

Nutrition Education Materials Summary List

Title	Source	Languages
10 Ways to Improve Your Family's Eating Habits	Texas Department of Food and Agriculture	English and Spanish
100 Vegetables and Where They Came From	William Woys Weaver & Signe Sundburg-Hall	English
100% Fad Free (lesson plan)	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
12 Foods =6 Meals Kids Love, Food Practices of Nine Cultural Group	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
12 Ways to be Healthier by This Time Next Year - LP/Handout	Weight Watchers	English
20 Tips for Exercising	Foundation Health	Spanish and English
2005 US Dietary Guidelines, Read it Before You Eat it (poster)	USDA materials	English, Spanish
25 Healthy Snacks for Kids	American Dietetic Association	English
3 P's of Healthy Eating on a Budget	Contractor Developed/ Alameda County Health Care Services Agency	English
4-H Youth EFNEP Curriculum	Cooperative Extension	English
5ADay Toolkit/Nutrition & PA, Dole Superkids/Edible Plants, Finding Fiber in F/V, Produce for Better Health/Colorful Eating	Centers for Disease Control and Prevention (CDC)	English
A Child's Garden of Standards	California Department of Education	English/Spanish
A Guide to Choosing Low-Fat, Low Cholesterol	University of Utah Health Sciences	Spanish and English
A Handful of Dirt	Raymond Bial	English
A Seed Grows: My First Look at a Plant's Life Cycle	Pamela Hickman and Heather Collins	English
ABCs of Healthy Living	Anthony Eniola	English
About Cholesterol - Handout	American Heart Association	English
ACCESS HOTM Calendar	Contractor developed (previously approved)	English
Actions for Health (K - 5 Curriculum: Nutrition & Physical Activity lessons only)	ETR Associates	English
Active for Life	American Cancer Society	English
Activity & Eating	Dairy Council of California	English/Spanish
Activity and Sticker Book	USDA materials	English
Adult Nutrition Newsletter	Contractor Developed – Southern Indian Health Council	English
Adventures in the Grocery Store DVD	Learning Zone Express	English
African American Factsheets	California African American Campaign	English
African American Recipe Cards	California African American Campaign	English
After School Activity Box-Phys. Act: Follow the Leader, All Run Kickball, Partner Tricks	CATCH	English
After school nutrition education worksheets	Nutrition Education and Training (NEAT) lessons	English
AIM for Fitness	USDA materials	English
All About Citrus and Subtropical Fruits	Maggie Klein	English
All About Fiber	Nasco	English
All sorts of sorts (nutrition section)	Sheron Brown	English
All-Star Team Training Guide	Network for a Healthy California-Children's Power Play! Campaign	English
American Dietetic Association Complete Food and Nutrition Guide	American Dietetic Association	English, Spanish
Americans in Agriculture: Portraits of Diversity	USDA materials	English
An Alphabet Salad: Fruits and Vegetables from A to Z	Sarah L. Schuette	English
An Eating Plan for Healthy Americans - Brochure	American Heart Association	English
Anansi & The Talking Melon	Eric Kemmel	English
Anatomy of MyPyramid	USDA materials	Spanish and English
Animal Trackers (used in conjunction with nutrition education)	Healthy Start LLC	English
Apple Tree	Barrie Watts	English
Apples & Pumpkins	Anne Rockewell	English
Apples with a Twist	USDA materials	English/Spanish
Are You Eating Right for Your Heart? - Handout	Communicating Food for Health	English
Asparagus poster	California Asparagus Commission	English
At the Park/Making healthy food choices, increasing the levels of activity and the importance of hydration are presented in the context of the popular outdoor picnics, barbecues and celebrations that are popular with many Latinos. This session also includes	Contractor Developed -From the National Latino Children Institute *Pending Network Approval	Spanish/English
ATLAS VISUAL DE CUERPO HUMAN (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Avocado poster	California Avocado Commission	English
Babies are Born to be Breastfed	WIC	English/Spanish
BackPack Program Nutrition Education Toolkit	Feeding America/America's Second Harvest	English
Balance Your Day with Food and Play	USDA materials	English
Balancing Act: Energy Balance & The Overweight Epidemic Video	Video Education Australia	English
Balancing Calories/Cutting Calories -LF	Centers for Disease Control and Prevention (CDC)	English
BAM! (Body and Mind)	Centers for Disease Control and Prevention (CDC)	English
Banners to indicate the event name and other important event information.	Contractor developed - Banners for "Public Health's Healthy Pantries" event	English
Basics for Handling Food Safely	Food Safety and Inspection Service	Spanish and English
Be a Good Mom	WIC	English, Spanish
Be A Healthy Mom brochure	WIC	English/Spanish
Be Active	USDA	English
Be Physically Active Every Day	USDA SNAP-Ed Connection	English and Spanish
Benefits of Fruits and Vegetables	Produce for Better Health	English
Better Breakfast, Better Learning	California Department of Education	English
Bi-Monthly Fact Sheets	Contractor developed- City of Long Beach	English, Spanish
Bite Me posters & brochures	Contractor developed	English, Spanish, Vietnamese
Black Bean Fiesta, Spilling The Beans	Northharvest Bean Grower's Association	English
Body and Soul	National Cancer Institute	English
Bookmark: Eat Your Colors	Contractor developed	English, Spanish, Vietnamese, Chinese
Bookmark: Power Breakfast	USDA materials	English
Botany on Your Plate	Lawrence Hall of Science	English
Bread Comes to Life	California Healthy Kids Resource Center	English
Bread, Bread, Bread (trade book)	Ann Morris	English
Breakfast Club	Contractor developed	English and Spanish

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Title	Source	Languages
Breakfast is Important	Oregon State University	English and Spanish
Breakfast is Important for You - Handout	Bell Institute of Health and Nutrition	English, Spanish
Breakfast Nutrition Education lessons	Contractor developed	English
Breakfast on the Run - Handout	Communicating Food for Health	English
Breaking Down the Food Label - Handout	NCES	English
Breastfeeding Questions & Answers	WIC	English/Spanish
Breastfeeding: Getting Started in 5 Easy Steps	WIC	English/Spanish
brochures, posters	Centers for Disease Control and Prevention (CDC)	English, Spanish
brochures, posters	SNAP-Ed Connection	English, Spanish
Building a Better Pantry	Los Angeles County Nutrition Program	English
Building a Healthy Me	Dairy Council of California	English/Spanish
Building Blocks For Fun and Healthy Meal	California Healthy Kids Resource Center	English/Spanish
Building Life Skill Portfolio	Henderson & Winram	English
Buried Treasure: Roots and Tubers	Meredith Sayles Hughes and Tom Hughes	English
Busy Families and Meal Time	Extension En Espano	Spanish and English
Calcium and Dairy Products: New Weapons in the War on Obesity	Dairy council of California	English
Calcium For Strong Bones and Teeth	American Dietetic Association	English
Calcium is Important	Oregon State University	English and Spanish
Calcium nutrient card	WIC	English/Spanish
California Chefs Cook Lear	California Project LEAN	English/Spanish
California Fit Business Kit	Network for a Healthy California- Worksite Program	English
California Fit Business Kit promo sheet	Network for a Healthy California- Worksite Program	English
California Grown Ideas and Resources	California Foundation for Agriculture in the Classroom	English
California Master Gardener Handbook (resource for garden-based nutrition education)	University of California Cooperative Extension	English
California Nutrition Standards	California Department of Education	English
California Science	Houghton-Mifflin	English
California WIC Education Materials	WIC	English, Spanish
Calorie Density: Choose to Lose - Handout	Communicating Food for Health	English
Calorie Levels	USDA materials	English and Spanish
Camp Eatawella Scrapbook	Dairy Council of California	English
Can You Move Like an Elephant? (trade book)	Judy Hindley	English
CANFit	California Endowment Children's Health Initiative/UC Berkeley	English
CANFit Supermanual	Other California Healthy Kids Resource Center	English
Cantaloupe poster	Cantaloupe Advisory Board	English
Captive Kids: Selling Obesity at School, Creative School Fundraising ideas	California Project LEAN	English and Spanish
Carlos and the Squash Plant	Jan Romero Stevens	English, Spanish
Carrot Soup	John Segal	English
Carrots Love Tomatoes: Secrets of Companion Planting	Louise Riotte	English
CATCH Coordinated Approach to Child Health Series	Regents of the University of California and FlagHouse, Inc.	English, Spanish
CATCH Kids Club Nutrition	CATCH (Coordinated Approach To Children's Health)	English
CATCH Physical Activity Tool Kit	CATCH (Coordinated Approach To Children's Health)	English
Celebrate Health with a Lowfat Fiesta Brochure	California Project LEAN	Spanish
Celebrate Traditions	Oregon State University	English and Spanish
Celebrating a Healthy Harvest 2 recipe book	WIC	English
Celebre con una Fiesta al Aire Libre	California Project LEAN	Spanish
Celebre la cocina hispana	National Institutes of Health	Spanish
Champions for Change materials	Network for a Healthy California	English and Spanish
Champions for Change Physical Activity Guide	Network for a Healthy California	English and Spanish
Champions The Quest for Color Activity Books	Produce for Better Health	English
Changing the Scene	Other California Healthy Kids Resource Center materials	English
Chef (trade book)	Heather Miller	English
Chef Lite lesson plan	Contractor developed - City of Montclair	English/Spanish
Children's Gardens: A Field Guide for Teachers, Parents, and Volunteers	University of California Cooperative Extension	English
Chinese translated nutrition education materials, usually HOTM	Contractor Developed/Alhambra USD	Chinese
Choice, Control and Change	Teacher's College, Columbia University	English
Choices for Good Health: Guidelines for Nutrition and Physical Activity for Cancer Prevention brochure	American Cancer Society	English, Spanish
Choosing Food With Less Fat handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Choosing Healthy foods using MyPyramid (Healthy Futures lesson plan)	USDA SNAP-Ed Connection	English/Spanish
Classroom Celebrations Handouts	Contractor developed	English
Classroom Education Kits (k-6 and afterschool)	Dairy Council of California	English and Spanish
CNAP Food Assistance Program Kits	Contractor developed	English, Spanish
Cocinando de Corazon	Health Net	Spanish
Collateral materials such as poster, handout, postcard, and activity sheets to support the quarterly intervention in schools	School Quarterly Intervention Materials	English
Color Me Healthy (does not include the training component)	North Carolina State University Cooperative Extension	English, Spanish
Color MyPyramid (handout)	Dairy Council of California	English
Color Wheels	Produce for Better Health	English
Community Nutrition Action Kit: For people where they live, learn, and play	USDA materials	English
Community Youth Organization Idea & Resource Kit	Network for a Healthy California-Children's Power Play Campaign	English and Spanish
Como Hacer Que Las Comidas Sean Valiosas Para Sus Pequenos	Dairy Council of California	Spanish
Comparing Food Labels - LP	USDA materials	English

