/Spanish	adult	com	booklet	eat healthy, weight, PA, ethnic
http://theweightofthenation.hbo.com/films/bonus-shorts/	Weight of the Nation: Latino Health Access: A Model of Community Action	20 mins web video about a Latino community in L.A. that improves their environment and health outcomes of the citizens. Can be located under "Watch" / Bonus Shorts.	English	staff, 16,17,18, adult	com	web, video, dvd	PA, eating healthy, ethnic, community
http://theweightofthenation.hbo.com/films/bonus-shorts/nashville-takes-action-a-city-battles-obesity	Weight of the Nation: Nashville Takes Action: A City Battles Obesity	20 mins web video about Nashville which improves their environment and health outcomes of the citizens with help from the city's leaders. Can be located under "Watch" / Bonus Shorts.	English	staff, 17, 18,adult	com	web, video, dvd	community, healthy eating, PA, ethnic
http://theweightofthenation.hbo.com/films/bonus-shorts/poverty-and-obesity-when-healthy-food-isnt-an-option	Weight of the Nation: Poverty and Obesity: When Healthy Food Isn't an Option	Community's zip code may matter more than genetic code. Socioeconomic disparities can dramatically affect health and life expectancy. Cities across the country are presented. 24 mins	English	17,18, adult, staff	com	web video	Community, healthy eating, PA, ethnic

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Source	Title	Description	Language	Age	Venue	Format	Topics
www.journeyworks.com	West African Dance: Instant Recess	DVD Dance work out flows smoothly. Consists of mainly women in the class. Men may not be inclined to participate if it seem predominately women. A male leader would be more effective.	English	adult	com	DVD	PA, ethnic
Center for Disease Control and Prevention (CDC)	What Counts as 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
Schaefer	What Grows from a Tree?	Synopsis not available, cover shows citrus tree.	English	5,6,7,8,9,10	s, as	bk nf	fruit
Dairy Council of Oregon	What is Normal-Body Image and Teens	Poster & lessons about body image & healthy weight. Helps to identify and use critical thinking skills regarding media messages. Use only Nutrition lessons	English	13,14,15,16,17,18, adult	s, as	poster, lessons	weight, eat healthy, adv., label, PA, shopping
USDA / FNIS	What you Need to Know About Mercury in Fish and Shellfish- Brochure	Recommendations for safe consumption of seafood for women who may be come pregnant, pregnant women, nursing women and young children. Use as staff resource.	English/ Spanish	staff	com	res	protein, minerals, safety, ethnic
California Foundation Ag in the Classroom	What's Growin' On?	Newspaper supplement highlighting agricultural produce of California. OK if used with HOTM	English	staff	s, com	res	fruit, veg
Hui-Mei Pan	What's in Grandma's Grocery Bag	From the clues that are given, you must guess what produce items are in her bag, has pull tabs. Age: 2-5	English	2,3,4,5	pre,	storybook	shopping, fruit,veg
Cheryl Christian	What's In My Garden? A book of colors	Learning names and colors of vegetables in a garden. For ages est. 3-4	English / Spanish	3,4	pre	bk nf	garden, veg, ethnic
Learning Zone Express	What's on MyPlate	Do you ever stop and wonder what's on YOUR plate? Discover what's on the new MyPlate food icon developed by the US Department of Agriculture (USDA). This DVD is an overview of good food choices and the MyPlate food guide that highlights the best choices from each food group. Includes interviews with teens about their favorite healthy foods. 22 mins. Teacher materials included	English	11,12,13,14,15,16,17,18, adult	s, com	DVD	MyPlate, eat healthy
USDA: MyPyramid for Kids (lessons for grades 5 & 6)	What's on the Label?	Lesson #3 worksheets regarding label reading and practice. For ages 10-11. Correct MyPyramid logos prior to use.	English	10,11	s, as	lessons	label

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Source	Title	Description	Language	Age	Venue	Format	Topics
Healthnet.com/shp	What's on Your Plate?	1 page handout highlighting the five groups, each with 3 - 4 bulleted suggestions.	English	11,12,13,14,15,16,17,18, adult	s,as, com	h/o	MyPlate, eat healthy
Bonnie Nygard	When Cody Became a Mouse Potato	9 yr. old Cody the mouse learns that exercise and healthy living are important. For 5 - 9 year olds.	English	5,6,7,8,9	s, as	storybook	PA, eat healthy
Learning Zone Express	Whole Grains Energize Your Day	Discover why whole grains are important, the differences between whole grains and refined grains, and good sources of whole grains with this colorful tablet. For est. ages 12 - adult	English	12,13,14,15,16,17,18, adult	s, as, com	h/o	grains, process
Mayo Clinic	Whole Grains: Hearty Options for a healthy diet	Article regarding Nutrition and healthy eating that describes whole vs. refined, types of whole grains.	English	staff	com	res	grains
<i>Network for a Healthy California-Fruits and Veg.</i>	Why do Fruits and Vegetables Matter to Men	A revised CDC brochure addresses the need for African American men to incorporate the daily recommended amount of fruits and vegetables into their diets.	English	adult	com	brochure	fruit, veg, ethnic, eat healthy
Kate Needham	Why do People Eat?	23 pages covers: why needed, what it consists of, where it goes, waste, what causes hunger, food that isn't healthy, is there enough. Est. ages 13 - 18	English	13,14,15,16,17,18	s, as,	bk nf	eat healthy, science, safety,
nal.usda/wicworks	WIC Works Resource System website	Web site for educational and trainings for WIC staff as well as an interactive website that provides materials and lessons for teaching nutrition concepts to children and family. For staff	English/Spanish	staff	com	lessons, h/o	eat healthy, meals, safety, ethnic
Rae Pica	Wiggle Giggle and Shake: 200 Ways to Move and Learn,	Activities for fun, and simple movements for ages 4 - 8, explore 38 themes	English	4,5,6,7,8	pre, s, as	bk nf	PA
Ziefert and Taback	Wiggle Like an Octopus	"Move, move, move! Slither, swoop, sway!" Little ones are encouraged to move their bodies in lots of different ways by imitating aquatic animals. Board book	English	2,3,4	pre	bk nf	PA
USDA: Choose MyPlate	With Protein Foods, Variety is the Key	One of the 10 Tips Nut Ed series for making healthy food choices. For adult and older teens.	English	14,15,16,17,18, adult	s, as, com	h/o	protein, eat healthy, MyPlate
<i>Network for a Healthy California-Worksite</i>	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

