

Table 22: Existing Nutrition Education Materials

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
10 Steps To A Healthier Me!	Washington State Dairy Council	Colorful and easy to use resource which provides a personal introduction to MyPyramid.		Yes	150/.30=\$45 Appropriate for SNAP population	U of A_Myouth, U of A_PimaBone, WESD
100 Vegetables and Where they Come From	Williams Woys Weaver	Book emphasizing proper food choices		Yes	Use of books to teach how to increase fruit/veggie consumption	Civitan
4-H After School Program, Food and Nutrition Lessons	4-H	Six 60-min. lessons on food and nutrition for grades 6-8		Yes	Reproduction Fees	U of A_Myouth
A Hopi English Dictionary	Kenneth C. Hill, editor	General Dictionary for the Hopi language	Hopi	Yes	Language reference	Ha:San
A Navajo/English Dictionary	Alyse Neundorf	General dictionary for the Dine/Navajo language	Navajo	Yes	Language reference	Ha:San
A River of Recipes	USDA	Recipes (Native American using commodity Recipes)	Spanish	No		WMAT
A Very Purple Pepper	Peggy Sissel-Phelan	Book emphasizing proper food choices		Yes	Use of books to teach how to increase fruit/veggie consumption	Civitan
ACE Operation Fit Kids	ACE Fitness	Grades 3-5 integrates health and fitness into the classroom - use only the approved nutrition portion.		Yes	Reproduction Fees	U of A_Campus, U of A_Cochise, U of A_Myouth, U of A_MBB, Yuma
Active and Healthy Schools Program	http://www.activeandhealthyschools.com/	Designed to improve the overall health and increase the activity level of your students by making changes to the "whole school" environment		Yes	\$29.95 for card sets, materials set \$94.95 -- This Curriculum teaches concepts such as nutrition and fitness	U of A_Campus, U of A_MBB
Active for Life	Shirley Dzikowski, P.T., and Brenda Black of West Virginia Extension Service	The preventicare program, a community-based, low-intensity exercise program; previously obtained for senior outreach – reference		Yes	\$25.00 each -- Group item for adult/seniors not available through AzNN	U of A_Campus, U of A_PimaBone, U of A_Cochise
Activity tear pads	NCES	NCES		Yes	50 sheets @ \$10	U of A_MBB
Alexander & The Great Food Fight	Linda J. Hawkins	Which fruit will make the best snack for Alexander? The fruits disagree, but Alexander learns they can all be part of a good diet.		No		Civitan, WESD, Yuma

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All Our Fruits and Vegetables	Roberta Duyff and Patrick McKissack	Colorful photos of fruits and vegetables from garden to store to table.		Yes	Appropriate for SNAP population 2/7=\$14.	U of A_PimaBone
Alphabet/Nutrition Activity Carpet & Carpet Kits	Food Groupie	Enhance learning and heighten children's awareness of good nutrition with the activity carpet and kit.		No		WESD
An Alphabet Salad	Sarah Schuette	Reading book for Pre K - K to introduce them to a variety of fruits and vegetables.		No		Yuma
Anatomy of MyPramid	LearningZoneExpress	This presentation dissects the USDA's MyPramid and is a great way to enhance a presentation of concepts, symbolism and dietary recommendations of the pyramid. Clear, concise content slides on CD-ROM, with attractive text and graphics.		Yes	Helps students learn about MyPramid and making healthier food choices.	Lake Havasu
Apple Fractions	Jerry Pallotta	A reading book for K to 3rd grade to introduce cutting fruits into sections.		No		Yuma
Apples and How they Grow	Laura Driscoll	Children's book explaining the life cycle of an apple tree, incorporated into applesauce making activity.		No		United Way
Applesauce	Shirley Kurtz	Children's book explaining how a family makes applesauce, incorporated into applesauce making activity.		No		United Way
Arianna's Nutrition Expedition	National Dairy Council	Students solve nutrition mysteries to learn about healthy eating with Arianna Bones. This is an eight-activity program that supports MyPyramid and supplements your language arts and health curricula, students record their global adventures in Nutrition Journals. Aimed towards 4th graders		Yes	Reproduction costs	Humboldt

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Arizona Nutrition Network Materials	Arizona Nutrition Network	Fun Food News, recipes, posters, nutrition education reinforcement items, events-in-a-box, door hangers, Fruit/Vegetable Fact Sheets, Bobby B. Well Membership Club	Spanish	Yes	Standardized materials developed with formative research to ensure appropriateness of common nutrition messages	All Partners
At the Desert's Green Edge: An Ethnobotany of the Gila River Pima	Amadeo Rea	Indispensable reference for names and uses of food plants in the O'odham culture	Akimel O'odham	Yes	Cultural and Language Reference	Ha:San
Bag of Germs	Health Edco	Activity sheet, fluorescent germ powder pouch, and UV light		No		United Way
Banana	Jonathan Allen	Mischievous monkey yells for banana on each page to encourage eating fruits.		Yes	Appropriate for SNAP population 2/13=\$26.	U of A_PimaBone
Bananas	Elaine Landau	A reading book for K - 3rd grade about bananas.		No		TUSD, Yuma
Beauty and the Feast	Learning Seed	DVD of how we eat with our eyes instead of eating by our hunger or fullness.		No		Yuma
Best Bones Forever and Bodyworks	US Dept of Health & Human Services, Office on Women's Health	ten week series of lessons on bone health and nutrition and physical activity for mothers and daughters		No		U of A_MBB, U of A_PimaBone
Bobby Goes Green	Pauline Anne Boisselle	Recipes & Nutrition Facts for Holiday Food (St. Patrick's). Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: More Matters & 1% or less.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Body Management	Learning Multi Systems	DVD where students discover information about nutrition, its influence on performance and concepts associated with weight loss and gain. Games, videos and presentations included.		No		Yuma

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Bone Builders - Osteoporosis Prevention	Sharon Hoelscher Day of The University of Arizona Cooperative Extension	Nutrition and physical activity information for a healthy lifestyle	Spanish	Yes	No Cost -- Incentive item value less than \$4.00 for adults/seniors not available through AZNN	St. Elizabeth, U of A_Campus, U of A_Myouth, U of A_Cochise, U of A_MBB, U of A_PimaBone
Bone Up on Calcium Magnet	Washington State Dairy Council	Make nutrition education fun with incentive for adults/youth to increase calcium consumption		Yes	150/.25=\$37.50 Educational reinforcement items for adults/youth not available through SNAP	U of A_PimaBone
Bones for Life	Ruthy Alon	Curriculum for program leaders on osteoporosis prevention exercise, personal ergonomics and quality aging.		Yes	24 DVD-\$300 Materials available on-line Appropriate for SNAP population with added nutrition message.	U of A_PimaBone
Bounce	Doreen Cronin	Children's book promoting physical activity.		No		United Way
Breakfast and Calcium	Drexel University	One lesson that focuses on eating breakfast		Yes	Cost for nutrition education reinforcement items and copying handouts	Mohave
Breakfast Blast	Bobbie Kalman	Step by step healthy recipes for kids		Yes	Cost limited to copying recipes and for food samples.	Yuma

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Bridges to Wellness	National Dairy Council	<p>These hands-on lessons based on the Dietary Guidelines Food Groups to Encourage and the 3-A-Day™ of Dairy Nutrient Package blend classroom instruction with cafeteria connections. Developed in cooperation with the School Nutrition Foundation, Bridges to Wellness™ helps you meet school wellness policy nutrition education goals and develop an effective partnership with your school nutrition staff. The lessons:</p> <p>Target grades 5-6 & 7-8 Each provide 30-45 minutes of classroom instruction and 20-30 minutes of application. Include step-by-step instructions, and reproducible handout and transparency masters.</p>		No		Humboldt
Buddy Bear's Handwashing Troubles	Marjorie T. Cooke and the Arizona Nutrition Network and Brevis	Lesson plans, Buddy Bear, book, and Glo lotion with UV light		Yes	Cost for nutrition education reinforcement items and for copying handouts, replacement light for UV light, and replacement Glo Germ lotion	Mohave, ASU, Navajo, Humboldt, Coconino
Bugs for Breakfast	NIMCO and Learning Seed 2001 - learningseed.com	Book & DVD explaining cultural food differences		Yes	\$99.00 plus shipping/handling	U of A_Myouth
Build a Snack Master	Washington State Dairy Council	Reproducible masters will educate parents and students on choosing a variety of healthy snacks		Yes	50/.50=\$25Educational reinforcement items for adults/youth not available through SNAP	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Building Better Bones	Arizona Nutrition Network	Curriculum for 5th graders to encourage drinking fat free or 1% low fat milk. Curriculum includes materials, tools, and activities.	Spanish	Yes	Standardized materials developed with formative research to ensure appropriateness of common nutrition messages. Reproduction costs.	Coconino, Lake Havasu, Maricopa, Mohave, Navajo, TUSD, U of A_PimaBone, WESD, Yuma
Building Better Health	Pathfinder Publication, Inc.	National Healthy recipes and Snack Ideas	Spanish	No		WMAT
Cabbage Moon	Tim Chedwick	A rabbit that doesn't like cabbage? That's Albert. He's full of curiosity, always asking questions. One night he discovers that the moon is made of cabbage, and the fun begins.		No		TUSD
Calcium Facts	Washington State Dairy Council	Consumers can readily find the calcium content of their favorite foods on this fact sheet		Yes	\$0.30 each fact sheets plus shipping/handling.	U of A_Myouth
Calcium Facts Bookmark	Washington State Dairy Council	Consumers can readily find the calcium content of their favorite foods on the 2-sided bookmark; good incentive for adults as it has lots of information and something they will retain		Yes	500 bookmarks @ \$0.20 each = \$100.00 -- Incentive items for adults/seniors not available through AzNN	U of A_Campus, U of A_Cochise, U of A_Madult, U of A_MBB, U of A_PimaBone
Caring for your Baby	Published by Channing Bete Inc	Parenting handbook for teens (nutrition information=25%) includes breastfeeding, how to introduce baby foods, and table food	Spanish	Yes	Currently not available through Nutrition Network. To be purchased.	Teen Outreach
Carlos and Clarice Move to Low fat Milk	Kathy Reeves, Mary Stickney and Diane Bowden	One lesson that focuses on drinking 1% or fat free milk		Yes	Cost for nutrition education reinforcement items and copying handouts	Mohave, U of A_PimaBone, United Way
CATCH	University of Texas School of Public Health	Grades K-8 coordinates four component areas including school nutrition, classroom, physical education, and family		Yes	\$150.00 - \$350.00 per kit - This curriculum teaches concepts including school nutrition and fitness as they relate at school and at home	City of Phoenix, U of A_MBB, U of A_Campus, U of A_Cochise, U of A_Santa Cruz, U of A_PimaBone

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Catch a Rainbow Bookmarks	schoolfoodserviceexpress.com	Encourage healthy eating with the Catch a Rainbow Bookmark. "Eat a rainbow of colors every day!"		Yes	\$6.00/ea x 4= \$24.00. Bookmarks will be given to students as reinforcement for fruit & vegetable consumption.	Humboldt
Catch a Rainbow Poster	schoolfoodserviceexpress.com	This striking poster highlights the rainbow of colors that fruits and vegetables make when lined up next to each other. It encourages students to get the recommended number of cups of fruits and veggies every day.		Yes	\$9.95 x 4= \$39.80 Posters will be displayed in each of the potentially eligible schools' cafeterias to reinforce fruits & vegetable nutrition education.	Humboldt, U of A_PimaBone
Catch A Rainbow Static Cling	schoolfoodserviceexpress.com	Bring healthy messages to your food line with the Catch a Rainbow Static Cling. Message: Catch a rainbow! Eat a variety of colors.		Yes	\$9.95 x 4= \$39.80 Clings will be displayed in each of the potentially eligible schools' cafeterias to reinforce fruits & vegetable nutrition education.	Humboldt
Catch a Rainbow Tablet	schoolfoodserviceexpress.com	This striking tablet highlights the rainbow of colors that fruits and vegetables make when lined up next to each other. It encourages kids to get the recommended number of cups of fruits and veggies every day. The back has a challenging game to see how many fruits and vegetables students can name!		Yes	\$9.95 x 8= \$79.60. Will be utilized to reinforce fruits & vegetable nutrition education.	Humboldt, U of A_PimaBone
CATCH Kids Club	NHLBI	Nutrition & Physical Activity curriculum for children.		No		U of A_PimaBone
Chef Combo's Fantastic Adventures	National Dairy Council	Fun hands-on nutrition and food tasting activities teach simple nutrition concepts, MyPyramid and cleanliness skills; different lessons available for grade groups.		Yes	Reproduction Fees	Desert Mission, U of A_Campus, U of A_MBB, U of A_Myouth