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Title	Source	Languages
Cook Well, Live Better Curriculum	Contractor developed - San Francisco Department of Public Health,	English, Spanish
Cookbook: Senior	Contractor developed	English
Cookbooks	USDA	English
Cookbooks and other Handouts, and <i>Network</i> Websites	Network for a Healthy California	English and Spanish
Cookie Monster, Clean Your Room	SPARKS	English
Cookin' the Market recipe collector	Contractor developed	English/Spanish
Cooking Healthy Curriculum	California Project LEAN/San Diego Nutrition Network	English and Spanish
Cooking in the Classroom	Contractor developed/Ventura USD	English/Spanish
Cooking Smart pamphlet	American Cancer Society	English
Cooking Smart; Nutrition and Activity Quiz; Add Fruits and Veggies to You diet; Great American Eat Right Challenge	American Cancer Society	English
Cooking with Kids: Multicultural Nutrition and Food Education Curriculum	Santa Fe Partners in Education	English/Spanish
Cool as a Cucumber	Sally Smallwood	English
Cool as a Cucumber Hot as a Pepper: Fruits Vegetables	Meredith Sayles Hughes	English
Cool Fuel Kids Cookbooks	Produce for Better Health	English
Cow (trade book)	Jules Older	English
Creative Pockets Activities	Produce for Better Health	English
Creative Pockets Apron	Produce for Better Health	English
Creative Pockets Teaching Cards	Produce for Better Health	English
Curriculum Links for Harvest of the Month literature connector	Contractor developed	English
Cut Down On Salt	National Institute of Health	Spanish and English
Cut the Fat	American Heart Association	English, Spanish
Cut the fat for better health (Healthy Futures lesson plan	USDA SNAP-Ed Connection	English/Spanish
Dance for Fun and Fitness	USDA materials	English/Spanish
Date poster/picture	California Date Administrative Committee	English
David Eats Dinner With Family/Coloring Pages	Healthy Choices	English
Deal Me In... Food and Fitness	Dairy Council of California	English/Spanish
Dear Family resource guide	California Department of Education	English/Spanish
Decisions for Health (Curriculum: Nutrition & Physical Activity lessons only)	Holt, Rinehart and Winston	English, Spanish
Delaying Diabetes lesson plan	Contractor developed - City of Montclair	English/Spanish
Dictionary of horticulture	National Gardening Association	English
Dietary Fiber - Handout	University of Nebraska - Lincoln Extension, Institute of Agriculture and Natural Resources	English
Dietary fiber: An essential part of a healthy diet	Mayo Clinic	English
Dietary Guidelines for Americans (handout)	Contractor developed	Bilingual (English and Chinese)
Dietary Guidelines for Americans 2005	USDA materials	English
Digestive System Your Personal Power Plant DVC	Cambridge Educational	English
Discover the Secret	Produce for Better Health	English/Spanish
Discover the Secret to Healthy Living cookbook	Network for a Healthy California	English, Spanish
DISCOVERING FOOD	Adopted Textbook - Montebello USD	English
DISCOVERING NUTRITION	Adopted Textbook - Montebello USD	English
Do More Watch Less	California Department of Public Health	English, Spanish
Dole Website	Produce for Better Health	English and Spanish
DooF	Contractor developed	English
Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking	National Cancer Institute	English
Dried Plum poster	California Dried Plum Board	English
Drink Water	Oregon State University	English and Spanish
Dynamotion - Food Fun	California Healthy Kids Resource Center	English
Eagle Vision Booklet	Contractor developed/California Rural Indian Health Board, Inc.	English
Easy Recipes Using Commodity Foods	California Project LEAN	English
Easy Ways to Eat Less Fat	California Project LEAN	English
Easy Ways to Increase Fiber in Your Diet - Handout	Communicating Food for Health	English
Eat A Rainbow of Fruits & Vegetables campaign messages and banner - Early Childhood	Contractor developed	English and Spanish
Eat Better Today	Contract developed/Food Bank of Contra Costa & Solano Counties	English/Spanish
Eat Breakfast! handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Eat Fruit and Vegetables Everyday More Matters recipe booklets	Contractor developed	English and Spanish
Eat Fruits & Vegetables Everyday, Stay Healthy All The Way!	Contractor developed - San Francisco Department of Public Health,	English, Chinese
Eat Fruits & Vegetables the California Way	Network for a Healthy California	English, Spanish
Eat Fruits & Veggies & Be Active: Woman's Spa Curriculum	Contractor developed	English/Spanish
Eat Fruits and Vegetables	Oregon State University	English and Spanish
Eat Healthy Every Day	USDA SNAP-Ed Connection	English and Spanish
Eat Lean Mexican Cuisine	California Project LEAN	English/Spanish
Eat Less: You can Lower Your Risk For...	American Cancer Society	Spanish and English
Eat More Fruits and Veggies posters	Produce for Better Health	English and Spanish
Eat More Vegetables and Fruits	Regents of University California	English
Eat Right When Money's Tight	USDA materials	English
Eat Right! Get Fit! Get Healthy! Brochure	Contractor developed	English and Chinese
Eat Right! Have a Healthy Body Image (middle and high school nutrition video)	Sunburst Visual Media	English
Eat Smart Play Hard	USDA	English
Eat Smart Play Hard Stickers and Tattoos	USDA materials	English
Eat Smart w/ Fruits and Vegetables	American Cancer Society	English
Eat Smart, Be Active newsletters	Contractor developed	English and Spanish
Eat Smart, Live Strong	USDA materials	English, Spanish
Eat Smart, Play Hard poster	USDA materials	English
Eat Well & Keep Moving	Harvard School of Public Health/Human Kinetic	English

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Title	Source	Languages
Eat Well and Keep Moving (elementary nutrition and physical activity based curriculum)	Lilian Cheung, Hank Dart, Sari Kalin, Steven Gortmaker	English
Eat Well for Good Health	Oregon State University	English and Spanish
Eat Well, Be Active	Dairy Council of California	English
Eat with the Season	Contractor Developed: Sacramento Hunger Coalition	English
Eat Your Peas Louise	Peegen Snow	English
EATfit	Cooperative Extension (EFNEP, FSNEP)	English
Eating for a Healthier Heart - Brochure	Krames Communications	English
Eating Fruits and Vegetables	USDA materials	English
Eating on a Budget	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Eating Right and Basic (Enhance)	Cooperative Extension (EFNEP, SNAP-Ed)	English, Spanish
Eating Smart-Being Active Curriculum: Get Moving, Plan Shop Save, Vary Your Veggies, Half Your Grains, Build Strong Bones, Go Lean Protein and Make a Change. The Lunch Box, Read Food Labels for Sodium.	Cooperative Extension (EFNEP, FSNEP)	English, Spanish
Eating the Alphabet: Fruits & Vegetables from A to Z	Lois Ehler	English
Eating Well as We Age	Food and Drug Administration	Spanish and English
Eating Well Living Well	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Eating Well the Vegetarian Way brochure	American Dietetic Association	English
Eating Well, Living Well ESL Materials	Network for a Healthy California	English
ECE Resource Guide	Contractor developed/UCCE Alameda	English
Edible Numbers	California Foundation for Agriculture in the Classroom	English
Edible Pyramid	Loreen Leddy	English
Educating on how the Vietnamese diet fits into the MyPyramid.	Vietnamese Cuisine	English
EFNEP, other materials	Cooperative Extension (EFNEP, FSNEP)	English, Spanish
El Arco Iris newsletters	Contractor developed/ San Mateo Health Department	Spanish
Empowering Youth with Nutrition and Physical Activity	USDA materials	English
Empowerment Brochure – Fruits and Vegetables for your Health, Your Neighborhood, and Your Life	Network for a Healthy California-Latino Campaign	English, Spanish
Encourage Kids to Eat More Fruits and Vegetables	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English
Encyclopedia of Foods: A Guide to Healthy Nutrition	Nutrition Experts from Mayo, David Murdock, Dole and University of California at Los Angeles	English
Energize Your Body with Fruits and Vegetables	USDA materials	English/Spanish
Energizers Physical Activity "Bursts" curriculum	Contractor Developed / North Carolina Department of Public Instruction / Project LEAN	English
Enjoy Moving	USDA materials	English
Enter the Fun Zone	USDA materials	Spanish and English
Ethnic and Regional Food Practices	Other California Healthy Kids Resource Center materials	English, Spanish
Everybody Cooks Rice	Norah Dooly	English
Everyday Healthy Meals Cookbook	Network for a Healthy California	English, Spanish
Exercise at Home More - Handout	Communicating Food for Health	English
Exercise Excuses and Fitness Facts	FoodWise CA Dept Health Services	Spanish and English
Exercise Your Options	Dairy Council of California	English/Spanish
Exercising is Good For You	Health Education Council	Hmong
EXPLORING PROFESSIONAL COOKING*	Adopted Textbook - Montebello USD	English
Exploring the World of Fruits and Vegetables - Brochure	Produce for Better Health	English
Fall/Winter Fruit and Vegetable Guide	Network for a Healthy California	English/Spanish
FAME (Families of African American Ancestry Manifesting our Excellence)	Contractor Developed - San Bernardino County Department of Public Health	English
Family and Community Quarterly Newsletter (Nutrition and Physical activity portion only)	Contractor developed	English
Family Challenge Toolkit (with updated nutrition inserts and attribution statements)	Contractor developed Tulare County Health & Human Services	English/Spanish
FAMILY MATTERS (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Family Meals Program-8 week cooking program by Cooperative Extension	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Family Reunions/Food choices and the concept of portion size are introduced through the deeply rooted Latino tradition of family gatherings.	Contractor developed *From the National Latino Children Institute * Pending Network Approval	Spanish/English
Family Trees: The Peach Culture of the Piedmont	Mike Corbin	English
Farmer's Market: Families Working Together	Marcie Rendon & Cheryl Bellville	English
Farmers Market Guide	Contractor developed	English, Spanish
Farmers Markets in San Francisco handout	Contractor developed	English, Spanish and Chinese
Farming and Food	Jane Shuter	English
Fast Food	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Fast Food - LP	American Heart Association	English, Spanish
Fast Food and Soft Drinks: How to Make Healthier Choices	University of California Berkeley	English
Fast Food Survival Guide, 2008	Contractor Developed - San Bernardino County Department of Public Health	English
Fast Meals & Quick Snacks, A Cookbook for Teens	Network for a Healthy California	English
Fast, Fun & Fit - Food for Your Family	Produce for Better Health	English, Spanish
Fat and Calorie Content of Popular Fast Foods	Contractor Developed/ Alameda County Health Care Services Agency	English
Fat Facts!	USDA materials	English
Fats 101 - LP - webpage	American Heart Association	English
Feast for 10 (trade book)	Cathryn Falwel	English / Spanish
Feed Me Give Me What I Need!	USDA	English
Feed Me Poster	USDA materials	English
Feeding Challenges: Tips for Preventing Hassles	Cooperative Extension (EFNEP, FSNEP)	English
Feeding Your Family PowerPoint	Contractor developed	English
Feeling Good Healthy Tips 9 -Build Your Strength (pamphlet)	Contractor developed, San Francisco Department of Public Health,	Trilingual (English, Chinese, Spanish)

