

FFY 2012 USDA Approved NE Materials

Title	Sources	Languages	Description
Nutrition Education Handouts/Interactive Tools	www.dairycouncilofca.org	English/ Spanish	Nutrition education learning tools designed for children and teens.
Abrams & Co. Let's Eat!, My Wonderful Body, I Keep Myself Healthy and My Body In Balance Pre-K Big Books & Little Books	Abrams & Co.	English/ Spanish	Children make food choices for each meal of the day and begin to understand how healthful food choices help their bodies grow strong. Includes teacher's guide and interactive components.
Max Goes to the Grocery Store	Adria F Klein	English	24 page book for ages 4-8. Max and his friend go to the store to get dried fruit for a snack.
The Biography of Tomatoes	Adrianna Morganelli	English	Non-fiction. This book describes how tomatoes are grown, harvested, and used in cooking. It also describes the history, nutritional value and future of tomatoes.
Curriculum	Agriculture in the Classroom	English	The Agriculture in the Classroom National Resource Directory is an online searchable database for USDA that lists hundreds of educational resources designed to help educators locate high quality classroom materials and information to increase agricultural literacy among their Pre-K through 12th grade students.
Be Sugar Savvy Curriculum	Alameda County Public Health Department	English/ Spanish	Curriculum: posters, handouts, lesson plan, etc @ http://www.acphd.org/nutritionservices/resources.htm
Fat and Calorie Content of Popular Fast Foods	Alameda County Public Health Department	English	As title indicates. Previously approved by USDA
Secrets of Sodium Curriculum	Alameda County Public Health Department	English/ Spanish	To learn about where to find the hidden sodium in our diets, how to take action and take charge of our health.
Sugar Savvy Curriculum	Alameda County Public Health Department	English	Educational curriculum in English and Spanish that addresses how to find and limit sugar intake, and replace it with healthy options.

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What's In Your Bag? Curriculum	Alameda County Public Health Department	English	Step by step process to find healthier choices at fast food places via comparing sodium, fat and calories
Free Food Within Your Reach	Alameda County Public Health Department (contractor developed)	English/ Spanish	A food resource guide for Alameda County.
Rethink Your Drink materials	Alameda County Public Health Nutrition Services	English / Spanish	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
The 3 P's of Eating Healthy on a Budget	Alameda County Public Health Nutrition Services	English	Tips and tools on how to plan, purchase, and prepare healthy meals on a budget.
The Gigantic Turnip	Aleksie Tolstoy	English	A cumulative tale in which the turnip planted by an old man grows so enormous that everyone must help to pull it up.
Yearly desk calendar with HOTM recipes, nutrition messages	Alhambra USD	English	Calendar with nutrition information
Let's Exercise (trade book)	Alice B. McGinty	English	24 page book for ages 9-12. Defines exercise, describes its benefits, and gives a few examples of how to exercise.
Milk From Cow to Carton (trade book)	Alike	English	32 page book for ages 4-8. Child sees cows, dairy and learns about dairy foods.
Watch the colors grow	Alison Bonaguro	English	Picture book of fruits/veg for toddlers and preschool.
Apples of Your Eye	Allan Fowler	English	This book provides information about apples: growing, harvesting, uses, etc.
It's a Fruit, It's a Vegetable, It's a Pumpkin	Allan Fowler	English	Learn many interesting facts about pumpkins in this introductory science book.
Taking Root	Allan Fowler	English	Describes physical features of roots and why they are important.
Edible Schoolyard	Allice Waters	English	Provides gardening and nutrition lessons and recipes for instructors to incorporate into classroom curriculum. Please check with your PM prior to use of the recipes.

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Fuel the Body Eating Well	Amanda Doering Tourville	English	Book: Eating good food keeps your body healthy, gives you energy and every food group is important.
California Home Grown, Cooking Smart; nutrition and Activity Quiz: Add Fruits and Veggies to Your Diet: Great American Eat Right Challenge	American Cancer Society	English	As title indicates, at http://www.cancer.org/index
Cooking Smart	American Cancer Society	English	A program that teaches by making simple changes in the way people prepare foods, how they can have a positive impact on both health and pocketbook. Teaches quick and easy tips to help them meet daily nutritional guidelines and prepare meals in 30 minutes or less.
Generation Fit: Today's Generation Advocating for Good Health	American Cancer Society	English	Program: encourages students ages 11 to 18 take part in community service projects that promote more physical activity and healthier eating among their friends and families, and in their schools and communities
Living Smart - The ACS Guide to Eating Healthy and & Being Active	American Cancer Society	English/ Spanish	booklet from the ACS as title indicates.
Meeting Well: A tool for Planning Healthy Meetings and Events	American Cancer Society	English	Brochure about including healthy foods and physical activity into meetings
Nutrition and Cancer	American Cancer Society	English	Guidelines ranging from whole grains, fats, alcohol, and daily goals for exercise—to the lifestyle changes that may help prevent breast, colon and other specific cancers.
Toolbox, Exercise Counts, Nutrition and Phys. Activity. ACS Guidelines, Recipes	American Cancer Society	English	As titles of items indicate
Why Eat More Fruits and Vegetables	American Cancer Society	English	As title indicates
Choices for Good Health: Guidelines for Nutrition and Physical Activity for Cancer Prevention brochure	American Cancer Society	English	Recommendations for individual choices help a person focus on the importance of maintaining a healthy body weight, adopting a physically active lifestyle, and eating a healthy diet.
Body and Soul Program Guide/Materials	American Cancer Society (ACS)	English	Wellness program: designed for African American churches that help members improve their health