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Child Birth-See What You Read	Published by Injoy Inc	This guide (nutrition information =20%) covers nutrition and recommended weight gain in the 3rd trimester. Also, first feeding, hunger clues, feeding frequency etc.	Spanish	Yes	Currently not available through Nutrition Network. To be purchased	Teen Outreach
Choose to Move	American Heart Association	DVD program to help women increase their physical activity level.		No		Yuma
Choosing and Preparing Foods: Basic Nutrition and Food Preparation for Special Education	Jean Bunnell	Identifies ways to teach recipes to disabled individuals		no		Civitan
Classy Moves	The University of Arizona Cooperative Extension	Grade K-5 integrated mini physical activity and nutrition lessons		Yes	\$50.00 set -- This curriculum teaches concepts such as fitness and good dietary choices	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_PimaBone, U of A_Santa Cruz
Color Me Healthy	North Carolina Cooperative Extension	Grade Pre-K developed to improve diet and activity levels		Yes	\$82.00 per kits, \$100 for teacher's guide -- This curriculum teaches concepts such as MyPyramid and fitness. Training fees are not included.	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_PimaBone, U of A_Santa Cruz, United Way
Color Way Champions Activity and Coloring Books	PBH	Two issues of fruit and veggie themed activity books that teach and reinforce the color champions theme.	Spanish	Yes	\$0.43 each plus shipping/handling	U of A_Myouth
Como Comer Mejor y ser Mas Activo	Ame A Su Familia Alimento Su Futuro	Information on eating from all the food groups, eating fruit for dessert, how to incorporate exercise into daily routine	Spanish	No		St. Elizabeth
Competitive Edge Nutrition for Athletes	Learning Zone Express	Power Point CD with presentation for PE classes to understand how nutrition and hydration impacts the body's performance.		No		Yuma
Complete nutrition spin quest set	NIMCO	Activity including spinning wheel, nutrition Q/A cards.		Yes	\$89.95 plus shipping/handling	U of A_Myouth

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Cooking Food Safely	St. Elizabeth's Health Center	Information about the right temperatures to cook meat and how to store food safely	Spanish	Yes	Printed in-house. Copy Costs.	St. Elizabeth
Cooking Up Fun	Mayer Johnson	Nutrition & Food Preparation Activities for non-readers. *Can be converted to follow the Attainment color-coded system for food preparation. Recipes can easily be converted to be healthy.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Cooking with Less Fat	National Heart, Lung and Blood Institute	Handout with tips for reducing fat in the diet by reducing the fat used in cooking. *Not to be used as MNT*	Spanish	Yes	Allowed to be reproduced. Printed in-house. Copy Costs	St. Elizabeth
Crazy Faces		card game		no		Civitan
Creative Pockets	Produce for Better Health	Lesson plan, aprons and flashcards for PreK - 2nd grade to teach them about fruits, vegetables and MyPyramid.		Yes	\$39.95 set -- This curriculum teaches concepts such as fitness and good dietary choices	City of Phoenix, Civitan, Desert Mission, Mohave, U of A_Campus, U of A_Myouth, U of A_MBB, U of A_PimaBone, U of A_Cochise, U of A_SantaCruz, Yuma
Dairy Bingo	Midwest Dairy Council	Game to teach concepts about the milk group		Yes	Reproduction Fees	U of A_Myouth
Dance, Turn, Hop, Learn!	Connie Bergstein Dow	Ideas and strategies for successful physical activity education to preschools. Concepts in this text can be integrated with nutritional messages		No		United Way
Diet and Nutrition Activities	Patricia Rizzo Toner - The Center for Applied Research in Education	Lesson plans and activities to teach grades 7-12 about nutrients, food groups, food safety, snacking, advertising, eating on emotions, etc.		No		Yuma
Dietary Guidelines for Americans 2005	USDA	Dietary guidelines for Americans		Yes	Reproduction Fees	U of A_Myouth

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Dinner Games	Family Fun Time	Encourages children to eat vegetables and drink milk, keeps children focused on family meal, adds enrichment to dinnertime.		Yes	2/15=\$30 Appropriate for SNAP population and meets five star rating for appropriateness for special needs children and adults.	U of A_PimaBone
Eat Fit	University of California at Davis- Cooperative Extension	Goal oriented intervention that challenges adolescents to improve their eating and fitness choices		Yes	Reproduction Fees	Civitan, U of A_Campus, U of A_Cochise, U of A_MBB, U of A_PimaBone, U of A_Santa Cruz, U of A_Myouth, Navajo County
Eat Healthy, Feel Great	William Sears	A book for Pre-K to 2nd grade to learn about making healthy food choices.		No		Yuma
Eat More Eat Light	Learning Zone Express	Laminated poster on healthy food choices		Yes	Appropriate for SNAP population 10/30(setOf 3)=\$60.	U of A_PimaBone
Eat More is Less	Learning Zone Express	Laminated poster on healthy food choices		Yes	Appropriate for SNAP population 5/10=\$50.	U of A_PimaBone
Eat, Move, Learn	New Mexico State University	Webquest science based activities emphasizing concepts related to energy balance, dietary behavior and physical activity.		Yes	Cost of Printing and reproduction	U of A_Campus
Eat Smart Activity Book	Positive Promotions	This educational activity book highlights nutritional concepts conducive to child/teen learning.		Yes	\$0.50/book =\$150.00	U of A_Madult
Eat Smart -The New Food Pyramid and You	Positive Promotions	Educational activities book for youth based on MyPyramid		Yes	\$0.79 each plus shipping/handling.	U of A_Myouth
Eat Smart, Fitness is Fun Activity Book	Positive Promotions	This educational activity book highlights the fun being fit and becoming fit can be by using the ABC's of fitness.		Yes	\$0.50/book =\$150.00	U of A_Madult, Uof A_MBB

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Eat Smart, Live Strong	USDA Food and Nutrition Service	Educators Handbook, lesson plans, reproducible handouts for low income adults aged 60-74 to encourage fruit/vegetable intake and 20 minutes physical activity per day	Spanish	Yes	Adequate quantities not available from USDA; costs limited to copying and printing charges.	Civitan, U of A_Campus, U of A_MBB, U of A_Cochise, St. Michaels, Coconino, City of Phoenix, Ha:San, WMAT, ASU, St. Elizabeth, Mercy
Eat Smart, Play Hard	USDA Food and Nutrition Services	Posters, incentive materials, elementary grade lesson plans featuring Power Panther	Spanish	Yes	Insufficient quantities available from USDA. Cost of printing and reproduction shared between state and local levels.	Bullhead, CAS, City of Phoenix, City of Tempe, Civitan, Coconino, Lake Havasu, Mercy, Mohave, St. Michaels, Navajo, United Way, U of A_Campus, U of A_Myouth, U of A_MBB, U of A_Cochise, U of A_Pima Bone, WMAT, Yuma
Eat the MyPyramid Way	Dairy Council of Arizona	Information regarding serving sizes of food groups, with tips on nutrient content, physical activity, and suggested recipes		Yes	Not available from USDA so will purchase from the Dairy Council of Arizona	St. Elizabeth
Eat to Win	Learning Zone Express	DVD for students grades 7-12 to learn how good nutrition helps you perform at their best. Discussed 10 nutrition myths, what to eat and using MyPyramid.		No		Yuma
Eat Well and Keep Moving	Harvard School of Public Health	An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in elementary school children		Yes	\$47.00 Set -- This curriculum teaches concepts such as MyPyramid, fitness, and food safety	U of A_Campus, U of A_MBB, U of A_Cochise

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Eat Your Peas Louise	Pegeen Snow	Teaches nutritional value of vegetables.		Yes	Appropriate for SNAP population 2/\$5=\$10	U of A_PimaBone
Eat, Move, Learn	New Mexico State University	Webquest science based activities emphasizing concepts related to energy balance, dietary behavior and physical activity.		Yes	Reproduction Fees	U of A_Campus, U of A_Myouth
Eating	Veronica Ross	A book for Pre-K to 2nd grade to learn about making healthy food choices.		No		Yuma
Eating Fruits and Vegetables	NIMCO	Bilingual fruits and vegetables activity book - encourages children to eat a variety of fruits and vegetables. Includes Spanish translation of food names and information on nutrition and preparation.	Spanish	Yes	\$29.92 per copy plus shipping/handling	U of A_Myouth
Eating Healthy the American Indian Way: Why All the Talk about Fat?	National Cancer Institute	Health benefits of eating higher fiber and low fats foods.		No		U of A_PimaBone
Eating Pairs	Sarah Schuette	A reading book about counting fruits and vegetables by 2's.		No		Yuma
Eating Right is Basic	Univ. CA cooperative extension Publication # 4H-EFNEP 4148	School program for 9-11 year olds teaching basic nutrition concepts		Yes	Reproduction Fees	U of A_Myouth
Eating the Alphabet	Lois Ehlert	Fruits and vegetables for each letter of the alphabet.		Yes	Appropriate for SNAP population 2/7=\$14.	Civitan, Mohave, TUSD, U of A_PimaBone, Yuma,
Eating Well As We Age	US Department of Health and Human Services	Geared towards seniors, this handout explains many of the common physical and nutrition-related issues seniors have that can impede consuming the required nutrients and kcals needed to be healthy.		Yes	This material is free. There will only be copying costs.	U of A_Madult

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Edible Plants: Poster Unit	Carole Palmar, Brenda Begay, Pauline Anne Boisselle	In-depth activities for understanding plants and the nutrition they carry. Provides hands on actives in the green house and garden for students and clients with special needs.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
ENAFS Nutrition for Older Adults	Univ of Florida	Curriculum for seniors	Spanish	Yes	purchasing	Mercy
Escapades	Talicor	Box of 300 games for youth in interactive settings including health, nutrition and physical activity concepts - use only approved nutrition portion.		Yes	\$39.95 plus shipping/handling	U of A_Myouth
Exercise & Physical Activity	National Institute on Aging	Guide on physical activity and nutrition for seniors	Spanish	No		U of A_PimaBone
Exercise Pyramid	St. Elizabeth's Health Center	Handout with pyramid reflecting types of physical activity and suggested time/frequency of activities	Spanish	Yes	Printed in-house. Copy costs.	St. Elizabeth
Exercise Your Options	Arizona Dairy Council	Helps students assess their current food and activity choices and plan for improvement. Teacher Kit = teacher guide, student activity booklets, 1 CD Rom and 1 DVD containing 8 video clips depicting real life food and activity issues facing middle school students		Yes	Reproduction Costs	Bullhead, Coconino, U of A_Campus, U of A_MBB, U of A_Myouth, Yuma
Fall Harvest	Pauline Anne Boisselle	Recipes & Nutrition Facts for Harvest Time. Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: More Matters	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Family Meals	Ame A Su Familia Alimento Su Futuro	Advice on how to plan ahead and prepare a healthy meal for the family		No		St. Elizabeth
Fantastic Food Challenge	Michigan State University	DVD of educational digital games to motivate teens about nutrition, food safety and comparing food prices.		No		Yuma
Farm to Fork Activity Book	Produce for Better Health	Features Fruit and Veggie Color Champions		Yes	\$1.00 per booklet plus shipping/handling.	U of A_Myouth