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Feeling Good Project Train-the-Trainer Curriculum	Contractor developed, San Francisco Department of Public Health,	English/Spanish
Fiber the Body's Scrub Brush - Handou	Washington State Dairy Council	English
Fig poster/picture	California Fig Advisory Board	English
Fight BAC!	Partnership for Food Safety Educator	English
Fight Fat Kit	Nasco	English
Figuring Out Food Labels - LP	Kids Health.org	English
Finding Your balance with Fruits and Vegetable:	Produce for Better Health	English
First Day in Grapes	L. King Perez	English
Fish & Omega-3 Fatty Acids - LP - webpage	American Heart Association	English
Fit & Fast Meals in Minutes	Linda Gassenheimer	English
Fit Business Tips Newsletter	Network for a Healthy California- Worksite Program	English
Fit Families	Cooperative Extension (EFNEP, FSNEP)	English, Spanish
Fit WIC Materials	WIC	English and Spanish
Fit, Healthy and Ready to Learn	California Healthy Kids Resource Center	English
FLAVOR of Nutrition Curriculum	Contractor developed, San Francisco Department of Public Health,	English, Spanish
Focus on Fruits	Oregon State University	English and Spanish
Focus on Healthy Eating	Dairy Council of California	Spanish and English
Folic Acid - Every Woman, Every Day brochure	WIC	English, Spanish
Folic Acid is Good for Me: Folic Acid is Good for Us	March of Dimes	English and Spanish
Follow the Leader	Contractor developed	English and Spanish
Food & Me	USDA materials	English, Spanish
Food & Portion size models	Nasco	
Food and Fitness Festival	Lawrence Hall of Science	English/Spanish
Food and Fitness Matter: Raising Healthy Active Kids	Parents Action for Children	English/Spanish
Food and Me	Cooperative Extension (EFNEP, FSNEP)	English
Food and Nutrition for Every Kid: Easy Activities That Make Learning Science Fun	Janice Vancleave	English
FOOD CHOICES-EATING FOR HEALTH	Adopted Textbook - Montebello USD	English
Food Detectives Nutrition Education Curriculum	SuperStar Nutrition for Kids (Santa Cruz Health Department)	English / Spanish
FOOD FOR TODAY (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Food Groupies - Curricula	Food Groupies, Inc.	English
Food Guide Pocket Chart & Fruit and Vegetable cards (multi-level display chart and picture cards)	CATCH	English/Spanish
Food Label Worksheet	American Dietetic Association	English
Food on the Run	California Project LEAN	English, Spanish
Food Pictures	Dairy Council of California	English
Food Preference Survey	Cullen, Baronowski, et. A	English
Food Project Series: French Fries and the Food System	Other California Healthy Kids Resource Center	English
Food Pyramid, Healthy Eating Index, Nutrient content of US Food Supply	USDA materials	English/Spanish
Food Safety Alert: Protect yourself from Listeria handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Food Safety Alert: Protecting your family handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	English
Food Safety Curriculum	Cooperative Extension (EFNEP, SNAP-ED)	English
FOOD SCIENCE AND YOU (* section on general nutrition)	Adopted Textbook - Montebello USD	English
FOOD SERVICE CAREERS (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Food Stamp Brochures	USDA SNAP-Ed Connection	English & Spanish
Food Stamp Office Resource Kit	SNAP-Ed Connection	English/Spanish
Food Stamps Help Put Healthy Food on Your Table- Kiosk with Recipes	SNAP-Ed Connection	English and Spanish
Food Stamps help put healthy food on your table	Food Stamp Office Resource Kit	English/Spanish
Food Stamps Make America Stronger	USDA materials	English, Spanish, Vietnamese
Food To Go handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Food to Grow On	University of California Cooperative Extension	English
Food, Health, and Exercise	Human Relations Media	English
Foodborne Illnesses and Food Safety	Contractor Developed: Health Education Council	Hmong
Foods I Eat- Foods You Eat - Curricula	Many Hands Media	English
Food-Stats	www.food-stats.com	English
Four Seasons in Five Senses: Things Worth Savoring	David Masumoto	English
French Fries and the Food System: A year Round Curriculum Connecting Youth with Farming and Food	The Food Project	English
Fresh From the Garden	California Department of Education	English
Fresh Fruit & Vegetable Photo Cards	California Department of Education	English
From the Garden - A counting book about growing food	Michael Dahl and Todd Ourer	English
Fruit	Rachel Matthews	English
Fruit & Veggie Empowerment	USDA	English
Fruit & Veggies Matter: Fruit and Vegetable Benefits/CDC - LP/Handout	Centers for Disease Control and Prevention (CDC)	English, Spanish
Fruit & Veggies Matter: What Counts as a Cup?/CDC - Handout	Centers for Disease Control and Prevention (CDC)	English
Fruit and Vegetable Scoreboard	USDA materials	English/Spanish
Fruit Crate Art	Joe Davidson	English
Fruit Health lesson plan (Grade K)	Tulare County Office of Education	English
Fruit is a Staircase for Seeds	Jean Richards	English
Fruit, Vegetables and Physical Activity Toolbox for Community Educators	Network for a Healthy California-Latino Campaign	English/Spanish
Fruit/Vegetables Coloring Pages	Healthy Choices	English
Fruits & Vegetables the California Way, Fast Food Survival Guide	USDA materials	English/Spanish
Fruits & Veggies Activity Books	Produce for Better Health	English
Fruits & Veggies More Matters Recipe cards	Produce for Better Health	English and Spanish
Fruits and Vegetables	Susan DerKazarian	English
Fruits and Vegetables Challenge Pack	USDA materials	English

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Title	Source	Languages
Fruits and Vegetables for Health-Free lesson plans	California Foundation of Agriculture in the Classroom	English, Spanish
Fruits and Veggies Guide to good T.A.S.T.E. FUEL Series	Produce for Better Health Comprehensive Health Education Foundation (CHEF)	English English
Fun Food Facts	Contractor developed - Tulare County Office of Education	English/Spanish
Fun Tips: Using the Dietary Guidelines at home	USDA materials	English
Fun with Physical Activity lesson plan	Orange County Department of Education	English, Spanish
Games From the Garden Fruit and Veggie Activity Book	Arizona Nutrition Network	English and Spanish
Garden Café Curricula	Contractor Developed: Health Education Council	English
Garden Packet	California Department of Education	English
Generation Fit	American Cancer Society	
Genetically Modified Food	Nigel Hawkes	English
Germes Make Me Sick (trade book)	Melvin Berger	English
Get In The Game For Good Health and Food for Thought School programs	California Olive Industry	English
Get More Because More Matters Guide	Produce for Better Health	English and Spanish
Get On Track	Produce for Better Health	English
Get Packin': Tips for a Healthy Lunch Box	Meals Matter	English and Spanish
Get the facts to make healthy choices (lesson plan)	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
Get Your Calcium the Fruit and Vegetable Way brochure	Network for a Healthy California-African American Campaign	English
Give Your Baby a Healthy Start brochure	WIC	English, Spanish
Giving Your Baby New Foods: 8-12 Months	University of California Cooperative Extension	Spanish and English
Giving Your Baby New Foods: Birth to 8 Months	University of California Cooperative Extension	Spanish and English
GLAD Chants	Contractor developed	English
Go for the Whole Grain - LP/Handouts	Food and Health Communications	English
Go Lean on Protein	Oregon State University/Oregon State University Extension	
Go, Glow and Grow	Service cooperating	English and Spanish
Go, Slow, Whoa Foods and whoa! A Kid's Guide to eating right	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Good Eating Habits	Kids Health.org	English
Good Food News	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Good Snacks Poster	L.A. Regional Collaborative	English/Spanish
Good Taste – Kids	Nasco	English
Got Flavored Milk? Clearing up misconceptions	Produce for Better Health	English
Got Healthy Bones? - Handout	Dairy Council of California	English
Governor's Challenge Competition	Communicating Food for Health	English
Grab Quick and Easy Snacks	California Governors Council	English
Grade level curriculum and Cafeteria Connection	USDA materials	English
Grade leveled worksheets will be designed to educate students about nutrition concepts while they eat breakfast. The format of the lessons will meet the Hawthorne School District guidelines and be approved by the Network.	Dairy Council of California	English/Spanish
Grade leveled worksheets will be designed to up-date existing Open Court nutrition education documents	Contractor Developed- Breakfast Nutrition Education Program Worksheets	English
Grains	Open Court Nutrition Education Program	English
Grains Coloring Page	Oregon State University/Oregon State University Extension	
Grandma Lena's Big Ol Turnip	Service cooperating	English and Spanish
Green As A Bean	Healthy Choices	English
Green Eggs & Ham Language Arts lesson plan (1st grade)	Denia Hester	English
Green Eggs and Ham	Karla Kuskin	English
Green Power: Leaf and Flower Vegetables	Tulare County Office of Education	English
Gregory the Terrible Eater	Dr. Seuss	English/Spanish/Chinese
Ground Meat and Ground Poultry - Brochure	Meredith Sayles Hughes	English
Grow up with Breakfast Grow up Strong - LP	Michael Sharmat	English
Growing Food	Cooperative Extension (EFNEP, FSNEP)	English
Growing Seasons	Bell Institute of Health and Nutrition	English
Growing Vegetable Soup	Teacher's College, Columbia University	English
GUIDE TO GOOD FOOD	Elsie Splear	English
Guide to Healthy Dining Out - Brochure	Lois Ehler/Voyager Books	English
GUIDE TO MODERN MEALS	Adopted Textbook - Montebello USD	English
Guidelines and Menu for Healthy Meeting:	American Institute for Cancer Research	English
Handa's Surprise	Adopted Textbook - Montebello USD	English
Handout: Eat Your Colors	Contractor developed	English
Handout: Eating at Work...	USDA materials	English
Handout: Passport to Healthy Living	Contractor developed	English, Spanish
Handout: Search for the Sugar	Contractor developed	English
Handout: Smart Snacking	Contractor developed	English, Spanish
Handout: Sodium Food Label	Contractor developed	English, Spanish
Handout: Trans Fat Food Label	Contractor Developed	English, Spanish
Handouts: Sodium and Transfat Food Labels	Contractor developed	English
Happy Healthy Me		
Harvest of the Month Activity Packet for Preschools	Cooperative Extension (EFNEP, FSNEP)	English
Harvest of the Month Cafeteria to Classroom Promotions	Contractor developed/Merced COE	English
Harvest of the Month calendar	Contractor developed – County of Riverside, Community Health Agency	English
Harvest of the Month Calendar	Contractor Developed - El Monte CSD	English