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Source	Title	Description	Language	Age	Venue	Format	Topics
<i>Network for a Healthy California-Worksite</i>	Worksite Tracking cards and materials	See <i>Network</i> ordering for description of materials	English	adult	com	poster	f/v,PA
Whitehouse	Yellow Foods	Focus is on yellow foods. Specific foods are unknown. Est. ages 4 - 8	English	4,5,6,7,8	pre, s	bk nf	fruit, veg
Meredith Sayles Hughes	Yes, We Have Bananas: Fruits from Shrubs and Vines	Variety of fruits are discussed: photosynthesis, categorization, life cycle with chapters on individual fruits For ages 9 - 11	English	9,10,11	s, as	bk nf	fruit, science
Marsha Weing	Yoga Kids Volume 2: ABCs	30 minute DVD using 26 letters children make funny poses of animals, plants, etc. for ages 3-6	English	3,4,5,6	pre, s	DVD	PA
Tara Guber and Leah Kalish	Yoga Pretzels	50 Fun Activities for Kids and Grownups, Set of cards (resource book)	English	8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	res	PA
Todd Snow	You Are Healthy	Introduces young children to things they can do to stay healthy and encourages behaviors experts have identified as key to children's health. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	eat healthy
NCES	You'd Be Surprised	Hands on activity for use with nutrient test tube display products. Designed to help students/clients to understand how much fat, sugar, and sodium are in common foods.	English	9,10,11,12,13,14,15,16,17,18, adult	s,as,ss,com	Activity	Eat Healthy
NIDDK, Weight Control Information Network	Young at Heart, Tips for Older adult	Tips and tools to help people aged 65 and over eat healthy and be physical activity, meal planning meals, getting active and healthy weight. Supplemental resource that may provide ideas for a series of classes.	English/Spanish	65, staff	com	brochure, res	PA, eat healthy, elderly, weight, meal planning, ethnic
US Dept. of Health & Human Service	Young Teens Need Calcium So pour it on!	Poster 2005 which promotes use of a diet rich in calcium by showing a picture of milk being poured.	English/Spanish	5,6,7,8,9,10,11,12,13,14,15,16,17,18, adult	s, as, com	poster	dairy, minerals, ethnic
Pat and Barb Ward	Your Body And How It Works	5th - 8th grade, a book that teaches how 8 systems work, quizzes, worksheets. Only Digestive system allowed	English	10,11,12,13	s, as	bk nf, worksheets,	science, digestion,

Network-Approved Nutrition Education Materials List

Source	Title	Description	Language	Age	Venue	Format	Topics
Channing Bête Company	Your Family Guide To MyPlate-- Creating Personal Eating And Exercise Plans; A Self-Care Handbook	Photo-illustrated handbook teach adult how to understand the MyPlate and dietary guidelines, explains calories, carbohydrates, fats, and proteins, recommended diets for various life stages, healthier nutritional choices, be physically active, set measurable goals, meals-meal planning advice and fitness tips	English/ Spanish	adult	com	booklet	MyPlate, calories, fat, protein, PA, meal planning, meals, family, ethnic
Jean M. Cochran	Your Tummy's Talking	Introduces young children to the idea of listening to their tummies when it comes to food, hunger and satiety. For ages 4 - 8	English	4,5,6,7,8	pre, s, as	bk nf	eat healthy
<i>Network for a Healthy California- Youth Empowerment</i>	Youth Empowerment Lessons Learned	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
Mora, Pat	Yum! !MmMm! !Que rico! Americas' Sproutings	Haiku celebrating 14 foods native to the Americas. Provides history, geography, uses of those highlighted. Beautiful pictures! For ages 4 - 8	English	4,5,6,7,8	pre, s, as	storybook	history, ethnic, fruit, veg
Tami Fudge	Zucchini	Child makes special items for her friends using zucchini. Est. ages 5 - 8	English	5,6,7,8	s, as	storybook	veg, cooking