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Fat Demo - Kids	NCES	Shows fat content of various foods		Yes	\$26.95 to \$31.95 plus shipping/handling	U of A_Myouth
Favorite Foods - Colors and Shapes	Publishers Group	Book emphasizing proper food choices		Yes	Use of books to teach how to increase fruit/veggie consumption	Civitan
Feed Me! Kids and Nutrition	Learning Seed	MyPyramid for Kids helps with dietary choices for the 3rd - 6th grade students		Yes	Costs limited to copying costs.	Yuma
Fiber in Fruits	St. Elizabeth's Health Center	Handout on fiber content of fruits	Spanish	Yes	Printed in-house. Copy costs.	St. Elizabeth
Fight BAC!	Partnership for Food Safety Education	Bacteria, hand washing curriculum		Yes	Teaches importance of hand-washing and preventing spread of disease and bacteria. Costs to include hand-outs, copying and printing charges.	Bullhead, CAS, City of Phoenix, Coconino, Navajo
Fit Bits	www.michiganfitness.org/fitbits/ Michigan Governor's Council on Physical Fitness, Health and Sports	Grade Pre-4 with 10-15 minute activities designed for use by teachers to get students up and moving		Yes	\$50.00 per grade Reinforces personal skill, nutrition message and physical activity in each activity	U of A_Campus, U of A_Cochise, U of A_MBB
Fitdeck Jr.	www.fitdeck.com	Fitness and healthy activity cards and games to develop and maintain a healthy weight.		Yes	\$14.95 per deck plus shipping/handling	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_Santa Cruz
Fitness for Life	Human Kinetics	A program designed to help middle and high school students take responsibility for their own activity, fitness, nutrition, and health and to prepare them to be physically active and eat healthy throughout their adult lives		Yes	\$29.00 - \$249.00 - This curriculum teaches concepts such as dietary guidelines and fitness	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_Santa Cruz
Five Food Group Stickers All ages	Washington State Dairy Council	Make nutrition education fun with the five food group stickers; program incentives for adults and youth with motivation to eat a variety from the groups of food		Yes	50 group stickers @ \$3.25 each = \$163.00 Incentive item for adults/seniors not available through AZNN	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_Santa Cruz

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Food	Cookie Monster	Teaches importance of variety of foods.		Yes	Appropriate for SNAP population 2/7=\$14.	U of A_PimaBone
Food and Nutrition for Every Kid	Janice VanCleave	Activity Book		no		Civitan
Food and Nutrition Inquiry Activities	J & B Products	Book of transparencies and worksheets for lesson plans		Yes	3/20=\$60 Appropriate for SNAP population.	U of A_PimaBone
Food and Nutrition Made Easy	Judy Johnson	games and reproducibles promoting MyPyramid		no		Civitan
Food and Nutrition Trivia Ball		game		no		Civitan
Food Choices Card Game		game		no		Civitan
Food Culture and Reading	Univ. of Vermont Extension and USDA	Worksheets promoting knowledge of food groups and cultural foods		Yes	Reproduction Fees	U of A_Myouth
Food Facts; Make Your Calories Count	FDA	Fact and activity sheets for youth about label reading and portion sizes	Spanish	Yes	Reproduction Fees	U of A_Myouth
Food for Fitness	Low Fat Express	Lesson plans, worksheets and activity ideas for healthy eating. Reading food labels, why we eat, importance of breakfast, etc.		Yes	Costs limited to copying costs.	Yuma
Food For Thought		booklet		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan, United Way
Food Fun & Reading	University VT	K-3 reading program with nutrition books, visuals, books and supporting resources listed in the 3 Maricopa County projects		Yes	\$20 curriculum plus children's \$30 books for each class	U of A_MBB
Food Fun Nutrition Cards		game		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan
Food Group Dice	Judy Johnson	dice game promoting MyPyramid		no		Civitan
Food Group Tabletop Pocket Chart	Neat Solutions - Learning Resources	This food group tabletop pocket chart features MyPyramid.gov and is perfect for a hands-on nutrition learning center or small-group lessons		Yes	5/33=\$165 Appropriate for SNAP Population	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Food Guide Slide Calculator	The Positive Line	Slide Calculator shows New Food Pyramid with calories and serving finder for men/women, children; this is a very popular tool for adults and provides lots of information. Tool was used with Walk Across Arizona and Small Steps to Health and Wealth as a popular incentive.		Yes	200 @ \$0.75 each = \$150.00 - Incentive item for adults/seniors, not available through AzNN	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_PimaBone, U of A_Santa Cruz
Food labels: Read before you eat	Learning Seed	Understanding the food labels for 7th grade students - adults		Yes	Costs limited to copying costs.	Yuma
Food of the Americas	Fernando and Marlene Divina	Cookbook accompanied by stories about plants, animals, and ceremonies		Yes	Culturally relevant cookbook	Ha:San
Food of the Southwest Indian Nations	Lois Ellen Frank	Regional cookbook that uses the traditional ingredients of the areas: chile, squash, acorns, prickly pear, etc.		Yes	Culturally relevant cookbook	Ha:San
Food Picture Bingo	Neat Solutions - Learning Resources	The game is based on the MyPyramid.gov food pyramid and includes 4 Bingo Cards, 36 Markers, a Food Group Spinner, and Game Instructions.		Yes	10/8=\$80 Appropriate for SNAP population	U of A_PimaBone
Food Plants of the Sonoran Desert	Wendy Hodgson	Rare combination of botanical, ethnobotanical, and nutritional information on desert plants used by all Southwestern tribes		Yes	Multi-disciplinary reference	Ha:San
Food Pyramid Mat	Neat Solutions - Learning Resources	Kids explore the MyPyramid.gov chart with three fun activities: matching foods to food groups, completing exercise challenges and quizzing themselves on nutrition facts and vocabulary.		Yes	5/37=\$185 Appropriate for SNAP Population	U of A_PimaBone
Food Pyramid Pocket Chart with Cards	Neat Solutions - Learning Resources	42 copy-ready nutrition activity worksheets covering serving sizes based on MyPyramid.gov,		Yes	5/25=\$125 Appropriate for SNAP population	U of A_PimaBone
Food Risks	CFSAN	Lessons for youth about understanding food labels and food safety		Yes	Reproduction Fees	U of A_Myouth
Food Safety	Joan Kalbacken	Book teaching food safety		Yes	Teaching food safety	Civitan

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Food Safety Curriculum: Serve It UP	Western Illinois University	Lesson plan for grades 9-12 to recognize the signs and symptoms of food borne illness and preventative actions that can be taken.		Yes	Costs limited to copying costs.	Yuma
Food Safety Education Month	USDA Food Safety and Inspection Service	Lessons and activity sheets emphasizing food safety.		Yes	Reproduction Fees	U of A_Myouth
Food Safety Songs	http://www.foodtunes.com/ - Carl Winter, UC Davis	songs and DVD on food safety concepts		Yes	\$9.99 per CD, DVDs free, plus shipping	U of A_MBB
Food Safety Tablet	Learning Zone Express	Double-sided worksheet on safe food handling		Yes	Appropriate for SNAP population 10/6=\$60.	U of A_PimaBone
Food Science Curriculum	Illinois Board of Education - Integrating Education in Science and Technology	Curriculum that focuses on different aspects of food science.		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Food Trends	Learning Zone Express	Power Point CD with presentations of food trends with portions, restaurant foods, organic foods, food safety, etc.		No		Yuma
Food, Fun and Reading	4-H CCS	Experiential activities to teach youth in grades four to six about nutrition and healthy lifestyles.		Yes	Appropriate for SNAP population \$5/25=\$125.	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Foodscapes Promotion Kit	School Foodservice Xpress	This promotional kit will help promote healthy eating in creative ways using our Foodscapes™ characters. Foodscapes™ are whimsical, edible characters in landscapes, seascapes, and natural scenes designed to inspire people of all ages to eat fruits and vegetables. Other Details: Kit includes: • Guidebook & CD of Tools & Templates (filled with ideas to promote nutrition using all the items in the kit) • 6 Posters (18" x 24" laminated) • 6 Placards (10" x 13" in storage folder) • 6 Mini Counter Cards Sets (12 - 4 7/8" x 5 1/2" cards in acrylic display case) • 200 Bookmarks (7 1/2" x 2 1/2" 2 designs) • 6 Note cards w/ Envelopes (6 1/4" x 4 5/8" in storage folder) • 12 Postcards (5" x 7") br>• 12 Static Clings (4" x 6" in 4 designs) • 200 "I Tried It" Stickers (2" in 4 designs on roll) • 2 Notepads (4 1/4" x 5 1/2" in pads of 50 sheets)		Yes	\$149.95/kit x 5 schools= \$749.75. Will be utilized and displayed in each of the potentially eligible schools' cafeteria to enrich nutrition education.	Humboldt
Foundation for a Healthier You	NCES	Expandable MyPyramid with information on each of the food groups, colors of fruits and vegetables, exercise and suggested calorie intake and serving sizes	Spanish	Yes	Clear and concise information. Not available from USDA so will purchase from NCES.	St. Elizabeth
From Head to Toe	Eric Carle	Children's book promoting movement/physical activity.		No		United Way
From the Garden	Michael Dahl	A counting book about fruits and vegetables.		No		Yuma
From Wheat to Pasta	Robert Egan	How wheat is harvested and made into pasta at each step. Shows kids enjoying pasta!		No		TUSD