Nutrition Education Materials Summary List

Title	Source	Languages
Harvest of The Month Calendar	Contractor Developed – Elk Grove Unified School District	English
Harvest of the Month Community Newsletter	Harvest of the Month	English, Spanish
Harvest of the Month Cooking and Nutrition Education lesson:	Contractor developed	English
Harvest of the Month Educator Newsletter	Contractor developed/Merced COE	English
Harvest of the Month Educator Newsletter	Harvest of the Month	Spanish/English
Harvest of the Month Essay and Art Contest Guidelines and forms	Contractor developed -Tulare County Office of Education	English
Harvest of the Month Fact Sheets	Harvest of the Month	English/Spanish
Harvest of the Month Family Newsletter	Harvest of the Month	English, Spanish, Chinese, Vietnamese
Harvest of the Month Farm Profiles	Contractor developed/Berkeley USD	
Harvest of the Month Fun Food Fact Calendar	Contractor developed/Merced COE	English
Harvest of the Month Menu Slicks	Harvest of the Month	English
Harvest of the Month Parent Newsletter	Contractor developed/Merced COE	English, Spanish, Hmong
Harvest of the Month Physical Activities K-8	Contractor Developed/Merced COE	English
Harvest of the Month Physical Activity Page	Contractor developed/Merced COE	English
Harvest of The Month Poster	Contractor Developed – Elk Grove Unified School District	English
Harvest of the Month PowerPoints for Parents	Orange County Department of Educator	English
Harvest of the Month Pre-K Parent Lessons	Orange County Department of Educator	English
Harvest of the Month Pre-K Student Lessons	Orange County Department of Educator	English
Harvest of the Month Preschool Activity Packets	Contractor developed/Merced COE	English
Harvest of the Month Produce Lists	Harvest of the Month	English/Spanish
Harvest of the Month Student Activity Lessons	Contractor Developed - Downey USD	
Harvest of the Month Student Activity Lessons	Contractor developed/Merced COE	English
Harvest of the Month Student Workbooks	Contractor Developed	English
Harvest of the Month Student Workbooks	Contractor developed - ABC and Downey USC	English
Harvest of the Month Workbook	Contractor developed	MCOE plans to utilize the HOTM workbook previously developed by Montebello and Monrovia School Districts.
Harvest of the Month worksheets	Contractor developed	English
Harvest of the Month: Roots Newsletter	Contractor developed/Berkeley USD	English
Harvest of the Season	Contractor developed - Orange USD	English and Spanish
Harvest Tools Pre-k Activity Binder	Contractor developed	English
Harvest Year	Cris Peterson	English
Harvesting Health	Northcoast Regional Collaborative Developoc	English
HAVING A BABY (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Health & Fitness Series	Harcourt School Publishers	English/Spanish
Health & Wellness Series	Macmillan/McGraw Hill	English, Spanish
Health (9th grade Health textbooks and supplementals that cover nutrition and physical activity)	Other California Healthy Kids Resource Center materials	English/Spanish
Health and Fitness Series, (K-5 Health textbooks and supplementals that cover nutrition and physical activity)	Harcourt School Publishers	English/Spanish
Health Benefits of Physical Activity	USDA materials	English/Spanish
Health Education Content Standards for California Public Schools	California Department of Education	English
Health Framework for California Public Schools, K-12	California Department of Educator	English
Health Frameworks, Action for Healthy Kids	Other California Healthy Kids Resource Center materials	English
Health Related Fitness Grades 1-4, Eat Well and Keep Moving, 2nd Edition	Human Kinetics	English
Health Series	Contractor developed	English
Health Smart High School Resource Books (Nutrition & Physical Activity)	ETR Associates	English
Healthy "Snack Attack"	Contractor developed	English
Healthy Basics Handwashing	The Children's Health Func	English and Spanish
Healthy Beginnings	Contractor developed/Shasta County Public Health Department	English
Healthy Beginnings Curriculum, Walk Redding Guide, Walk Anderson Guide, STEPS to Better Health, Physical Activity for Everyone, Community Garden Toolkit, Nutrition and Physical Activity Monthly Toolkits	Shasta County Public Health	English
Healthy Bodies lesson plan	Contractor developed - City of Montclair	English/Spanish
Healthy Celebrations handouts: Suggestions for teachers to plan healthy classroom parties. Handouts include healthy recipes	Contractor developed	English
Healthy Chinese Cuisine Using Fruits & Vegetables (cookbook)	Contractor developed, San Francisco Department of Public Health,	English / Spanish
Healthy Chinese Cuisine Using Fruits and Vegetables (cookbook)	Contractor developed	Bilingual (English and Chinese)
Healthy Choices, Healthy Me!	Dairy Council of California	English, Spanish
Healthy Choices--helpful hints for home and work (brochure)	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
Healthy Eating and Physical Activity Tips brochur	California African American Campaign	English
Healthy Eating for Life	Contractor Developed/ Alameda County Health Care Services Agency	English/Spanish
Healthy Eating for Weight Management	Mary Turk	English
Healthy Eating for Your Preschooler	Dairy Council of California	Spanish and English
Healthy Eating from Farm to Fork	University of California Cooperative Extension ANF	English, Spanish
Healthy Eating on the Rur	American Dietetic Association	English
Healthy Families: Eating Smart & Being Active Curriculum	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Healthy Food from Healthy Soils	Other California Healthy Kids Resource Center materials	English
Healthy Food Options: What to Eat More Of and What to Eat Less Of	USDA materials	English
Healthy Food Shopping - Brochure	Krames Communications	English
Healthy FUNdraising Ideas (parent tip sheet)	Network for a Healthy California-Children's Power Play! Campaign	English
Healthy Habits for Life Child Care Resource Kit	WIC	English, Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Healthy Habits for Me	Sesame Street Workshop/WIC	English and Spanish
Healthy Holidays lesson plan	Contractor developed - City of Montclair	English/Spanish
Healthy Kids Challenge: Acting Up! Kids in Motion	Healthy Kids Challenge	English
Healthy Kids, Healthy Families	Centers for Disease Control and Prevention (CDC)	Spanish and English
Healthy Kids--Help Your Kids Power Up with Fruit s, Vegetable s, and Physical Activity (parent brochure)	Network for a Healthy California-Children's Power Play Campaign	English
Healthy Latino Recipes Made with Love - Cookbook	Network for a Healthy California-Latino Campaign	English, Spanish
Healthy Recipes and Recipe Cards	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Healthy Snacking - Brochure	Krames Communications	English
Healthy Snacks	Education and Prevention Services	Spanish and English
Healthy Snacks and Fast Food Choices	Mary Turck	English
Healthy Snacks for Home and School	Dairy Council of California	English/Spanish
Healthy Snacks on the Go	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Healthy Tips Brochure - Better Fast Foods	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Boost Your Energy	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Build Your Strength	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Cooking Light	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Eat Fruits and Vegetables	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Eat Variety for Health	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Get More Folic Acid	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Growing Healthy Kids	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Healthy Tips Brochure - Free Fun	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Lower Your Stress	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Snacks for Energy	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Tips Brochure - Weight and Health	Contractor developed - San Francisco DPH	English, Spanish, Chinese
Healthy Weight for Teens: A Presentation Kit	Channing Bete	English
Heart Health - LP	American Heart Association	English
Heart Healthy Home Cooking African American Style	National Institutes of Health	English
Heart video	BrainPOP.com	English
Hearts 'n Parks	National Institutes for Health	English, Spanish
High School Activity & Eating	Dairy Council of California	English
High school art classes, both traditional and computer graphics, create posters depicting monthly HOTM	Student created posters linked to HOTM	English
Homemade for Health Cooking Solo - Brochure	American Institute for Cancer Research	English
Homemade for Health Series - Brochures	American Institute for Cancer Research	English
Honoring Community Heroes	Contractor developed	English/Spanish
How Do You Raise a Raisin	Pam Munoz Ryan	English
How Does Formula Compare to Breastmilk? handout	WIC	English/Spanish
How does your Garden Grow	California Department of Education	English
How Groundhog's Garden Grew	Lynne Cherry	English
How Many Cups of Fruits and Vegetables Do I Need? (Slide Guide)	Network for a Healthy California	English, Spanish
How many fruits and vegetables do you need? (brochure)	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English/Spanish
How many fruits and vegetables do you need? (lesson plan)	Contractor developed - County of Riverside, Community Health Agency	English/Spanish
How Much Fat? Series	Other California Healthy Kids Resource Center materials	English
How Much Salt?	NCES	English
How Much Sugar?	Other California Healthy Kids Resource Center materials	English
How to Find Healthful Food and Ways to be Active in Solano County guide	Contractor developed	English and Spanish
How to have your cake and eat it too: A painless guide to low-fat, low-cholesterol eating.	American Heart Association	English
How to Read Food Labels	Contractor Developed: Health Education Council	Hmong
How to Read Food Labels - LP	USDA materials	English
How to Teach Nutrition to Kids	Connie Evers, RD	English
How to use Fruits and Vegetables to Manage Your Weight (brochure)	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English/Spanish
HUMAN STORY: FACTS ON BIRTH (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Hunger and Malnutrition lessons	Feeding Minds, Fighting Hunger (www.feedingminds.org)	English
Hunger and Nutrition in California	California Food Policy Advocates (CFPA)	English
I am Moving, I am Learning	United States Administration for Children and Families (ACF) Office of Head Start	English/Spanish
I Eat Fruit	Hannah Tofts	English
I Eat Vegetables	Hannah Tofts	English
I Keep Myself Healthy Pre-K Big Books	Abrams Learning Trends	English
I Want to Be...A Chef	Stephanie Maze	English
I Will Never Not Ever Eat a Tomato (trade book)	Lauren Child	English
Ideas for Fast and Easy Heart Healthy Meals	University of Utah Health Sciences	Spanish and English
In Search of the Perfect Pumpkin	Gloria Evangelista	English
In the Three Sister's Garden	Joanne Dennee	English
Inch by Inch: the Garden Song	David Mallett	English
Inside the Pyramid; MyPyramid Menu Planner; MyPyramid for Preschoolers; MyPyramid for Moms; MyPyramid for Kids	USDA materials	English, Spanish
Iron Deficiency Anemia - LP	WIC Works Learning Center	English, Spanish
Iron for Strong Blood brochure	WIC	English/Spanish
Iron: Build Strong Blood	Virginia Cooperative Extension	Spanish and English
It's a Family Affair	University of California Cooperative Extension	Spanish and English
It's All About You! (DVD)	Other California Healthy Kids Resource Center materials	English
It's Easy Recipe Book	County of Los Angeles DHS PUB HEALTH Prog	English/Spanish
It's Up to You poster	USDA materials	English
James and the Giant Peach	Roald Dahl	English
Jazz up Your Menu With Fruits	USDA materials	English and Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Jr.Chef	Contractor developed/Ventura USD	English/Spanish
Jump for Heart	American Heart Association	English, Spanish
Jump Start Teens	California Project LEAN	English
Junior Master Gardener- Health and Nutrition -from the Garden	National Junior Master Gardener Program (Texas A&M)	English/Spanish
Just Enough for You About Food Portions - LF	National Institute of Diabetes and Digestive and Kidney Disease	English
Just for Kids Nutrition Newsletter	Contractor Developed – Southern Indian Health Council	English
Just Move It! worksheet	WIC	English/Spanish
Keep Kids Active	University of California Cooperative Extension	Spanish and English
Keep things Moving with Fiber (lesson plan)	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
Keep Your Foods Safe	USDA SNAP-Ed Connection	English and Spanish
Keeping FITT (toolbox handout)	Network for a Healthy California	English/Spanish
Keeping the Kitchen a "Safe Zone" lesson plan	Contractor developed - City of Montclair	English/Spanish
Keeping Your Food Safe handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Kid Friendly Recipes K-6	California Raisin Marketing Board	English
Kids Around the World Cook!	Arlette N. Braman	English
Kids Coloring Activity Book	Produce for Better Health	English
Kids Cook Farm Fresh Food	California Department of Education	English, Spanish
Kids in Gardens program resource binder	Watershed Project (lessons from the curriculum are used to support allowable SNAP-Ed activities)	English
Kids Just Wanna Have Fun Activity Guide	Contra Costa Health Services	English
Kids...Get Cooking! Cookbook	Network for a Healthy California-Children's Power Play! Campaign	English, Spanish
KITCHEN ALMANAC (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Kitchen Math	California Healthy Kids Resource Center	English
Know Your Fats	Oregon State University/Oregon State University Extension	English and Spanish
La Piramide de Comida	Service cooperating	Spanish
Label Reading for Better Eating (lesson plan)	National Health Video, Inc.	English/Spanish
LAUSD-Parent Nutrition Education Workshop Materials	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
Learning About Fruits and Vegetables Curriculum grades K-6	LIA Developed	English/Spanish
Legumes Educator Newsletter and Whole Grains Educator Newsletter	California Foundation of Agriculture in the Classroom	English
Lesson plan for introducing pre-school children to fruits and vegetables-including "cue card" with nutrition and P/A messages for staff and teachers.	Contractor developed/ Berkeley USD	English
Let's Exercise	Garden Kids	English
Let's Get Moving! lesson plan	Alice B. McGinty	English
Let's Eat and Play - Curricule	Contractor developed - City of Montclair	English/Spanish
Let's Eat Lunch	USDA materials	English
Let's Eat! Pre-K Big Books	Clare Hibbert	English
Let's Get Active	Abrams Learning Trends	English
Let's Get Moving! brochure	USDA materials	English/Spanish
Let's Get Moving! Working Together to Promote Active Lifestyles in Young Childrer	WIC	English/Spanish
Let's Get Our Kids Moving handout	University of California Berkeley Center for Weight and Health	English/Spanish
Let's Go On A Snack Hunt	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Let's Make Meatless Meals handout	USDA materials	Spanish and English
Lets Play "Food" Ball	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Life in Ancient Mesopotamia Social Studies lesson plan (6th grade)	Cooperative Extension (EFNEP, FSNEP)	English
Lifelong Eating and Activity Patterns (LEAP)	Tulare County Office of Education	English
Lifetime Health (Curriculum: Nutrition & Physical Activity lessons only)	Contractor developed/CSU Chico	English
Linking Food and the Environment (LiFE) - Choice, Control, Change	Holt	English
Linking Food and the Environment (LiFE) - Food and Health!	Teachers College, Columbia University	English
Linking Food with the Environment	Teachers College, Columbia University	English
Live Well! Enjoy Nutrient-Rich Foods Bringing the Nutrient-Density Message of MyPyramid and the Dietary Guidelines to Life - LP	University of California Botanical Gardens	English
Living Smart: The American Cancer Society's guide to eating healthy and being active pamphlet	Cattlemen's Beef Board and National Cattlemen's Beef Association	English
LIVING, LEARNING & CARING (* section on general nutrition)	American Cancer Society	English, Spanish
Looking Good and Feeling Fit - Build Strong Bones	Adopted Textbook - Montebello USD	English
Loving Your Family, Feeding Their Future	Dairy Council of California	English
Low Cost Healthy Meals	USDA Materials	English, Spanish
Low Cost Vegan Meal Plan (webpage)	USDA	English
Low-Fat Eating- Brochure	Vegetarian Resource Group	English
Low-fat Express - Activity Sets	Krames Communications	English
Low-Salt Eating - Handout	Learning Zone Express	English
MacMillan/McGraw-Hill Science-grade 2	Krames Communications	English
Make Family Time an Active Time	Macmillan/McGraw-Hill	English
Make Half Your Grains Whole workshee!	USDA materials	English
Make Healthy Choices that Fit your Life Style	WIC	English
Make It Safe, Keep It Safe!	Contract Developed/ County of Orange Health Services	Spanish and English
Making Every Dollar Count;	University of California, Cooperative Extension, ANF	English
	Cooperative Extension (EFNEP, SNAP-ED)	English, Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Making It Happen - School Nutrition Success Stories, Healthy Kids Healthy Families, Recipes	Centers for Disease Control and Prevention (CDC)	English
Making Meals Matter	Dairy Council of California	English, Spanish
Making Meals Matter for your older child	Dairy Council of California	English/Spanish
Making Meals Matter For Your School age Child	Dairy Council of California	Spanish and English
Making Meals Matter for Your Young Child	Dairy Council of California	English/Spanish
Making Raisins	Marvin Buckley	English
Making Smart Energy Choices Math lesson plan (5th grade)	Tulare County Office of Education	English
Making Snacks With Children handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Manage Your Food Resources Wisely	USDA SNAP-Ed Connection	English and Spanish
Math in the Garden	University of California Botanical Gardens	English
Math Potatoes: Mind-stretching Brain Food	Greg Tang and Harry Briggs	English
Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices (guidebook)	USDA materials	English
Meal Planning Stretching Your Dollars	Extension En Espanol	Spanish and English
Meals Matter recipes	MealsMatter.org	English and Spanish
Meals Without Squeals Child Care Feeding Guide and Cookbook	Christine Berman, MPH, RD & Jacki Fromer	English
Meat/Dairy Coloring Pages	Healthy Choices	English
Media-Smart Youth: Eat, Think and Be Active	National Institute of Child Health and Human Development/NIH	English
Meet the Fats, How to Lead a Healthier Lifestyle, and Understanding Food Labels	American Heart Association	English
Meet the New Food Pyramid & Making Healthy Food Choices (handout)	Contractor developed	Bilingual (English and Chinese)
Meeting Well: A tool for Planning Healthy Meetings and Events	American Cancer Society	English
Melon poster	California Melon Research Board	English
Melons for the Passionate Grower	Amy Goldman	English
Melvin's Melons	Sherry Vaughn	English
Mice and Beans	Pam Munoz Ryan	English / Spanish
Mid-Day Snack/The benefits of healthy snacking and activity breaks during the day to achieve energy balance is connected to the merienda time that is popular in many Latino homes	Contractor developed* From the National Latino Children Institute * Pending Network Approval	Spanish/English
Milk Matters For Strong Bones For Lifelong Health	US Dept of Health and Human Services	English and Spanish
Milk: From Cow to Carton	Aliki	English
Mission High School Eat UR Veggies	Contractor developed	English
Modern Meals	Roberta Larson Duyff	English
Monthly newsletter articles	Contractor developed - Kernville Union School District	English
Monthly newspaper articles	Contractor developed - Kernville Union School District	English
Monthly One page Educational Materials for Teachers-Tips for Busy Professional/Harvest of the Month, Cycle 1, Cycle 2, Cycle 3/ Update	Contractor developed/UCCE Alameda	English
Move It! Poster	USDA materials	English
Move More, Sit Less Poster	USDA materials	Spanish and English
Munching Matters: The Snacking Secret	Produce for Better Health	English
My Activity Pyramid	USDA materials	English
My Body In Balance Pre-K Big Books	Abrams Learning Trends	English
My Child's Weight...What Can I Do? Healthy Fast Foods	Fresno Department of Community Health Education and Prevention Services	Spanish and English
My Child's Weight...What Can I Do? Healthy Snacks	Fresno Department of Community Health Education and Prevention Services	Spanish and English
My Daddy is a Pretzel (trade book)	Baron Baptiste	English
My Wonderful Body Pre-K Big Books	Abrams Learning Trends	English
MyActivity Pyramid & Log	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid	USDA Materials	English/Spanish
MyPyramid Bingo	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid Crossword Puzzle - Handout	Communicating Food for Health	English
MyPyramid Curriculum	USDA materials	English
MyPyramid Cut & Fold Activity	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid Food Groups	University of Florida	English
MyPyramid for Kids	National Dairy Council	English
MyPyramid lesson plans for grades 1-6	USDA materials	English
MyPyramid Posters	USDA materials	English
MyPyramid.gov	USDA materials	English
NAC groups-NAC website	California School Nutrition Association	English and Spanish
National Employee Health & Fitness	National Association for Health & Fitness	English
National Farm to School Handbook	USDA materials	English
Need help buying food?	Network for a Healthy California	English/Spanish
NERI (Network approved)	Produce for Better Health	English, Spanish
NETA Parent Newsletter	Contractor developed/UCCE Alameda	English
NETA Quarterly Teacher Newsletter	Contractor developed/UCCE Alameda	English
NETA Tips for Busy Parents	Contractor developed/UCCE Alameda	English
Network for a Healthy California--Chinese Project Brochure --"Eat Fruits & Vegetables and Walk 10,00 Steps a Day, Be Healthy All the Way!"	Contractor developed/ City and County of San Francisco Health Department	English and Chinese
Network for a Healthy California--Chinese Project Fact Sheet	Contractor developed/ City and County of San Francisco Health Department	English
Never Eat Cabbage on Thursday	Nancy Libbey Mills and Sam Thiewes	English
New Food Pyramid	National Health Video, Inc.	English
New Junior Garden Book: Cool Projects for Kids to Make and Grow	Felder Rushing	English
New lesson plans for garden-based nutrition ed lesson:	Eatin' From the Garden	English
NEW PROFESSIONAL CHEF (* section on general nutrition)	Adopted Textbook - Montebello USD	English
NHLBI-We Can!, Other NIH	National Institutes for Health	English, Spanish
Nibbles for Health	USDA materials	English