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Fruit & Vegetable of the Month	US Center for Disease Control	Fruit and Vegetable educational materials and knowledge-based information for Head Start students		Yes	Standardized materials developed w/ formative research to ensure appropriateness of common nutrition messages, Evaluation Materials	Ha:San
Fruit and Vegetable Bingo	Produce for Better Health	nutrition, prep information		Yes	8.95	U of A_MBB
Fruit and Vegetable Name Game	Learning Zone Express	Q&A game about fruits and vegetables		Yes	Reproduction Fees	U of A_Myouth
Fruit and Veggie Champions Activity and Coloring Book	PBH	Two issues of fruit and veggie themed activity books that teach and reinforce the color champions theme.		Yes	\$1.00 each plus shipping/handling	U of A_Myouth
Fruit and Veggie Making Faces		game		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan
Fruit and Veggie Race Game		board game		no		Civitan
Fruit and Veggie Scavenger Hunt		card game		Yes	Use of games to enhance lessons	Civitan
Fruit and Veggie Seedie Characters		Stuffed toys to use during books, music, and game times		no		Civitan
Fruit Stickers	Neat Solutions - Learning Resources	Fruit stickers to encourage daily recommendation		Yes	10/2/120=\$20 Appropriate for SNAP Population	U of A_PimaBone
Fruits and Veggies Master Kit	Food and Health Communications	CD with power point programs for adults about fruit and vegetable consumption, ways to increase usage, etc.	Spanish	Yes	Costs limited to copying costs.	Yuma
Fruits and Veggies More Matters materials	Centers for Disease Control and Produce for Better Health Foundation	Increasing fruit and vegetable consumption. Will order nutrition education materials to support fruits and vegetables campaign.		No		Civitan, City of Phoenix, TUSD, U of A_Madult
Fruits and Veggies- More Matters® Curriculum	AZNN	Curriculum designed to increase consumption of fruits and vegetables. Curriculum geared for 3rd graders	Spanish	Yes	reproduction of materials needed for large audiences	CAS, Coconino, Humboldt, Lake Havasu, Maricopa, Mercy, Mohave, Navajo, U of A_Pinal, WESD, Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
FSNE Curriculum	Utah State University Extension	Lessons including PowerPoint covering food groups, portion sizes and purchasing food		Yes	Reproduction Fees	U of A_Myouth
Fueled For Flight	National Cattlemen's Beef Association	Lesson plans, reproducible handouts for 4-6th grade students. Low income students will learn how NASA Astronauts use MyPyramid to prepare for flight.		Yes	Costs limited to copying and printing charges.	Maricopa
Game On! The Ultimate Wellness Challenge	Action for Healthy Kids with the U.S. Dept of Agriculture and the U.S. Dept of Health and Human Services	Curriculum, handouts, activities		Yes	Cost for copying handouts and nutrition education reinforcement items	Mohave, U of A_Campus, U of A_MBB, U of A_Myouth,
Games: 1 – MyPyramid Bingo 2 - MyPyramid Pursuit 3 - MyPyramid Pursuit Jr. 2 – Portion Size Bingo	LearningZoneExpress	Playing BINGO and Pursuit are great ways for students to learn and review the new MyPyramid Food Guide.		Yes	\$114.80 (3@\$24.95 =1 @ \$39.95) A fun way to help students make better food choices.	Lake Havasu
Germ City	Washington State Univ.	Interactive demo. for use at fairs, festivals, schools, food service operations, & healthcare facilities with positive measureable behavioral impacts related to hand washing practices.		Yes	Tent \$4000, Stickers \$0.09 ea., Demo lotion \$14 ea., Disclosure Center & bag \$610 and shipping/handling	U of A_MBB, U of A_Myouth, U of A_PimaBone, U of A_Santa Cruz
Germs Are Not For Sharing	Elizabeth Verdick	Children's book teaching children about what germs are; and when, why, and how to wash one's hands.		No		United Way
Germs Make Me Sick	Melvin Berger	Reading book for children age 5-9 about the importance of hand washing.		No		Yuma
Germs on Their Fingers	Wendy Wakefield Ferrin	A book for Pre-K to 1st graders to learn about hand washing.		No		Yuma
Germs, Germs, Germs!	Bobbi Katz	Book for Grades 1 & 2 about the importance of hand washing.		No		Yuma
Get Health Get Moving Exercise Band	Washington State Dairy Council	Exercise stretch band with instructions with information on eating a variety of foods		Yes	5/2=\$10 Educational reinforcement items for adults/youth not available through SNAP	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Get In Shape, Jonas	Wolfgang. D. Hoelscher	A Wimzie's House Story Book. Jonas discovers he can't lift a bucket of dirt. Wimzie and friends convince Jonas it's time to get in shape and exercise, but Jonas realizes it's hard to get in shape! But Wimzie help him understand it's fun to be fit.		No		TUSD
Get More Guide (small size)	PBH	Accordion fold handout for consumers with tips, nutrition information and ideas on how to get more fruit and vegetables daily.		Yes	\$7.50 per pack of 50 plus shipping/handling	U of A_Myouth
Get Moving	Maricopa County Office of Nutrition Services	Lesson plans and reproducible handouts for low income 4th grade that emphasizes good nutrition in conjunction 60 minutes of physical activity a day		Yes	Costs limited to copying and printing charges	Maricopa
Getting Enough Whole Grain	Whole Grains Council	Fact and activity sheets for youth emphasizing and explaining whole grain concepts		Yes	Reproduction Fees	U of A_Myouth
Getting into a Food Mood	Workforce Preparation National 4-H Council	Guide to facilitate communicating food issues with youth		Yes	Reproduction Fees	U of A_Myouth
Glitterbug Hand Washing Programs	Brevis	Lessons, books, Glitterbug machine, UV light, and disclosing lotion	Spanish	Yes	\$14.00/each bottle x 5 bottles= \$70.00. A learning tool for hands-on experience to see effectiveness of hand washing	Humboldt, U of A_PimaBone, WESD
Glo Germ	Brevis	Book, UV Light, Glo lotion. Hands-on experience to see effectiveness of hand washing to prevent cross-contamination and food born illness.		Yes	lotion and copies	Civitan, City of Phoenix, Lake Havasu, Maricopa, Mohave, Navajo, Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Glowbar	GlitterBug.com	This is the original classic GlowBar. Versatility is the name of the game here. It runs a good long time on 4 D batteries or it may be plugged in with the optional adapter. Use GlowBar as a portable unit to scan hands and surfaces. The 279mm UVA bulb (11 inch) illuminates a full pair of hands from one position. This is the same lamp that fits the GlitterBug Disclosure Center shown on page 7. GlowBar runs on 4 D-cell batteries (included) or plug it in with the optional AC/DC 6-volt adapter. Unit measures 324mm W X 79mm H X 41mm D.		Yes	\$36.00 for each glowbar. Visual aid to Hands Washing Education. Enable children to identify "germs" on their hands.	Humboldt
Go Eat		card game		Yes	Use of games to enhance lessons	Civitan
Go For Whole Grain	NIMCO	Poster that teaches the benefits of whole grain in the diet. Includes 7 copier-ready handouts and leader activity guide		Yes	\$26.95 each plus shipping/handling	U of A_Myouth
Go Low Recipes	Pauline Anne Boisselle	Recipes & Nutrition Facts for Healthy Smoothies. Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: 1% or less.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Go With the Whole Grains for Kids	Bell Institute	Grades K-5, helps children learn about the benefits of whole grains and how to incorporate more into their diets.		Yes	Reproduction Fees	Coconino, Navajo, U of A_Campus, U of A_MBB, U of A_Myouth
Good Eating Builds Better Babies	Dairy Council of Arizona	Flyers/ Posters regarding recommended servings from each of the five food groups and healthy snacks for pregnant women		No		Teen Outreach

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Good Enough to Eat	Lizzy Rockwell	Reading book for K - 2nd grade to explain why we need to eat healthy foods.		No		Yuma
Good Nutrition Rulers	Washington State Dairy Council	These 12-inch rulers are a great educational tool to complement and nutrition. Health, and math or science lesson; emphasize with children that correlates with AIMS testing and the school setting		Yes	200 rulers @ \$.25 = \$50.00 -- Incentive Item for adults/seniors not available through AzNN	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_PimaBone, U of A_Santa Cruz
Got Calcium?	St. Elizabeth's Health Center	Information on what calcium is, how the body stores it, how much is need, where to obtain it and tips for lactose intolerant persons.	Spanish	Yes	Printed in-house. Copy costs.	St. Elizabeth
Green Food Fun	Lisa Bullard	A reading book for Pre K to K to learn about healthy food choices that are green in color.		No		Yuma
Groovin Foods	Joy Bauer	cd		no		Civitan
Growing Colors	Bruce McMillan	A reading book for Pre-K to K to introduce the various colors to eat in fruits and vegetables.		No		Yuma
Growing Healthy	National Center for Health Education	A comprehensive school health education curriculum which incorporates nutrition as one of the ten components of health as established by the Center for Disease Control.		Yes	10% cost	Coconino
Growing Vegetable Soup	Lois Ehlert	Reading book for children Pre K - K to introduce them to a variety of vegetables they can eat at home.		No		Yuma
Guide to Good Eating	National Dairy Council	Information regarding suggested serving sizes for the food groups, and how much of a certain type of food constitutes a serving.	Spanish	Yes	Not reproducible. Not available from USDA so will purchase from the National Dairy Council.	St. Elizabeth
Handbook of Indian Foods and Fibers of Arid America	Walter Ebeling	Exhaustive work on First Nation ethno botany for Southwest including Mexico, which was a major influence on the agriculture of this region.		Yes	Culturally relevant cookbook	Ha:San

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Handwashing Fact Sheet	CDC	Fact Sheet on proper hand washing		Yes	Adequate quantities not available from CDC so will print.	WMAT
Harvest Cookbook	SMASE Staff	Adaptation of 2008 of Monthly Harvest Recipes to follow a format for clients with mild cognitive challenges. Use of 1-2 page pictorial recipes. Focus: Local Fruits & Veggies.	Picture Literacy	Yes	In-Kind Costs for development and printing	St. Michaels
Harvest of the Month Tool Kit	California Department of Health Services also available through Arizona Nutrition Network	Fruit and vegetable teaching resources.	Spanish	Yes	Already developed and reasonably priced nutrition education resources. Costs limited to materials, printing and reproduction.	Navajo
Health and Nutrition from the Garden	Genzer, Seagraves, Whittlesey, Texas AgriLife Extension Service, 2007	Master Junior Gardener curriculum connecting garden and nutrition		Yes	\$30 each for school teacher coordinating the project, reproduction fees	U of A_MBB, U of Amyouth
HealthTeacher	http://www.healthteacher.com/	Grades K-12 -- Health curriculum delineates knowledge and skill expectations that are consistent with the Assessment Framework and National Health Education Standards for each grade level.		Yes	\$150 individual subscription or \$300 school subscription -- this curriculum teaches concepts such as nutrition, health, and fitness	U of A_Campus
Healthy Body Awareness	University of New Mexico, Center for Disease Control and Prevention, Prevention Research Center	The Health Body Awareness is a 39 lesson nutrition education module develop by Navajo elders, health care providers, and community leaders. It is designed with cultural sensitivity. The lessons have been reviewed and was updated during the summer, 2009.	Navajo	Yes	Reproduction costs	Coconino, NAAA
Healthy Choices	Learning Zone Express	Laminated poster on healthy food choices		Yes	Appropriate for SNAP population 5/15=\$45.	U of A_PimaBone
Healthy Eating and Exercise Activity Book	Judy Johnson	games and reproducibles promoting MyPyramid		no		Civitan
Healthy Food Puppet Sets		game		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Healthy Foods from Healthy Soils	Elizabeth Patten	Ideas for nutrition education using gardens		No		United Way
Healthy Hands, Healthy Kids	Healthy Hands	Lessons for PreK - 2 emphasizing hand washing and healthy schools/healthy people		Yes	Reproduction Fees	U of A_Myouth
Healthy Heart	Coconino County	2 Lesson plans that educate 6th graders to the difference of fats and oils and the impact of physical activity for a healthy heart.		Yes	Incentive items, copies of handouts	Yuma
Healthy Holiday Treats	Pauline Anne Boisselle	Recipes & Nutrition Facts for holiday Foods. Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: Fruits and Vegetables & 1% or less.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Healthy Hurdles Nutrition Game	Neat Solutions - Learning Resources	Two healthy lifestyle games reflecting the USDA's MyPyramid in one!		Yes	5/22=\$110 Appropriate for SNAP population	U of A_PimaBone
Healthy K.I.D.S.	Children's Health Fund	Simple, engaging, culturally relevant education materials on nutrition and fitness		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Healthy Lunchbox	Marie McClendon and City Shauk	Lunch preparation guide for ease and thrift		Yes	Appropriate for SNAP population 5/13=\$65.	U of A_PimaBone
Healthy Meals in A Hurry	Iowa State University University Extension	USDA recipes and menu ideas	Spanish	Yes	Effective strategies for cost-saving and nutritious meals - 500 books/ \$2.50 = \$1,250	U of A_PimaBone
Healthy Snacks	Mari Schuh	A book with creative snack ideas for Pre-K to K aged children.		No		Yuma
Healthy Ways for a Healthy Weight	Maricopa County Office of Nutrition Services	Lessons plans and reproducible handouts for low income 7th grade students. Students will recognize and comprehend MyPyramid as a tool for healthy eating and discuss different body shapes and sizes.		Yes	Costs limited to copying and printing charges	Maricopa
Hearts N' Parks	National Heart Lung and Blood Association, Flaghouse	Performance indicators pre and post questionnaires, reproducibles		Yes	Cost of printing and reproduction only	City of Phoenix