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Title	Source	Languages
Nibbles for Health: Milk for Kids with Lactose Intolerance Newsletter	USDA materials	English
NIDDK-Wt Control Info Network	National Institutes for Health	English, Spanish
No More Vegetables	Nicole Rubel	English
Nothing Beats A Pizza (trade book)	Loris Lesynski	English
Nutrition 101 Basic Nutrition Workshop for Teachers	Contractor developed	English
Nutrition Activities for Preschoolers	D. Cryer	English
Nutrition Advisory Council survey	School Nutrition Association (SNA)	English, Spanish
Nutrition and Cancer	American Cancer Society	English
NUTRITION AND FITNESS	Adopted Textbook - Montebello USD	English
Nutrition and Healthy learning website	California Department of Education	English and Spanish
nutrition and PA lessons	Other California Healthy Kids Resource Center materials	English/Spanish
Nutrition and physical activity materials as available	Other California Healthy Kids Resource Center materials	English and Spanish
Nutrition and the Elderly	Extension En Espano	Spanish and English
Nutrition and Wellness lesson plan	Contractor developed - City of Montclair	English/Spanish
Nutrition Article of the Month	Contractor modified "Tip of the Day" from the American Dietetic Association website (eatright.org)	English/Spanish
Nutrition Basics	Parlay Internationa	English
Nutrition Decathlon Tool Kit	California Healthy Kids Resource Center	English
Nutrition Education Aimed at Toddlers (NEAT)	Michigan State University	English & Spanish
Nutrition Education Curriculum	Contractor Developed/Monterey County HC	English (some Spanish)
Nutrition Education Reinforcement Items	Produce for Better Health	English
Nutrition Education Training Modules for Early Childhood Providers	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Nutrition Essentials lessons	USDA materials	English
Nutrition Explorations	National Dairy Council	English, Spanish
Nutrition Facts Sheet	American Dietetic Association	English
Nutrition for Everyone	Centers for Disease Control and Prevention (CDC)	English
Nutrition Guide to Beans - Bookmark	American Institute for Cancer Research	English
Nutrition Label handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	English, Spanish
Nutrition Link Classroom Curriculum	University of California San Diego	English
Nutrition Link in-class and web-based lessons	Contractor developed - The Regents of the UC, UC San Diego	English
Nutrition Matters	Contractor developed/UCCE Alameda	English/Spanish
Nutrition Nuggets	Aspen Publishers	English
Nutrition Olympics	Contractor developed	English
Nutrition Pathfinders	Dairy Council of California	English/Spanish
Nutrition Posters	Produce for Better Health	English
Nutrition Resource Guide (pamphlet)	Contractor Developed - San Bernardino County Department of Public Health	English
Nutrition To Grow On	California Department of Education	English (translated into Spanish by contractor)
Nutrition Wellness Program Newsletter	Contractor developed	English & Spanish
Nutrition: Get the Facts	Food and Health Communications	English
Nutritional Data Base for reading food labels and developing healthy menu choices	ESHA Food Processor Nutritional	English
Obesity in a bottle DVD	Learning Zone Express	English
Obesity Map Power Point	Centers for Disease Control and Prevention (CDC)	English
Obesity trends data	Centers for Disease Control and Prevention (CDC)	English
On Good Land: An Autobiography of an Urban Farm	Michael Ableman	English
On The Run?	Dairy Council of California	English
Open Court Alignment	Contractor developed	English
Operation FitKids Curriculum	American Council on Exercise	English
OPT for Fit Kids - LEAP for Preschoolers, OPT for Fit Kids - Leap for Families.	Contractor developed/CSU Chico	English
Other school LIA materials previously approved by PMs as needed	Contractor developed	English and Spanish
P.H.A.T-Promoting Healthy Activities Together,	Other California Healthy Kids Resource Center materials	English
Page-a-day nutrition calendar, used by teachers for daily nutrition education and discussion	Contractor developed- Hawthorne USD	English
Parent Education and Teacher Trainings	Cooperative Extension (EFNEP, FSNEP)	English and Spanish
Parent Education- How To Raise A Healthy Eater	Dairy Council of California	English/Spanish
Parent Education Nutrition Curriculum	Contractor Developed/Monterey County HC	English / Spanish
Parent Nutrition Education Cooking Class Curriculum (5 Lessons)	Contractor developed/ Berkeley USD	English
Parent Nutrition Education Workshop binders	Contractor developed	English, Spanish
Parent Tips: Healthier Eating While Saving Money	WE CAN (Ways to Enhance Children's Activity & Nutrition)	English
Parent Tips: Making Healthier Food Choices	WE CAN (Ways to Enhance Children's Activity & Nutrition)	English
Parents Have the Power! Flyer	WIC	English/Spanish
Parents: Be Your Child's Partner in Healthy Bones	Dairy Council of California	Spanish and English
Parents...Get Straight A's with a Healthy Breakfast.	Dairy Council of California	English
Participant Booklet	Contractor developed - City of Long Beach	English, Spanish
Partners in Nutrition	Child Nutrition Foundation	English/Spanish
Peach Boy: A Japanese Legend	Gail Sakurai	English
Peach poster/picture	California Cling Peach Board	English
Pete's a Pizza (trade book)	William Steig	English
Physical Activity and Exercise Safety (toolbox handout)	Network for a Healthy California	English/Spanish
Physical Activity Empowerment	USDA	English
Physical Activity for your Health, Your Neighborhood, and Your Life	Network for a Healthy California-Latino Campaign	English, Spanish
Physical Activity Opportunities in Downtown Los Angeles	Contractor developed	English