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Home Cooking	Attainment Company	Meal preparation and nutrition program for clients with special needs. Includes color-coded system for cooking. Content is presented in Universal Design Format allowing access for clients who cannot read.	Picture Literacy	Yes	Additional copies as needed will be purchased from Attainment Company.	St. Michaels
How Groundhog's Garden Grows	Lynne Cherry	Class learns the process of planting a garden to provide for himself and share with his friends.		No		United Way
How Much Should I Eat?	Learning seed 2007 - learningseed.com	DVD that teaches students portion awareness and helps them take control of their nutrition choices (and free teacher's guide)		Yes	\$99.00 plus shipping/handling	U of A_Myouth, Yuma
How to Safely Cook Meat	St. Elizabeth's Health Center	3-fold brochure with safety information regarding handling and cooking meats, fowl, and fish.	Spanish	Yes	Printed in-house. Copy costs.	St. Elizabeth
How to Understand and Use the Nutrition Facts Label	US Food and Drug Administration - Center for Food Safety and Applied Nutrition	Reading food labels effectively and easily (Adult)		Yes	Cost of printing and reproduction only	City of Phoenix, Lake Havasu, Yuma
Hungry Planet- What the World Eats	Peter Menzel and Faith D'Aluisio	Photographs depicting various foods consumed by people from all over the world, incorporated into our "What does the World Eat" lesson	Picture Literacy	No		United Way
I am Water	Jean Marzolla	Preschool book incorporated into hydration lesson.	Spanish	No		United Way
I Can Eat a Rainbow	Annabel Karmel	Book emphasizing proper food choices		Yes	Use of books to teach how to increase fruit/veggie consumption	Civitan
I Eat Fruit	Hannah Tofts	Pull out picture book depicting photos of fruits in various stages from whole to slices to seeds. Colorful backgrounds and clever layouts.		No		TUSD, Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
I Eat Vegetables	Hanna Tofts	Pull out picture book depicting photos of vegetables in various stages from whole to slices to seeds. Colorful backgrounds and clever layouts.		No		TUSD, Yuma
I Know an Old Lady Who Swallowed a Pie	Alison Jackson	Reading book for children Pre K - K to introduce the concept of portions.		No		Yuma
I will Never Not Ever Eat a Tomato	Lauren Child	Children's book promoting the trial of new/healthy foods.	Spanish	No		United Way, Yuma
Illness and Prevention	TX Dept. of State Health Services	Lessons about personal health for Kindergarten		Yes	Reproduction Fees	U of A_Myouth
Incredible Edible Science	Learning Zone Express	Cookbook for students		Yes	Appropriate for SNAP population 10/15=\$150.	U of A_PimaBone
Inflatable Pyramid	Health Edco	Based on USDA Dietary guidelines - 4 sided pyramid		Yes	3/25=\$75 Appropriate for SNAP Population	U of A_PimaBone
Is It Done Yet?	USDA Food Safety & Inspection Service	CD of posters and artwork for handouts		Yes	Costs limited to copying costs.	Yuma
It's a Fruit, It's a Vegetable, It's a Pumpkin! By Allan Fowler	Helene J. Jordan	Each title in the Rookie Read About Science series of books has easy to read, interesting facts about each food.		No		TUSD
Janey's Junk food Fresh Adventure		book		no		Civitan
Join the Fruit and Veggie Party		Activity Book		no		Civitan
Jump Into Foods and Fitness	Michigan State University Extension	Grade 3-5 fun nutrition with physical fitness and food safety activities integral to the curriculum - use only the approved nutrition, food safety and physical activity portions.		Yes	\$17.50 set This curriculum teaches concepts such as MyPyramid, fitness and food safety	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, U of A_PimaBone, U of A_Santa Cruz, United Way
Jump Start Teens	California Project Lean	Downloadable lessons that encourages teens to eat healthy and keep moving.	Spanish	No		United Way
Keeping Foods Safe	St. Elizabeth's Health Center	Information about how to safely defrost food and avoid contamination	Spanish	Yes	Printed in-house. Copy Costs.	St. Elizabeth

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Key Nutrients	The University of Arizona Maricopa County Cooperative Extension	This handout gives participants 13 key nutrients that are needed daily, the functions of these key nutrients, and good dietary sources of where to find them.	Spanish	Yes	This material is free. There will only be copying costs.	U of A_Madult
Kid Chef and the Clean Kitchen Crew	Kansas State University	Interactive DVD for interactive food safety education programs for children with videos, quizzes and activities to teach proper food handling.		No		Yuma
Kid Power - Multicultural Meals	NIMCO	Kid friendly appealing recipes for encouraging eating right, cooking and learning about food in the process, gives children a basic understanding of nutrition. Book to be used as a reference for enhancing SNAP-Ed staff and partner multicultural awareness. No recipes or lessons to be used without prior AzNN approval.		Yes	\$23.92 per copy plus shipping/handling	U of A_Myouth
Kidnetic	International Food Information Council	Worksheet with age appropriate nutrition and physical activity info as well as link for parents and homework they can do with kids		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Kids Healthy in the Classroom	The Nemours Foundation/Kids Health	PreK-12 lessons focusing on food safety, healthy eating choices. Includes articles, lessons, handouts and questions - use only the approved nutrition and physical activity portions.		Yes	Reproduction Fees	U of A_Campus, U of A_Myouth
Kinder Krunchies	Karen S. Jenkins	Snack and Nutrition Activities for non-readers. *Can be converted to follow the Attainment color-coded system for food preparation.	Picture Literacy	Yes	Additional copies as needed will be purchased from Discover Toys.	St. Michaels
Kindergarten Grow a Healthy Child Fun, Fitness, and Nutrition Field Day	Univeristy of Arizona	Introductory physical activity and nutrition field day to introduce healthy eating and physical activity.		Yes	Duplication Cost -- No curriculum available that can integrate these at Kindergarten level	U of A_Campus, U of A_Cochise, U of A_MBB

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Kindergarten Science Kit	Foss	Introduce health, nutrition and physical activity to young children		No		Coconino
Kiss the Cow	Phyllis Root	A reading book about the importance of milk and cheese.		No		Yuma
La Cocina Saludable	Oregon State University Extension Service	Information regarding how to cook in a healthier fashion with less fats and oils	Spanish	Yes	Shipping Costs Only	St. Elizabeth
Learn to Be Healthy	www.learntobehealthy.org	Interactive student health science activities, teacher-led activities, student games and webquests.		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Learning Circle Lessons	University of Minnesota Extension Service	Nutrition Lessons for youth following MyPyramid guidelines		Yes	Reproduction Fees	U of A_Myouth
Lemons Are Not Red	Laura Vaccaro	Teaches children to identify colors of fruits and vegetables.		Yes	Appropriate for SNAP population 2/7=\$14.	U of A_PimaBone
Let's Make a Deal	Learning Zone Express	DVD - a game show about fruits and vegetables for Jr. High students.		No		Yuma
Lettuce Introduce You: Poems about Food	Laura Purdie Salas	Book emphasizing proper food choices		Yes	Use of books to teach how to increase fruit/veggie consumption	Civitan
Life Form Food Kit		food models		no		Civitan
Life in the Fast Food Lane	Maricopa County Office of Nutrition Services	Lesson plans and reproducible handouts. Low income 8th grade students will learn how to make healthier choices while eating out.		Yes	Costs limited to copying and printing charges	Maricopa
Light & Tasty Cooking Labs	Jan Bunell	Nutrition Lab Activities geared towards the teenager with special needs. Activities use low literacy reading levels and provide incremental small steps. *Can be converted to use picture literacy methods if needed and to follow the Attainment color-coded system for food preparation.	Picture Literacy		Additional copies as needed will be purchased from Walsh Publications.	St. Michaels
Limbo Mania Game	Hilco Corporation	Musical Limbo game to encourage children in more warm up routines. Game is integrated into Animal Movements lesson.		Yes	Material is appropriate for Preschool Children. (\$34.99)	United Way

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Little D's Nutrition Expedition	National Dairy Council	2nd graders learn the basics of healthy eating from Little D the Five-Food-Group Dragon and his Royal Food Family friends. Ten story-based activities that help students develop reading, writing, listening and speaking skills support MyPyramid and supplement your language arts program.		No		Humboldt, U of A_Myouth
Look 'n Cook Microwave	Attainment Company	Meal preparation and nutrition program for clients with special needs. Includes color-coded system for cooking. Content is presented in Universal Design Format allowing access for clients who cannot read.	Picture Literacy	Yes	Additional copies as needed will be purchased from Attainment Company.	St. Michaels
Loving Support Makes Breastfeeding Work	USDA Food and Nutrition Service and Best Start Social Marketing, Inc.	Pamphlets and posters to encourage breastfeeding	Spanish	Yes	Available only electronically in PDF format. Cost limited to copying and printing charges	Coconino, St. Michaels, Teen Outreach, WMAT
Loving Your Family Feeding Their Future	USDA Food and Nutrition Service	Educators Handbook, Lesson Plans, Reproducible Handouts to encourage healthy diets of women with children	Spanish	Yes		ASU, City of Tempe, City of Phoenix, Civitan, Coconino, Desert Mission, Ha:San, Maricopa, Mercy, Navajo, Teen Outreach, U of A_Campus, U of A_Cochise, U of A_MBB, WMAT, Yuma
Lunch	Denise Flemming	Learn fruits and vegetables by what a mouse eats.		Yes	Appropriate for SNAP population 2/5=\$10	U of A_PimaBone, Yuma
Lunch at the Zoo	Brenda Cartee Lee	A reading book for Pre-K to K to learn about healthy foods to eat.		No		Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Make Every Day a Healthy Day! The Rainbow Way	Arizona Cancer Center	Books developed by the Arizona Cancer Center to teach MyPyramid.gov guidelines		Yes	\$0.91 -- curriculum teaches MyPyramid.gov guidelines	U of A_Campus
Making Every Dollar Count	University of California	Cost saving tactics on food purchasing and household budgeting	Spanish	Yes	Materials can be reproduced for distribution - 1 @ \$90	U of A_PimaBone
Mas Hierro	Oregon State University Extension Service	Information regarding Iron, the benefits of iron and what foods contain iron	Spanish	Yes	Allowed to be reproduced. Printed in-house. Copy Costs	St. Elizabeth
Math of Food	Hope, Martin and Susan Guengerich	Teaching nutrition messages with math exercises. Incorporates nutrition education into math programs for Jr and Sr High students.		No		Yuma
Meal Time in Less Time; Planning and Preparing Quick Healthy Meals in Less Time	The University of Arizona Cooperative Extension	Handouts developed to teach meal planning on a budget		Yes	Developed for target audience in Arizona. Most materials are free except for copying charges.	U of A_Campus, U of A_Cochise, U of A_Myouth, U of A_MBB
Meals Around the World	NIMCO	Set of 4 books emphasizing multicultural nutrition information		Yes	\$90.95 plus shipping/handling	U of A_Myouth
Media Smart Youth	National Institute of Child Health and Human Development	Workshop Curriculum for ages 11 - 13		Yes	Cost of printing and reproduction only	City of Phoenix, Navajo, U of A_Campus, U of A_Cochise, U of A_MBB, U of A_Myouth, Yuma
Milk from Cow to Carton	Aliki	Children's book explaining process by which milk is obtained, processed, and distributed.		No		TUSD, United Way
Milk from Cow to Ice Cream	Betram Knight	Changes that occur as milk is processed into ice cream and more.		No		TUSD
Milk Matters	National Institute of Health	Activities combine hands-on classroom lessons with take-home assignments, classroom discussion, and more to help teach your students about the role of calcium in nutrition and bone health.		Yes	Printing costs	U of A_Campus, U of A_Myouth, U of A_MBB, Coconino
Milk's Unique Nutrient Package: Benefits for Bones and Beyond	National Dairy Council	Lists the main nutrients that are found in milk and what the nutrients do for the human body.		Yes	This material is free. There will only be copying costs.	U of A_Madult