Nutrition Education Materials Summary List

Title	Source	Languages
Physical Activity Scoreboard (toolbox handout)	Network for a Healthy California	English/Spanish
Pick! Pull! Snap!	Lola Schaefer	English
Picky Eater	University of California Cooperative Extensior	Spanish and English
Planet Health	Harvard School of Public Health/Human Kinetics	English
Plants on My Plate	Cathy Smith	English
Plants Science lesson plan (7th grade)	Tulare County Office of Educator	English
PLAY! Tracker	Network for a Healthy California-Children's Power Play! Campaign	English/Spanish
Playing the Policy Game	California Project LEAN	English
Pomegranates Language Arts lesson plan (2nd grade)	Tulare County Office of Educator	English
Por La Vida-Mujeres Decididas Curricule	University of California San Diegc	English/Spanish
Portion Control - LP	USDA materials	English
Portion Control – Seeing the Healthy Way to Eat, grades 7 - 11	Other California Healthy Kids Resource Center materials	English/Spanish
Portion Control: Seeing the Healthy Way to Eat (middle school nutrition video)	Humans Relations Media	English
Portion Distortion	California Healthy Kids Resource Center	English/Spanish
Portion Distortion, grades 4 - 6	Other California Healthy Kids Resource Center materials	English/Spanish
Portion Plate – Adult & Kids	BeBetter Networks	English
Portion Proportion Placemats	Iowa State University Extensior	English
postcards, posters	Steps to A Healthier Santa Clara County	English, Spanish
Poster: Basic Fruits	Learning Zone Express	English
Poster: Basic Vegetables	Learning Zone Express	English
Poster: Bite Me	California Project LEAN	English
Poster: Build a Healthy Body with Fruits and Veggie:	Fitopia	English
Poster: Catch a Rainbow Everyday	Learning Zone Express	English
Poster: Eat Your Colors	Contractor developed	English
Poster: First Steps to a Healthy Life	Contractor developed	English, Spanish
Poster: Harvest of the Month Preference Poster	Contractor developed	English
Poster: No Breakfast?	Contractor developed	English
Poster: Rethink Your Drink	Contractor developed	English
Poster: Smart Snacking	Contractor developed	English, Spanish
Poster: Think Differently About What You Eat	Fitopia	English
Poster: U Are What You Eat	Learning Zone Express	English
Posters, Brochures, More Matters &	Produce for Better Health	English
Posters: Stone Fruit, Salad Greens, Squash, Asian Vegetables, Root Vegetables, Tomatoes, Berries, Pears, Modern Apples, Classic Apples, Peppers, Summer Fruits, Summer Vegetables, Citrus	Celestial Arts Publisher, Various Artists	English
Potato: How the Humble Spud Rescued the Western World	Larry Zuckerman	English
Power Panther	USDA	English
Power up at Work (toolbox handout)	Network for a Healthy California	English/Spanish
Power Up for Learning: A Physical Activity Supplement to the School Idea & Resource Kits	Network for a Healthy California-Children's Power Play! Campaign	English/Spanish
Power Up With Breakfast	USDA materials	Spanish and English
Power Up with Fruits and Vegetables	Network for a Healthy California-Children's Power Play! Campaign	English/Spanish
Pregnancy - A special time for nutrition. Supporting Healthy Moms and Babies	Dairy Council of California	English
Pregnancy and Nutritior	Contractor developed	English
Pre-K Harvest Tools Curriculum-Tulare County	Contractor Developed	English
PRENATAL CARE (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Preschool Activity Packets	Merced County Office of Educator	English
Preschool Harvest of the Month Activities	Contractor developed - OCSS Coalition	English
Preschool Harvest Tools Harvest of the Month Activity Kit	Orange County Department of Educator	English
Pretend Soup:	Mollie Katzen & Ann Hendersor	English
Prime Time Shopping List	San Mateo Dept of Health Services Nutritior	English
Printed Materials	Centers for Disease Control and Preventior	English/Spanish
Printed Materials	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Produce Fact Sheet	Friends of Food Safety Educator	English
Produce Quick Tips	Network for a Healthy California-Retail Program	English/Spanish
Produce Toolkit	Contractor developed	English, Spanish
Produce Toolkit	Contractor developed	English, Spanish
Program: Eat Fit	Cooperative Extension (EFNEP, SNAP-EDP)	English
Project Food, Land and People	Project Food Land and People	English/Spanish
Project Poster: Food Pyramid	Contractor developed	Bilingual (English and Chinese)
Project Poster: Promoting Fruits & Vegetables	Contractor developed	Bilingual (English and Chinese)
Project Poster: Promoting Physical Activity	Contractor developed	Bilingual (English and Chinese)
Project READ Together	Iowa State University Cooperaive Extensior	English, Spanish
Promotoras Workshop (powerpoint)	Contractor developed	
promotional materials	WIC	English, Spanish, Vietnamese
Protect Your Baby's Teeth	University of California Cooperative Extensior	Spanish and English
Protect Your Child From Lead Poisoning	Dairy Council of California	Spanish and English
Provide approximately 200 reviewed, research-based materials for pre-K through grade 12 nutrition instruction and physical activity promotion.	Other allowable California Healthy Kids Resource Center materials.	English, Spanish, Vietnamese, Chinese
Public Service Announcemeni	Network for a Healthy California	English and Spanish
Quick & Easy Meals	California Project LEAN	English, Spanish
Quiz: Are You Following the Guidelines? - Handou	Communicating Food for Health	English
Raisin poster	California Raisin Marketing Boarc	English
Read It Before You Eat It Poster	USDA materials	English
Reading Across MyPyramid	University of California, Cooperative Extension, ANF	English
Reading and Understanding the New Food Label - Movie/Lf	National Health Video, Inc.	English/Spanish
Reading Up the Food Guide Pyramic	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Recipe Cards (use Network, SNAP-Ed Connection, CDC and HOTM recipes)	Contractor developed	English and Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Recipe Checklist	Cooperative Extension (EFNEP, FSNEP)	English
Recipe handouts (2 sided, English) featuring seasonal produce. Child-friendly, appropriate for a 5th grader to prepare with minimal or no adult supervision. Will use recipes available in <i>Network</i> curricula.	Recipe Tips for Young People	English
Recipe handouts (2 sided, English/Spanish) featuring seasonal produce distributed by the Food Bank. Will use recipes available in <i>Network</i> curricula.	Recipe Tips	English
Recipes	Network for a Healthy California	English and Spanish
Recipes	Produce for Better Health	English, Spanish
Recipes (http://www.fruitsandveggiesmatter.gov/)	Centers for Disease Control and Prevention (CDC)	English
Recommended Cups of Fruits and Vegetables for Adults (toolbox handout)	Network for a Healthy California	English/Spanish
Recommended Minutes of Physical Activity for Adults (toolbox handout)	Network for a Healthy California	English/Spanish
Reduce Your Risk	American Cancer Society	English
Referrals - How Can We Help? brochure	WIC	English/Spanish
Retail Food Demonstration Kit	Network for a Healthy California-Retail Program	English
Retail merchandising materials	Network for a Healthy California-Retail Program	English/Spanish
Retailer Fruit and Vegetable Education Kit	Network for a Healthy California-Retail Program	English
Rethink your Drink	Centers for Disease Control and Prevention (CDC)	English
Rethink Your Drink	Contractor Developed/ Alameda County Health Care Services Agency	English/Spanish
Rethink Your Drink Poster	California Project LEAN	English
Rice Facts and Activities K-12	California Rice Commission	English
RNN Nutrition ED/Yoga program; MyPyramid/HOTM/food group worksheets and workbooks	Contractor developed	English, Spanish
Sacramento Area Growing Guide and Calendar (resource for garden based nutrition education)	University of California Cooperative Extension	English
Safe Food Handling "The Core Four Practices"	Friends of Food Safety Educator	English
Salad People and More Real Recipes: A New Cookbook for Preschoolers & Up	Mollie Katzen	English
Salsa Y Sabor-This session introduces the use of herbs, spices and marinades to increase flavor while cutting sodium, fat, and sugar in the preparation of food. The use of salsa is an ancient practice with historical and present connections for Latinos	Contractor Developed -"From the Latino Children Institute * Pending <i>Network</i> Approval	Spanish/English
Savor the Flavors - Brochure	American Heart Association	English
School Food Service Guide: Promotions, Activities and Resources, School Food Service Guide: Successful Implementation Modes for Increased Fruit and Vegetable Consumption, 10 Steps to Help Fill Your Grocery Bag.	Produce for Better Health	English
School Garden Kits	California Department of Education	English/Spanish
School Idea and Resource Kit - 4th grade School Idea and Resource Kit- 5th grade Do the student workbooks have to be listed too? They are part of our materials, but not an "educational resource"--more like	Network for a Healthy California-Children's Power Play! Campaign	English/Spanish
School newsletters using Harvest of the Month information	Contractor developed	English
School Nutrition...by Design!	California Department of Education	English (translated into Spanish by contractor)
Science and Nutrition Links	Other California Healthy Kids Resource Center materials	English
Science and Our Food Supply	California Healthy Kids Resource Center	English/Spanish
Science and Technology	Holt	English
Science K-6 textbook	Harcourt Brace	English
Seafood Savvy Science lesson plan (4th grade)	Tulare County Office of Education	English
Seasonal Cards	USDA	English, Spanish
Seasonal Guide for Fruits & Vegetables brochure	Network for a Healthy California	English
Secrets of Sodium	Contractor Developed/ Alameda County Health Care Services Agency	English/Spanish
See for Yourself	WIC	English, Spanish
Seedfolks	Paul Fleischman	English
Seeds Grow Into Plants	Mario Lucca	English
Seeds of the Americas/ Many foods such as tomatoes, corn, chocolate and vanilla can be traced back to the ancient cultures of the Americas. Unique ways of preparing food as well as activities and games that can help achieve energy balance are highlighted	Contractor developed "From the National Latino Children Institute * Pending <i>Network</i> Approval	Spanish/English
Sell What You Sow: A growers Guide to Successful Marketing	Eric Gibson	English
Sell-in Brochure	Network for a Healthy California- Worksite Program	English
Sense-ational Food Poster	USDA materials	English / Spanish
Service Learning video, Map	Contractor developed	English
Serving It Safe: A Manager's Toolkit	USDA materials	English
Serving Up 50 Lessons over Easy, Food Pyramid Bingo, Various Teaching Models (Food, Muscle, Fat, Sugar, Etc) (Note: title is generic)	Nasco	English
Setting Goals for Healthy Living	Other California Healthy Kids Resource Center materials	English
SF Food Nutrition and Agriculture Directory 4th Edition	Contractor developed	English
Shake It Up With Fruits and Veggies CD	Contractor developed - LAUSD	English
Shake It Up! Tool Kit Version Music CD	Network for a Healthy California	English/Spanish
Shop, Cook & Dine LEAN - Brochure	California Project LEAN	English
Shop, Cook and Eat LEAN brochure	California Project LEAN	English/Spanish
Shopping on a Budget!	Cooperative Extension (EFNEP, FSNEP)	English, Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Shopping Tips to Stretch Your Food Dollar handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	English
SIGN-457	USDA materials	English/Spanish
Simple Solution to the Energy Problem Campaign material:	California Project LEAN	English/Spanish
Simply Good Fruit & Vegetable Poster	Nasco	English
Sing Tao Gourmet Guide (articles on various nutrition topics)	Contractor developed	Chinese and English
SKILLS FOR LIVING (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Small booklets containing healthy recipes derived from food bank staple foods.	Food Bank Recipe Booklets	English
SMART Box (standards based media education for nutrition)	Curriculum Media Group	English
Smart Choice on the Go (toolbox handout)	Network for a Healthy California	English/Spanish
Smart Party Snacks (parent tip sheet)	Network for a Healthy California-Children's Power Play! Campaign	English
Smart Snacking	Produce for Better Health	English, Spanish
Smart Steps	American Cancer Society	
Smart Supermarket Shopping	National Health Video, Inc.	English/Spanish
Smoothie Math lesson plan (3rd grade)	Tulare County Office of Educator	English
Snack Art	Teacher Created Resources	English
Snack Ideas For Kids	Adopted from Overweight Prevention & Treatment for Fit Kids (OPT for Fit Kids)	English/Spanish
Snack-Free Party Zone! (parent tip sheet)	Network for a Healthy California-Children's Power Play! Campaign	English
SnackSmart lesson plan	USDA materials	English
SNAP-Ed Connection Recipe Finder	USDA	English
SO YOU ARE READY TO COOK	Adopted Textbook - Montebello USD	English
Soda Free Summer	BANPAC (Bay Area Nutrition & Physical Activity Collaborative)	English
Soulful Recipes Building Healthy Traditions Cookbook	Network for a Healthy California-African American Campaign	English
Spaghetti and Meatballs for All! (trade book)	Marilyn Burns	English
SPARK Curriculum	SPARK	English
Spill the Beans and Pass the Peanuts: Legumes	Meredith Sayles Hughes	English
Sports Nutrition	Contractor developed	English
Spring into Health	American Cancer Society	English
Spring Training for Teen Boys Curriculum	Contractor developed	English
Spring/Summer Fruit and Vegetable Guide	Network for a Healthy California	English/Spanish
Sprouts Newsletter	Contractor Developed: Health Education Council	English
Squashed	Jaon Bauer	English
Standards Based Nutrition Education Resource Guide	California Department of Educator	English
Start Your Preschooler on the Path to Healthy Eating	Dairy Council of California	Spanish and English
State and Contractor Developed Materials	Harvest of the Month	English, Spanish
Stay Active & Feel Better	Oregon State University/Oregon State University Extension Service cooperating	English and Spanish
Stay Young at Heart: Portion Distortion powerpoint presentations (part I and II)	National Heart, Lung & Blood Institute	English
Step up to Nutrition and Health	American Dietetic Association	English
Steps to a Healthier Family	WIC	English/Spanish
Steps to a Healthier Weight website	USDA materials	English
Store Tour Guide	Network for a Healthy California-Retail Program	English
Storybooks	Harvest of the Month	English
Strategies for Success A Resource Manual for SHAPE California	California Department of Education	English
Strawberry Poster	California Strawberry Commission	English
Stretch Your Food Dollar (video)	Contractor developed – County of Riverside, Community Health Agency	English/Spanish
Stretching Exercises (toolbox handout)	Network for a Healthy California	English/Spanish
Sugar and Your Health	Oregon State University	English and Spanish
Sugar Savvy	Contractor Developed/ Alameda County Health Care Services Agency	English/Spanish
Suggestions for Nutritious Snacks	Texas Department of Food and Agriculture	English and Spanish
Summer Camp Resource Binder	Contractor developed	English
Super manual	CANFIT	English
Sweet As A Strawberry	Sally Smallwood	English
Take 10! lessons	Other California Healthy Kids Resource Center materials	English
Take Action: A Worksite Employee Wellness Program materials	Network for a Healthy California	English, Spanish
Take Care of Your Heart	Oregon State University	English and Spanish
Taking Action for Healthy School Environments: Linking Education, Activity & Food in California Secondary Schools	California Department of Education	English
Taking the Mystery out of the Food Label	Texas Department of Food and Agriculture	English/Spanish
Tall and Tasty Fruit Trees	Meredith Sayles Hughes	English
Tangerine	Colin Cheong	English
Teacher Newsletters	Contractor Developed- El Monte CSD	English
Teacher Resource Guide	California Foundation for Agriculture in the Classroom	English
Teaching Kids Good Nutrition (The Good Food Diner) (VHS)	Other California Healthy Kids Resource Center materials	English
Teaching Nutrition to Parents	Orange County Department of Educator	English, Spanish
Teaching Points, Food Fact Calendars, Stickers, Overhead Transparencies, Teacher Assessment Tool, Recipe (Network developed) Cards, Posters	Contractor developed -Tulare County Office of Education	English, Spanish
Team Nutrition	USDA materials	English, Spanish
Teen Beat/Internet	Dairy Council of California	English
TEEN GUIDE, 5th Ed. (* section on general nutrition)	Adopted Textbook - Montebello USD	English
TEEN HEALTH (* section on general nutrition)	Adopted Textbook - Montebello USD	English
Teen Health Course Series (7th grade Health textbooks and supplementals that cover nutrition and physical activity)	Glencoe/McGraw Hill	English/Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Teen Health Spa Curriculum	Contractor developed	English/Spanish
Teen Health Spa Newsletter	Contractor developed	English
Ten Steps for Parents Flyer	USDA materials	English
Ten, five minute teaching "nutrition education messages" that support the nutrition education model for SNAP eligible families that North Bay Children's Center staff can deliver to low income parents and child care providers at quarterly meetings will be	"HEAL" Teaching Presentation modules revisions/updates.	English
The Activity Pyramid- Brochure	Institute for Research and Education Healthsystem Minnesota	English
The Avocado Packet	Recipes and Nutrition Informator	Spanish and English
The Back Yard Orchardist	Stella Otto	English
The Best Breakfast - Movie/LP	Learning Seed	English
The Breakfast Club	Contractor developed	English and Spanish
The Calcium Connection	Dairy Council of California	English, Spanish
The Celebration/Healthy Lifestyles and celebrations can go together Dancing, singing, playing games, eating and having fun at a fiesta can nourish body and spirit and make healthy lifestyles part of every family's tradition.	Contractor Developed -From the National Latino Children Institute *Pending Network Approval	Spanish/English
The Crooked Apple Tree	Eric Houghton	English
The Emergence of Agriculture	Bruce Smith	English
The Enormous Potato	Aubrey Davis	English
The Facts About Fat - LP/Handout	American Institute for Cancer Research	English
The Facts About Fiber - Brochure	American Institute for Cancer Research	English
The Fig Can Teach You a Lot About Nutrition	California Fig Advisory Board	English
The Fitness Connector	Cattlemen's Beef Board	Spanish and English
The Garden and Farming Books of Thomas Jefferson	Robert Baron	English
The Garden-Fresh Vegetable Cookbook	Andrea Chesman	English
The Giant Cabbage	Cherie Stihler	English
The Giant Turnip	A. Tolstoy	English
The Good Food News (LA RNN)	SNAP-Ed Connection	English/Spanish
The Good News About Fruits & Vegetables	National Cancer Institute	English
The Great Body Shop	The Children's Health Market	English/Spanish
The Growing Classroom: Garden-based Science	National Gardening Association	English/Spanish
The Harvest/Seasons often determine availability of certain foods and the level of physical activity possible at different times of the year. Latino culture and celebrations around harvest time and seasonal changes help convey key messages in this sessic	Contractor Developed -From the National Latino Children Institute * Pending Network Approval	Spanish/English
The Honey Makers	Gail Gibbons	English
The Hungry Thing (trade book)	Jan Slepian and Ann Seidler	English
The Life and Times of the Apple	Charles Micucci	English
The Math of Food	California Healthy Kids Resource Center	English
The New American Plate Comfort Foods - Brochure	American Institute for Cancer Research	English
The New American Plate for Breakfast - Brochure	American Institute for Cancer Research	English
The New American Plate One-Pot Meals - Brochure	American Institute for Cancer Research	English
The New American Plate Serving Size Finder - Handout	American Institute for Cancer Research	English
The New American Plate Veggies - Brochure	American Institute for Cancer Research	English
The New Dietary Guidelines: What You Need to Know (middle and high school nutrition video)	Human Relations Media	English
The Pea Blossom	Amy L. Poole	English
The People of Mexico and Their Food Cookbook	Ann Burckhardt	English
The Perfect Pair/The nutritionally perfect pairing of rice and beans is discussed remembering the age-old Latino custom of courting and meeting the perfect partner while promenading in the plaza.	Contractor developed *From the National Latino Children Institute * Pending Network Approval	Spanish/English
The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions	USDA materials	English
The Reason for a Flower	Ruth Heller	English
The Right to Food: A Window on the World resource and activity guide	Feeding Minds, Fighting Hunger (www.feedingminds.org)	English
The Right to Food: A Window on the World story book	Feeding Minds, Fighting Hunger (www.feedingminds.org)	English
The School Environment: Helping Students Learn to eat Healthy brochure (part of the Changing the Scene)	USDA materials	English
The Seven Silly Eaters-paperback	Mary Ann Hoberman	English
The Skinny on Breakfast - LP - PowerPoint	Bell Institute of Health and Nutrition	English
The Snack Shop	California Healthy Kids Resource Center	English
The Talking Vegetables (book)	Won-Ldy Paye, Margaret H. Lippert and Julie Paschkis	English
The Ugly Vegetables (trade book)	Grace Lin	English
The Vegetables We Eat	Gail Gibbons	English
The Very Hungry Caterpillar (trade book)	Eric Carle	English/Spanish/Chinese
The Very Smart Pea and the Princess to Be	Mini Grey	English
The Vineyard	Idwal Jones	English
The World's Largest Plants: A Book About Trees	Susan Blackaby	English
There's a Rainbow on My Plate	Produce for Better Health	English/Spanish
This resource will include lessons that provide standards-based integrated science and nutrition instruction in grades K-8. The lessons will support existing Network and USDA resources and combine science and nutrition content and skills to promote posi	Science and Nutrition Links - 2	English
Thoreau's Garden	Peter Loewer	English
Those Mean Nasty Downright Disgusting but...Invisible Germs (trade book)	Judith Ann Rice	English / Spanish
Three Simple Steps to Follow to Eating More Fruits and Vegetables	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English/Spanish
Tickle Your Appetite	USDA Team Nutrition	English
Tiny Green Thumbs	C.Z. Guest	English
Tips and Tricks for Children, Infants, and Teens	Contractor Developed: Health Education Council	English/Spanish