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Modified MyPyramid for Older Adults	USDA/Tufts SNAP-Ed Connection	The Modified MyPyramid for Older Adults continues to emphasize nutrient-dense food choices and the importance of fluid balance, but has added additional guidance about forms of foods that could best meet the unique needs of older adults and about the importance of regular physical activity.		Yes	This material is free. There will only be copying costs.	U of A_Madult
Money Saving Tips	National Heart, Lung and Blood Institute	Handout with simple suggestions for participants to save money on groceries.	Spanish	Yes	Allowed to be reproduced. Printed in-house. Copy Costs	St. Elizabeth
Monster Health Book	NCES	Fictional narrative to teach nutrition concepts to youth		Yes	6.95 plus shipping/ handling	U of A_Myouth
Monthly Newsletters for Parents (already existing)	Andrea Chiasson, Maureen Milazzo, Heather Vaughn, Alisa Arce, Helain Day	Mirrors information presented in lessons. Information gleaned from already developed materials USDA, CA Harvest of the Month, etc	Spanish	Yes	Minimal cost of printing/copying.	United Way
More than Mud pies	National Food Service Management Institute, University of Mississippi	Education lessons and activities that encourage positive ideas about nutrition and foods to preschoolers.		Yes	Minimal cost of printing/copying.	United Way
Mother & New Baby Care- See What You Read	Published by Injoy Inc	This guide (nutrition information =28%) covers breastfeeding nutrition, the food groups, MyPyramid and exercise, plus a chapter on successful breastfeeding that includes, the why and how, with techniques for successful breastfeeding and the expressing and safe storage of breast milk.	Spanish	Yes	Currently not available through Nutrition Network. To be purchased.	Teen Outreach
Muncha Muncha Muncha	Candace Fleming	Bunnies and gardener like to eat garden fresh vegetables and learn to share.		No		TUSD, United Way

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
My Activity Pyramid for Adults and Kids	USDA Food and Nutrition Service	Flyers/Posters	Spanish	Yes	Adequate quantities are not available from USDA. Will purchase from alternate source. Avg. price = \$14/poster and \$10 per 100 sheet tablet plus shipping/handling	U of A_Myouth
My Favorite Fruits	Ame A Su Familia Alimente Su Futuro	Examples of what counts for one serving size of fruit	Spanish	No		St. Elizabeth
My Favorite Vegetables	Ame A Su Familia Alimente Su Futuro	Examples of what counts for one serving size of vegetables	Spanish	No		St. Elizabeth
My Food/Mi Comida	Rebecca Emberly	Bilingual fruits and vegetables book	Spanish	Yes	Appropriate for SNAP population 2/5.75=\$12	U of A_PimaBone
My Pyramid Pass it On		DVD		no		Civitan
My Pyramid Pop Up		pamphlets		No		Civitan
My Pyramid	Alisha Neihaus	In this colorful book covering the USDA's MyPyramid.gov food guide system, each food group is highlighted showing foods to eat more and less of, tips for eating healthy in each group, mixing dishes in order to eat "every color every day," how to read food labels, the difference between homemade and processed food, fast food and slow food, raw and cooked food, the importance of exercise, and more!		No		TUSD
My Pyramid: Steps to a Healthy Living	Discovery School	DVD Resource Library		Yes	MyPyramid supplemental information. Currently not available through Nutrition Network.	Teen Outreach
MyPyramid materials	USDA	Posters, flyers, magnets, visual aids, etc..	Spanish	Yes	Adequate quantities are not available from USDA. Will purchase from alternate source. Avg. price = \$14/poster and \$10 per 100 sheet tablet plus shipping/handling	All Partners

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
NAP SACC (Nutrition and Physical Activity Self Assessment for Child Care Centers)	University of North Carolina - Chapel Hill, Center for Health Promotion and Disease Prevention	Intervention program that targets the child care environment to prevent overweight and obesity. We use only the information sheets for parents and the training presentations for child care staff on: childhood obesity, nutrition and physical activity for young children, working with families to promote healthy weight behaviors and personal health and wellness	Spanish	Yes	Printing costs for handouts and information sheets	United Way
National Association for Sports and Physical Activity Teacher Tool box	National Association for School and Physical Activity http://aahperd.org/naspe/template.cfm?template=teachers_tool_box.html	Every month NASPE will have a fitness calendar for you to send home with your students, bulletin board ideas, and information about the nation's health observances.		No		U of A_Campus, U of A_MBB
National Dairy Council	National Dairy Council	Nutritional information on health benefits of milk, cheese and yogurt.		No		U of A_PimaBone
National Nutrition Month	American Dietetics Association	Handouts		Yes	Cost of handouts	Mohave
Native American Ethno botany	Daniel E. Moerman	Documentation of over 4,000 types of Native North American plants and their usages.		Yes	Multi-disciplinary reference. Costs limited to copying and printing charges	Ha:San
Native Cookbook	Center for American Indian Research and Education	Traditional Native American foods used in recipes that promote balanced and healthy nutrition		No		U of A_PimaBone
Native Nutrition Circles	Center for American Indian Research and Education	Incorporation of Native tradition and healthy food choices		No		U of A_PimaBone
Natural Resource Education Center Curriculum	Compiled by Mary Sue Beers and Lorelee Wuertz from multiple sources.	Dairy, Corn, Vegetables, Fruits, and Water field day plans and nutrition lesson plans for classroom nutrition education presentations.		No		Natural Resource
NCES Healthy Activities for older ages and for younger ages	NCEScatalog.com	Reinforce healthy eating habits		Yes	Appropriate for SNAP population 5/13\$65.	U of A_PimaBone
New Food Pyramid Book Set	Marci Schuh	One book per food group and quantity needed from each group.		Yes	Appropriate for SNAP population 2/35=\$70	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
News 2 You Recipes	Jackie & Dave Clark	Snack and Nutrition Activities for non-readers. *Can be converted to follow the Attainment color-coded system for food preparation. Recipes can easily be converted to be healthy.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Nibbles for Health	USDA	Newsletter articles on nutrition and physical activity.		Yes	Costs limited to copying costs.	Coconino, Desert Mission, United Way, Yuma
No BONES about it	Faculty at 8 universities -- Purdue	Six lessons on DVD and CD to inspire early teens to consume calcium-rich foods; meets standards for science and health		Yes	\$90.00 -- 60-page facilitator's guide, master copies of 24 handouts, 1 DVD, and 6 CDs that contain games for interactive participation	U of A_Campus, U of A_Cochise, U of A_MBB, U of A_PimaBone
No More Vegetables!	Nicole Rubel	Ruthie finally gets what she wants – no more vegetables! – IF she agrees to help Mom tend the vegetable garden. Little does Ruthie know that growing vegetables might help vegetables grow on her!”		No		TUSD
Note Nik CD	PBH	Interactive CD and booklet teaching nutrition concepts to youth		Yes	\$19.95 plus shipping/handling	U of A_Myouth
Nutrition Activities for Preschoolers	Debbie Cryer and Thelma Harms	Ideas and strategies for successful nutrition education to preschoolers		No		United Way
Nutrition and Fitness 50 Lessons		booklet		No		Civitan
Nutrition and Physical Activity Energizers	North Carolina Physical Education -- http://ncpe4me.com/energizers.html	Grades K-5 -- Energizers are classroom based physical activities that integrate physical activity, and nutrition with academic concepts. These are about 10 minutes activities that provide activity and nutrition education to children to meet National Wellness Policy Guidelines.		Yes	\$10/ laminated set -- Also available free of charge to be downloaded on the site, or can be purchased in laminated booklet sets. Discounts available on purchases of more than 20 books. Reinforces nutrition and physical activity.	U of A_Campus, U of A_Myouth, U of A_MBB
Nutrition Curriculum Kit	J & B Products	Lesson plans for teaching MyPyramid principles		Yes	Appropriate for SNAP population 1/\$132.	U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Nutrition Curriculum Series	Miliken Publishing	Series to teach nutrition to elementary, middle and high school students		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan
Nutrition Detectives Curriculum	Adapted from David Katz, MD program	Students learn how to read food labels and detect marketing deceptions while learning how to identify and choose healthy foods.		No		WESD
Nutrition Essentials	University of Florida Extension Office	CD of nutritional information on food groups, meal planning, feeding children, etc	Spanish	Yes	Costs limited to copying costs.	Yuma
Nutrition Essentials- Teaching tools for healthy choices	USDA -- http://teamnnutrition.usda.gov/Resources/nut_essentials.pdf	Resource contains lesson plans, student worksheets, informational handouts and more to help students make food and physical activity choices that support healthy living.		No		U of A_Campus, U of A_MBB
Nutrition Exploration	AZ Dairy Council	A National Dairy Council website that makes nutrition education fun and meaningful with hands-on activities. Offers teacher resources such as interactive handouts, posters and food models.		Yes	Cost of printing and reproduction	Bullhead, City of Phoenix, Coconino, Mohave, United Way, U of A_Campus, U of A_MBB
Nutrition Family Book bags	Michigan State University Extension	The book bag is a complete educational resource that provides students and their families with an opportunity to have fun reading together while learning about eating healthy and being physically active.	Spanish	Yes	Purchase new bookbags to expand the program to the two new qualified schools, purchase additional books and replacement books.	WESD
Nutrition for your Baby brochure	Catherine Cavanaugh, Published by ETR Assoc.	What to know about baby food and feeding baby for the first 12 months of baby's life.	Spanish	Yes	Currently not available through Nutrition Network. To be purchased	Teen Outreach

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Nutrition Fun with Brocc & Roll	Neat Solutions - Learning Resources	Hands-on activity guide features 42 copy-ready nutrition activity worksheets covering serving sizes based on MyPyramid.gov, goal setting for good health, reading food labels, de-coding advertisements, growing and cooking your own food, puzzles and more.		Yes	15/15=\$225 Appropriate for SNAP Population	U of A_PimaBone
Nutrition in the Kitchen Healthy Eating for Kids and Families	The Children's Hospital of Philadelphia	Cookbook to encourage good nutrition.		Yes	Already developed and reasonably priced nutrition education resources. Costs limited to materials, printing and reproduction.	Navajo
Nutrition Jeopardy Curriculum	Adapted from MyPyramid.gov	MyPyramid for Kids presentation and Jeopardy review game.		No		WESD
Nutrition Music CDs	PBH	Nutrition themed music CDs to promote knowledge/physical activity		Yes	\$9.95 to \$12.95 plus shipping/handling	U of A_Myouth, Civitan
Nutrition Power Game	Activity Resource Series 1, Learning Multi Systems	Lesson plan for health eating.		Yes	Costs limited to copying costs.	Yuma
Nutrition: Older Students Projects	Patti King-DeBaun and Caroline Musslewhite	In-depth activities for identifying foods on the pyramid. Designed for older students with severe disabilities.	Picture Literacy	Yes	Additional copies as needed will be purchased from Creative Communications.	St. Michaels
Nutritious Story Time	Florida WIC Program	Lesson plans, books, and materials - will not use the Five a Day lesson	Spanish	Yes	Already developed and reasonably priced nutrition education resources. Costs limited to books, replacement materials, printing and reproduction.	Navajo
Oliver's Fruit Salad	Vivian French	Reading book for children Pre-K to K to introduce them to a variety of fruits they can eat at home.		No		TUSD, Yuma
Oliver's Garden	Vivian French	Through gardening, Oliver learns to like vegetables.		No		United Way
Oliver's Vegetables	Vivian French	Reading book for children Pre-K - K to introduce them to a variety of vegetables they can eat at home.		No		TUSD, Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
One Potato	Diana Pomeroy	A reading book for Pre-K to K about counting fruits and vegetables.		No		Yuma
Papago/English and English to Papago Dictionary	Dean Sexton, Lucille Sexton, and Susie Enos	General dictionary for the O'odham language. Also contains place names and lunar calendar.	Akimel O'Odham	Yes	Cultural relevant cookbook	Ha:San
Path to Pyramid Game		board game		Yes	Use of games to enhance lessons	Civitan
Peop and Lolo and the Red Apple	Ana Martin Larranaga	Teamwork and sharing by two animals on food sources.		Yes	Appropriate for SNAP population 2/9=\$18	U of A_PimaBone
Perceived Exertion	St. Elizabeth's Health Center	handout with detailed scale of perceived exertion from exercise	Spanish	Yes	Printed in-house. Copy costs.	St. Elizabeth
Performance Challenge	American Dietetic Association	Lesson plans, games, activities and power point presentations on health myths common among athletes and how nutrition impacts performance.		No		Yuma
Physical Best	AAHPERD	A comprehensive health-related fitness and nutrition education program		Yes	Reproduction Fees	U of A_Campus, U of A_Cochise, U of A_Cochise, U of A_MBB, U of A_Santa Cruz, U of A_Myouth
Planet Health	Harvard Prevention Resource Center on Nutrition and Physical Activity	Interdisciplinary curriculum that aims to increase activity, to improve dietary quality, and to decrease inactivity - use only the approved nutrition and physical activity portions.		Yes	\$47.00 Set-- This curriculum teaches concepts such as MyPyramid and fitness	U of A_Campus, U of A_Cochise, U of PimaBone
Play it Safe in the Sun!	Arizona Cancer Center	Books developed by the Arizona Cancer Center to teach MyPyramid.gov guidelines and sun safety.		Yes	\$0.91 -- curriculum teaches MyPyramid.gov guidelines as well as sun safety	U of A_Campus
Portion Distortion Posters	Learning Zone Express	Simple visual illustrates the difference between recommended serving sizes and what appears on our plate		Yes	5/15=\$75 Appropriate for SNAP population	U of A_PimaBone
Portion Distortion Power Point	National Heart, Lung and Blood Institute	Power point on portion sizes to teach Jr and Sr High students and adults about portion sizes.		Yes	Costs limited to copying costs.	Coconino, Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Portion Distortion Tear Pad	Learning Zone Express	Tablet of tear out sheets on portion control	Spanish	Yes	Appropriate for SNAP population 6/10=\$60.	Civitan, U of A_Madult, U of A_PimaBone
Portion Me Size video Set	LearningZoneExpress	A study of healthy fast food choices.		Yes	Helps students to make better food choices: \$89.95	Lake Havasu
Portion plates - adult/child	NCES	Model to show correct portions		Yes	\$12.95 plus shipping/handling	Civitan, U of A_Myouth
Power of Choice	USDA	Curriculum for program leaders working with young adolescents on healthy eating and fitness decisions.		No		U of A_PimaBone
Powermid Nutrition Curriculum	Mind Your Body	Lessons with activities, lesson plan ideas and handouts on snacks, fast food, food safety, health as a lifestyle, etc		No		Yuma
Pregnancy and Fitness brochure	Terrie Heinrich Rizzo & Jerrie Thurman, published by ETR Assoc.	Safe physical activity during each trimester and why physical activity is important during pregnancy	Spanish	Yes	All materials are specific to pregnancy nutrition and breastfeeding. Currently not available through Nutrition Network	Teen Outreach
Princess Fidgety Feet	Pat Posner	Reading book for K - 2nd grade to encourage children to be physically active.		No		Yuma
Produce Wheels - both fruit and vegetable types	PBH	Handy wheel with nutrition information and advice on selection & storage for over 50 fruits and vegetables		Yes	\$2.95 each plus shipping/handling	U of A_Myouth
Professor Popcorn	Purdue University Extension Consumer and Family Sciences	Grade K-6 examines MyPyramid, Dietary Guidelines and Fight BAC! concepts		Yes	\$50.00 per CD This curriculum teaches concepts such as MyPyramid and food safety	U of A_Apache/Navajo, U of A_Campus, U of A_Cochise, U of A_Myouth, U of A_MBB, U of A_PimaBone, U of A_Pinal, U of A_Santa Cruz