Nutrition Education Materials Summary List

Title	Source	Languages
Tips for Baking and Serving Food with Less Fat handout	University of Wisconsin Cooperative Extension, Nutrition Education Program	Spanish and English
Tips for Feeding and Preparing Food With Your Preschooler	Adopted from Overweight Prevention & Treatment for Fit Kids (OPT for Fit Kids)	Spanish and English
To the Max: Understanding the New Food and Exercise Guidelines	California Healthy Kids Resource Center	English
Tomato poster	California Tomato Commission	English
Tomatoes	Elaine Landau	English
Tomatoes From Mars	Arthur Yorinks	English
Toolbox, Exercise Counts, Nutrition and Phys. Activity. ACS Guidelines, Recipes	American Cancer Society	English
Top 10 reasons to eat more fruits/veggies	Produce for Better Health	English
Top ten Motivational & Role Modeling Tips	President's Council on P.E. & Sports Resource Department	English
Tops and Bottoms (trade book)	Janet Steven	English
Trans Fats - LP - webpage	American Heart Association	English
Trees are Terrific	Sandra Stotksy	English
Trivia Sheets	Harvest of the Month	English
True or False. Test Your Fruit and Vegetable IQ.	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English/Spanish
Turning Over a New Leaf - LP/Brochure	Vermont Department of Health	English
Two Old Potatoes and Me	John Coy	English
UCSD nutritionlink.org	University of California San Diego	English
Understanding Food Labels	American Dietetic Association	English
Understanding Food Labels - LF	Fruits and Veggies More Matters	English
Up, Up, Up! It's Apple-Picking Time	Jody Fickes-Shapiro	English
Use MyPyramid to Make Healthy Choices	Dairy Council of California	English/Spanish
Using MyPyramid in your life- chidlren and yoult	Cooperative Extension (EFNEP, FSNEP)	English
Various	California Healthy Kids Resource Center	English
Various prek-8th grade worksheets	American Heart Association	English
Vary Your Vegetables	Oregon State University	English and Spanisf
Veganism in a Nutshell (webpage)	Vegetarian Resource Group	English
Vegetable and Fruit Challenge activity chart (part of Fruits and Veggies Galore)	USDA materials	English
Vegetable Gardening	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Vegetable Stand Coloring Pages	Healthy Choices	English
Visual Recipes for HOTM	Contractor developed/Merced COE	English
Vitamin A nutrient card	WIC	English/Spanish
Vitamin C nutrient card	WIC	English/Spanish
Walking Club materials	American Cancer Society	English
Washing Hands Coloring Page	USDA materials	English
Watch Your Weight	National Institute of Health	Spanish and English
Watermelon Day	Kathi Appelt	English, Spanish
WeCAN	National Institutes of Health	English
Welcome to Our Vegetable Farm	Pyramid Publishing	English
What Grows From a Tree?	Lola Schaefer	English
What is a Plant	Bobbie Kalman	English
What Is Your Calorie Level?	University of Florida IFAS Extensior	English
What to Expect in the First Week of Breastfeeding	WIC	English/Spanish
What you Need to Know About Mercury in Fish and Shellfish- Brochure	FDA/EPA	English, Spanish
What's a Serving Size	California Department of Educator	English
What's in Your Drink	Contractor developed - City of Pasadena	English and Spanisf
What's Cooking? Cookbook	Contractor developed - City of San Bernardino Parks, Recreation & Community Services	English
What's for Lunch? Potatoes	Claire Llewellyr	English, Spanish
What's Growing On (sections on fruit, vegetables and MyPyramid)	California Foundation for Agriculture in the Classroom	English
What's in a Cup (toolbox handout)	Network for a Healthy California	English/Spanish
What's in Your Bag	Contractor Developed/ Alameda County Health Care Services Agency	English
What's to Eat? Food Pyramid Game Show (DVD)	California Healthy Kids Resource Center	English
When Cody Became a Mouse Potato	Bonnie Nygaard	English
Where to be Active in San Francisco Resource Directory	Contractor developed	English
Whole Grain: More than Fiber	Bell Institute of Health and Nutritior	English
Whole Grains: Hearty Options for a healthy diet	Mayo Clinic	English
Why Eat More Fruits and Vegetables	American Cancer Society	English
WIC Works Resources	WIC	English and Spanisf
WIC Works website	WIC	English/Spanish
WIC Works Wonders, Working with You (adult brochures)	WIC	English/Spanish
Women Get Folic Acid From Food	Texas Department of Health	Spanish and English
Workbook Nutrition Lessons kinder -6th grade workbooks.	Contractor developed/LA Collaborative website	English
WORLD OF FOOD	Adopted Textbook - Montebello USD	English
WORLD OF NUTRITION	Adopted Textbook - Montebello USD	English
Yearly desk calendar with nutrition messages	Contractor Developed/Alhambra USD	English
Yoga Pretzels: 50 Fun Activities for Kids and Grownups, Set of cards (resource book)	Tara Guber	English
You and Your Family may Qualify for Food Stamps	WIC	English/Spanish
You Are What You Eat	Sharon Gordon	English
Young Teens Need Calcium poster	NIH	English/Spanish
Your Baby: Bottle Feeding and Tooth Deca)	American Cancer Society	Spanish and English
Your Guide to the Health Benefits of Colorful Fruits and Vegetables	Produce for Better Health	English/Spanish
Your Neighborhood your Health	USDA materials	English and Spanisf
Your Questions Answered	Centers for Disease Control and Prevention (CDC)- Fruits and Veggies More Matters	English
Your Vegetable and Fruit Diary - Bookle!	American Institute for Cancer Research	English
Your Voice Counts: A Toolkit for Youth Advocacy	Florida 4-H	English

Nutrition Education Materials Summary List

Title	Source	Languages
YourSELF	USDA materials	Eng
Youth Engagement materials	California Project LEAN	English and Spanish
Youth Engagement materials	Youth in Focus	English and Spanish
Yummy Designs (Fruits & Vegetables) - Coloring Book used for LP series	Produce for Better Health	English