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Project Food, Land and People	FLP - www.foodlandpeople.org	Cultural and scientific exploration of fruits and vegetables including worksheets		Yes	Reproduction Fees	U of A_Myouth
Prudence's Book of Food	Alona Frankel	A reading book for Pre-K to K to learn about healthy foods to eat.		No		Yuma
Pyramid Café	National Dairy Council	Curriculum designed for 2nd grade students. Teaches the importance of eating foods from every food group, limiting fats, sweets and oils, balancing meals and getting enough exercise.		No		Bullhead
Pyramid Explorations	National Dairy Council	Learn about MyPyramid and key principles to healthy eating.		Yes	Costs limited to copying costs.	Yuma
Pyramid Pal		Activity Book		no		Civitan
Quick Nutrition and Physical Activity Quiz	California Department of Health	Resources including: Adult Nutrition Education Lessons, Quizzes, and knowledge-based information on healthy lifestyle, nutrition, and healthy food selection/recommended cups for both adult and community presentation/evaluation/study		Yes	Standardized materials developed w/ formative research to ensure appropriateness of common nutrition messages, Evaluation Materials	Ha:San
Rabbit Food	Susanna Gretz	Reading book for Pre - K to K to encourage children to try new foods to eat.		No		Yuma, TUSD
Read It Before You Eat It	USDA	Based on a picture of the Nutrition Facts Label, the reader is able to understand what the Daily Value % mean.		Yes	This material is free. There will only be copying costs.	U of A_Madult
Reading the Nutrition Facts Label: Step-By-Step Approach	The University of Arizona Cooperative Extension	This handout explains in great detail how to read all parts of the Nutrition Facts Label.		Yes	This material is free. There will only be copying costs.	U of A_Madult
Ready Set Food Safe	University of Idaho Extension Office	DVD with 8 power point presentations and videos on food safety concepts		No		Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Recharge! Energizing After School	Action for Healthy Kids and National Dairy Council	Educators Handbook, Training DVD, Lesson plans to encourage good nutrition, teamwork, and physical activity. Afterschool program that targets 3rd-6th graders.		Yes	Adequate quantities not available from National Dairy Council so will purchase from Action for Healthy Kids. Cost of printing reproducible handouts.	City of Phoenix, Navajo
Reproductability & Validity of the Secondary Level School-Based Nutrition Monitoring student Questionnaire	Hoelscher DM, Day RS, Kelder SH, Ward JL.	SPAN Data Collection Tools (4th Grade and 11th Grade Questionnaires) In English and Spanish - comprehensive healthy food and healthy lifestyle pre and post test materials	Spanish	Yes	Evaluation Materials	Ha:San
Sample Menus for a 2000 Calorie Food Pattern/ Menu de Muestra para un Plan de Alimentacion de 2000 Calorias	www.mypyramid.gov	This handout shows four complete days of sample menus one could incorporate to ensure a 2,000 calorie diet.	Spanish	Yes	This material is free. There will only be copying costs.	U of A_Madult
Science and Our Food Supply	US FDA & the Center for Safety and Applied Nutrition	Interactive way to incorporate food science and safety into middle and high school academic courses - teacher guide, video and a reference guide on food safety		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Science Fare - Chemistry at the Table	National Science Foundation	Lesson plans and activities to teach nutrition principles in science classes.		Yes	Costs limited to copying costs.	Yuma
Scrub Club	NSF	Lessons for PreK - 2 emphasizing hand washing		Yes	Reproduction Fees	U of A_Myouth
Select A Meal	Attainment Company	Healthy Meal Planning for clients with special needs. Includes color-coded system for cooking. Content is presented in Universal Design Format allowing access for clients who cannot read.	Picture Literacy	Yes	Additional copies as needed will be purchased from Attainment Company.	St. Michaels
Seniors Can - University of Nevada Cooperative Extension	Claudia Colling, PhD and Laura Hernandez, JD	Seniors CAN is a wellness program for older adults to improve their life skills and increase their sense of control; previously obtained for senior outreach	Spanish	Yes	\$35.00 each - Group items for adults/seniors not available through AzNN	Mercy, U of A_Campus, U of A_MBB, U of A_Cochise

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Seven Ways to Size up Your Servings	National Dairy Council	Comparisons of portions of various food groups to common, everyday items		Yes	Allowed to be reproduced. Printed in-house. Copy Costs	St. Elizabeth
Shopping Smart	Attainment Company	Food Security Activities for clients with special needs. Includes color-coded system for cooking. Content is presented in Universal Design Format allowing access for clients who cannot read.	Picture Literacy	Yes	Additional copies as needed will be purchased from Attainment Company.	St. Michaels
Skillastics Nutrition Cards	Skillastics	Approved by a RD, these cards contain 15 thought provoking questions from the food groups, based on the USDA MyPyramid		Yes	\$50 per set; for use in Afterschool program	U of A_Pinal
Small Steps to Health and Wealth	Rutgers Cooperative Extension	Lesson plans for financially distressed families on physical and nutritional health - use only the approved nutrition and physical activity portions.	Spanish	Yes	Literacy level appropriate for all populations- 100/\$10=\$1000	U of A_PimaBone
Smart Snacks	LearningZoneExpress	Viewers will learn how to choose foods and drinks that help them get enough water, fiber, calcium, and other vitamins and nutrients.		Yes	Helps students to make better food choices: \$89.95	Lake Havasu
Snack Art	Stephanie Buehler	A book with creative snack ideas for Pre-K to K aged children.		No		Yuma
Snack Attack!	The University of Arizona Cooperative Extension	This handout gives great ideas on how to have healthy snacks everyday.		Yes	This material is free. There will only be copying costs.	U of A_Madult
Snacks: Early Childhood Collection	Patti King-DeBaun	In-depth activities for identifying foods on the pyramid. Designed for younger students with severe disabilities.	Picture Literacy		Additional copies as needed will be purchased from Creative Communications.	St. Michaels
Snackivities	Mary Ann Kohl and Jean Potter	Fun activities for kids in creating healthy snacks		Yes	Appropriate for SNAP population 5/10=\$50.	U of A_PimaBone
Snap-Ed Connection	USDA Food and Nutrition Service	Click n' go nutrition education materials on the following topics: fruits/vegetables, whole grains, fat free or low fat milk, MyPyramid.		No		TUSD

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Sodium in Foods	National Heart, Lung and Blood Institute	Handout providing tips on how to reduce sodium in foods, and what to use as sodium substitutes. *Not to be used as MNT*	Spanish	Yes	Allowed to be reproduced. Printed in-house. Copy Costs	St. Elizabeth
Spoiled Rotten	Learning Zone Express	DVD for students grades 7-12 to learn about food safety and preventing food born illness.		No		Yuma
Start Smart Eating & Reading	Oregon State University Extension Service	A breakfast, nutrition and reading program that combines nutrition education and literacy.		No		U of A_Cochise, U of A_MBB, U of A_Pinal
StepWise Breakfast & Lunch	Beth Jackson	Meal Preparation Activities for non-readers. *Can be converted to follow the Attainment color-coded system for food preparation.	Picture Literacy	Yes	Additional copies as needed will be purchased from Therapro Co.	St. Michaels
Stress free feeding	Children's Health Care of Atlanta	VHS to provide visuals for parents to learn how to feed children without stress and negative food messages.		No		Yuma
Summer Treats	Pauline Anne Boisselle	Recipes & Nutrition Facts for Healthy Freezer Desserts Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: Fruits; 1% or less.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Supermarket Persuasion		DVD		Yes	using videos to enhance nutrition lessons	Civitan, Coconino, Yuma
Take 10	Oregon State University Extension Service	A breakfast, nutrition, and reading program that combines nutrition education and literacy.		No		U of A_Campus, U of A_Myouth
Take 10!	International Life Sciences Group	A classroom-based physical activity program that integrates learning standards with 10 minute physical activities. This program specifically encourages teachers to integrate physical activity and nutrition lessons into their regular classroom day and abide by school district standards.		Yes	\$79.00 Set -- This curriculum teaches concepts such as MyPyramid and Fitness	City of Tempe, U of A_Apache/Navajo, U of A_Campus, U of A_Cochise, U of A_Madult, U of A_MBB, U of A_PimaBone

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Take Charge of your Health	Wellness, Inc	CD of presentations on reducing fat, staying physically active, having fiber for better health, bone health, etc	Spanish	Yes	Costs limited to copying costs.	Yuma
Take Charge! Be Healthy	Eloise Elliot PhD, Project Director	Interactive standards-based website to teach teens about physical activity, nutrition and healthy lifestyles		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
Team Nutrition Materials	USDA - team www.nutrition.usda.gov	Newsletters, activity booklet, lesson plans, worksheets, informational handouts to help youth make good and physical activity choices supportive of healthy living; kit with how-to guide, support & presentation materials, video and brochure		Yes	Reproduction Fees	Bullhead, City of Phoenix, City of Tempe, Coconino, Civitan, Ha:san, Lake Havasu, Maricopa, Mohave, Navajo, St. Michaels, Teen Outreach, TUSD, U of A_Campus, U of A_MBB, U of A_Cochise, U of A_Myouth, U of A_PimaBone, United Way, WMAT, Yuma
Teen Nutrition - What's the big debate?	Learning Zone Express	DVD for students grades 7-12 to learn the importance of smart choices for eating habits utilizing MyPyramid, reading food labels, etc.		No		Civitan, Yuma
Ten Red Apples	Pat Hutchins	A reading book for Pre-K to K about counting apples.		No		Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
The Activity Pyramid	International Diabetes Center Publishing www.parknicollet.com product #: 2711-336	Based on physical activity guidelines developed by the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine, this colorful activity pyramid explains why physical activity is important and how to incorporate it into daily life. Includes information on what to do in three situations—if you are inactive, occasionally active and consistently active.		Yes	This worksheet allows for a hands-on approach to learning and incorporating concepts taught by nutrition educators. Cost: \$8.45/tear pad of 50 x 40 tear pads = Average annual cost: \$340.00.	U of A_Madult, U of A_Pima Bone
The Antelope who ate Cantaloupe	Julie Crichton	A reading book for Pre K to K to learn about healthy food choices.		No		Yuma
The Best Breakfast	Learning Seed	Video and lesson plan for Jr and Sr High students and adults to learn about the importance of a healthy breakfast utilizing the guidelines from MyPyramid		No		Yuma
The Busy Body Book	Lizzy Rockwell	A book for Pre-K to K children to encourage physical activity.		No		Yuma
The Cabbage Soup Solution	Ericka Oller	Elsie lives on a cabbage farm with her two cats as company. One morning, Elsie goes out to her field to find most of her cabbages gone! Can she and her cats solve the cabbage heist mystery?		No		TUSD
The Encyclopedia of Nutrition and Good Health	Robert Ronzio	Nutrition from the point of the view of a biochemist and preventative health specialist		Yes	Nutritional reference	Ha:San
The Farmer Grows a Rainbow	North Carolina AITC with funding from USDA	K-5 nutrition and physical activity lessons that incorporate the food guide pyramid - use only approved portions (will not use dental section).		Yes	Costs vary depending on quantity ordered: \$79 to \$204, plus shipping/handling.	U of A_Myouth
The Fish Who Wished He Could Eat Fruit	Kathleen Stefancin	Book emphasizing proper food choices		no		Civitan
The Fruit Flies Picnic	Kathleen Stefancin	Book emphasizing proper food choices		no		Civitan, TUSD, Yuma
The Giant Carrot	Jan Peck	A reading book for K - 3rd grade about carrots.		No		Yuma

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
The Grain Group	Helen Frost	A book for Pre-K to K children to encourage eating whole grains.		No		Yuma
The Great Body Shop	Children's Health Market	Educator's Handbook, Lesson Plans, handouts	Spanish	Yes	Cost (38%) for nutrition/physical activity related handouts for students grades K through 8	Bullhead, Coconino
The Life and Times of an Apple	Charles Micucci	All about apples, incorporating science, history, geography, and math		No		TUSD
The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear	Don and Audrey Wood	Story of animals and sharing food.		Yes	Appropriate for SNAP population 2/8-\$16.	U of A_PimaBone
The Paleolithic Prescription	S. Boyd Eaton, Marjorie Shostak, and Melvin Konner	Comparative between hunter-gatherer diet and modern diet that shows the nutritional benefits of a hunter-gatherer diet		Yes	Gide to mimic health benefits of hunter-gatherer diet	Ha:San
The Power of Choice	USDA-Team Nutrition	Nutrition lessons, activities, and materials		Yes	Cost for nutrition education reinforcement items and copying handouts	City of Phoenix, Mohave, U of A_Campus, U of A_MBB, U of A_Cochise
The Tortilla Factory	Gary Paulsen	Explains how a corn seed becomes a tortilla, from farm to factory to home.		No		TUSD
The Vegetables we Eat	Gail Gibbons	How plants of many shapes, sizes, and colors are planted and how they get to the store and table.		No		TUSD
The Very Hungry Caterpillar	Eric Carle	A reading book for Pre-K to K about eating fruit salad.		No		Mohave, United Way, Yuma
The Victory Garden Vegetable Alphabet Book	Jerry Pallotta & Bob Thomson	Twenty-Six common and not so common vegetables, from A to Z. Includes a brief introduction on soil preparation and seed planting.		No		TUSD, Yuma
The Wheat we Eat	Allan Fowler	A reading book for Pre-K to K about whole grains		No		TUSD, Yuma
Think Color as you Eat		Activity Book		no		Civitan

Title	Author	Description	Language other than English	Is there a cost?	Cost Justification	Partner
Think Your Drink	Washington State Dairy Council	Lessons plans and reproducible handouts for low income 6th grade students. The class compares popular drinks with healthier choices. Poster on healthy drink choices.		Yes	Costs limited to copying and printing charges. Posters are \$2.50 each.	Lake Havasu, Maricopa, U of A-Madult, U of A_PimaBone, U of A_Myouth
This is Your Life	Food Play	Various lesson plans for teens from 6th - 12th grade to learn about a balanced diet and daily physical activity.		Yes	Costs limited to copying costs.	Yuma
Those Mean Nasty...Germs Book	Judith Rich	Rosa encounters five germs while at school and learns the importance of washing her hands	Spanish	No		WESD
Tops and Bottoms	Janet Stevens	Children Pre K - K learn about vegetables that grow above ground or below ground.		No		Yuma
Tumble Bumble	Felicia Bond	Reading book for Pre K - K to demonstrate various movements that children can do to be physically active.		No		Yuma
TV Zombies and Soda Monsters	Krames Publishing	This booklet offers parent information to combat childhood obesity through healthy food snacking choices and increasing physical activity.	Spanish	Yes	Cost of copies	Coconino
Unique Nutritional Needs of Older Adults	University of Florida	This CD-Rom helps to improve the nutritional status of older adults. It contains 5 lessons, handouts, slides and evaluation and reporting forms.	Spanish	Yes	\$15.00 per CD-Rom 5 CD's at \$15.00 = \$45.00	U of A_Madult
Up for the Challenge	University of Baltimore	Grades 5-12. Examines healthy lifestyles and physical fitness	English	Yes	\$300 for curriculum and supporting materials	U of A_Apache/Navajo
USDA'S Nutrition Assistance Programs: Eat Right When Money's Tight	USDA	Consumers can better understand how to budget food dollars and plan cost-effective meals.		Yes	This material is free. There will only be copying costs.	U of A_Madult
Vegetable Magic	Michele Palmer & Arlene Edmonds, MS, RD	Story, activity, and recipe book to help younger students become more aware of vegetables in a positive way.		No		TUSD
Vegetable Soup and The Fruit Bowl	Dianne Warren and Susan Smith Jones	Illustrated pictures of fruits and vegetables with brief descriptions and relationship to good health.		Yes	Appropriate for SNAP population 2/15=\$30	U of A_PimaBone

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Vegetable Stickers	Neat Solutions - Learning Resources	Vegetable stickers to encourage daily recommendation		Yes	10/2/120=\$20 Appropriate for SNAP Population	U of A_PimaBone
Vegetables, Vegetables	Fay Robinson	Each title in the Rookie Read About Science series of books has easy to read, interesting facts about each food.		No		TUSD
Wash your Hands	Tony Ross	Emphasis on when it is important to wash hands.		No		United Way
We Can Curriculum	United States Department of Health and Human Services	Community based curriculum to educate Parents/caregivers to enhance children's nutrition and physical activity	Spanish	Yes	Already developed and reasonable priced nutrition education resources. Costs limited to materials, printing and reproduction.	Navajo, U of A_Santa Cruz
We Love Fruit	Fay Robinson	a "Rookie Read About Science" Series book that has easy to read, interesting facts about the title food.		No		TUSD
Wellness Activation Kit	National Dairy Council	This kit will help your students make positive changes when it comes to their eating and exercise habits. Your school's kit will contain what you need to energize kids to improve their eating and exercise practices.		Yes	Reproduction Fees	U of A_Campus, U of A_MBB, U of A_Myouth
What is a Whole Grain?	Pauline Anne Boisselle	Adaptation of 2009 Fun Food News Whole Grain Recipes & Nutrition Facts. Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: Whole Grains	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
What's for Lunch: Series	Claire Llewellyn and Pam Robson	Book provides a look at the title food as it is grown, made, and eaten around the world.		No		TUSD, Yuma

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What's for Supper Que Hay Para Cenar	Mary Risk & Rosa Martin	When Dad and the children decide to make a special dinner for Mom, they have to go to the supermarket. Watch them choose the ingredients, what could they be making? Watch all the clues lead up to a healthy spaghetti dinner! This simple text is in both English and Spanish for easy translation. Kids can learn to read and learn a new language at the same time!	Spanish	No		TUSD
What's In Your Drink	NIMCO	Poster that compares the nutritional values of beverages and reminds viewers to be aware of their drink choices		Yes	\$19.95 each plus shipping/handling	U of A_Myouth
Wheat	Elaine Landau	A reading book for Pre-K to K about whole grains		No		Yuma
Wheat Foods Council	www.wheatfoods.org	Tip sheets, posters	Spanish	Yes	Cost of supplies	Mohave
Which Way Café		board game		no		Civitan
Whole Grain Choo Choo Train	Kathy Reeves, Mary Stickney, Diane Bowden, and Florida WIC Program	Students learn the importance of eating whole grains and do physical activity as the train moves along.	Spanish	Yes	Cost for nutrition education reinforcement items and copying handouts	City of Tempe, Humboldt, Mohave, United Way
Whole Grain Heroes	General Mills, Bell Institute	Students learn the importance of eating whole grains-lesson plans, slides, activities, handouts		Yes	Cost for copying materials and nutrition education reinforcement items	Mohave
Whole Grains for Health	Pauline Anne Boisselle	Recipes & Nutrition Facts for Grains. Uses the Attainment color-coded system for food preparation and follows a step by step format for clients with greater cognitive challenges. Focus: 1/2 of grains whole grains.	Picture Literacy	Yes	Cost of printing and reproduction only.	St. Michaels
Why Should I Bother to Keep Fit?	Knighton and Meredith	Book		Yes	Use of games and books to teach the importance of nutrition and exercise	Civitan
Why We Eat What We Eat	Learning Zone Express	DVD on what influences our food choices.		No		Yuma

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Whyville	School Nutrition Association	An interactive learning experience in a game format designed for children to explore the healthy choice factor of various food choices.		No		TUSD
WIC Nutritional Education Demonstration Study: Final Report Child Intervention	USDA Food and Nutrition Services	Executive summary of research pertaining to the WIC program and nutrition educational components of the WIC Program. Resource on designing preschool nutrition education		Yes	Multi-disciplinary reference	Ha:San
WIN in the Rockies	University of Wyoming	Behavioral change curriculum to promote overall health and wellness.		No		U of A_PimaBone
Women Together For Health (WTFH)	Maricopa County Office of Nutrition Services	WTFH is a ten hour healthy lifestyles series focused on nutrition and physical activity education. Classes target low-income women and SNAP eligible women through schools, worksites, community centers and faith-based organizations.	Spanish	Yes	Costs limited to copying and printing charges	Maricopa
Yoko	Rosemary Wells	Class learns about different foods for lunch when Yoko brings sushi to school.		No		United Way
Your Body and How it Works	Judy Johnson	puzzles and games that teach about the human body		no		Civitan
Your Pregnancy and You Handbook	Published by Channing Bete Inc	Healthy Pregnancy handbook for teens (nutrition information=25%). This handbook describes healthy nutrition habits, and caring for themselves during pregnancy. It also discusses problems to watch for and how to avoid them.	Spanish	Yes	All materials are specific to pregnancy nutrition and breastfeeding. Currently not available through Nutrition Network. These items will be purchased	Teen Outreach