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ADA's Complete Food and Nutrition Guide	American Dietetic Assoc.	English	This guide provides nutrition and activity advice for every age and stage of life.
Eat Right -25 Healthy Snacks for Kids	American Dietetic Association	English/ Spanish	For parents, the message is no matter how hard you try to make sure your child eats right, snack attacks can often undo all your hard work – but they don't have to with these healthy snack ideas from the American Dietetic Association such as Peel a banana and dip it in yogurt. Roll it in crushed cereal and freeze. Please check with your PM prior to use of the recipes.
Healthy Eating on the Run	American Dietetic Association	English/ Spanish	30 tips for making healthy choices when eating out.
How to read a food label	American Dietetic Association	English	As indicated in title
Men's Health	American Dietetic Association	English/ Spanish	Tipsheet on men's nutrition
Nutrition Facts Sheet	American Dietetic Association	English	Eat Right nutrition tip sheets provide practical food and nutrition guidance for healthy eating written by ADA staff registered dietitians.
Step up to Nutrition and Health	American Dietetic Association	English/ Spanish	Educational flyer on food, nutrition and health tips from the American Dietetic Association.
Eating Right Tips for Older Adults	American Dietetic Association	English/ Spanish	Topics covered: calories, variety, fats, physical activity, sample meal plan and special dietary needs.
Eating Well the Vegetarian Way	American Dietetic Association	English	Describes types of vegetarianism and explains how to get nutrients such as iron, calcium and protein from a vegetarian eating plan. Includes tips for meal planning, eating out and physical activity.
About Cholesterol - LP/Handout	American Heart Association	English	Basic information about cholesterol
Cut the Fat	American Heart Association	English/ Spanish	Reviews and emphasizes that the most effective change to make in diet is to cut fat in preventing heart disease. Lists thee fat content in popular fast foods, and then suggests healthier, lower-fat alternatives.
Fats 101 - LP	American Heart Association	English	Provides basic information about dietary fats and cholesterol downloadable fro AHA website

Title	Sources	Languages	Description
Heart Health - LP	American Heart Association	English	Cholesterol info and Lipoprotein A
How to have your cake and eat it too: A painless guide to low-fat, low-cholesterol eating.	American Heart Association	English	Low fat low cholesterol eating tips
How to Read the New Food Label Brochure	American Heart Association	English/ Spanish	As indicated in title
Jump Rope for Heart	American Heart Association	English	Physical activities written by Am Heart Assoc.
Let's Just play Go Healthy Challenges	American Heart Association	English	Campaign: comprehensive on-air, online and grassroots campaign that encourages kids to be healthy and active.
Search Your Heart	American Heart Association	English	A community-based educational program/tool to reach high-risk audiences, deliver knowledge and action steps to reduce their risk for heart disease and stroke.
Trans Fats - LP	American Heart Association	English	Lesson plan with information taken from the AHA web page Trans Fats Q & A
Cooking Solo - Brochure	American Institute for Cancer Research	English	Practical suggestions on shopping, cooking, food safety, and food storage for single households.
Facts About Fiber- LP/Handout	American Institute for Cancer Research	English	Explains the fiber controversy. Tells you how to get enough fiber rich foods to stay healthy and avoid chronic disease.
Guide to Healthy Dining Out - Brochure	American Institute for Cancer Research	English	A helpful brochure filled with tips for choosing healthful meal options away from home.
Homemade for Health- Brochure	American Institute for Cancer Research	English	Brochures to reduce your risk for cancers
Nutrition Guide to Beans - Handout	American Institute for Cancer Research	English	This bookmark/refrigerator card explains why beans are an important part of a healthy diet
The Facts About Fiber - Brochure	American Institute for Cancer Research	English	As name implies.

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The New American Plate Comfort Foods - Brochure	American Institute for Cancer Research	English	Shows how to add nutrition to meatloaf, macaroni & cheese & other favorite dishes without sacrificing their traditional flavors. Please check with your PM prior to use of the recipies.
The New American Plate for Breakfast - Brochure	American Institute for Cancer Research	English	Find out how a breakfast makeover can help control weight & supply food that protect your health.
The New American Plate One-Pot Meals - Brochure	American Institute for Cancer Research	English	Explains how to reshape your diet & help prevent cancer & maintain a healthy weight.
The New American Plate Veggies - Brochure	American Institute for Cancer Research	English	Offers exciting ideas for jazzing up your vegetables & recipes for preparing the ones you've never tried. Please check with your PM prior to use of the recipies.
Food for Health: Nutritional Well-being for Older Adults	American Society on Aging Live Well, Live Long: Steps to Better Health Series, 2006	English	Provides tools to support healthy eating in older adults so that food can become "food for health" and elders can reap the benefits of better nutritional status.
Physical Activity for Older Adults: Exercise for Life!	American Society on Aging Live Well, Live Long: Steps to Better Health Series, 2006	English	Provides information and tools to meet the challenge of promoting physical activity for older adults.
Operation FitKids	America's Authority on Fitness	English	FREE ACE curriculum (a \$99.95 value) for educators looking to integrate health and fitness into classroom learning. Seven-lesson curricula for grades 3-5 and 6-8.
Picking Apples and Pumpkins	Amy and Richard Hutchings	English	For young readers, a story about the sights, sounds of fall as a family picks apples in an orchard.
The Pea Blossom	Amy L. Poole (Hans Christian)	English	Story about a pea that sprouts & flowers, bringing first hope & eventually health to a sick child.

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Steps to A Bountiful Kids' Garden	Amy L. S. Gifford	English	A how-to guide that features detailed information on how to launch and sustain a school or community kids' gardening program.
Building Life Skills	Anderson, Winram, Ragsdale & Kinney	English	Spiral Bound: Comprehensive curriculum that allows students to work toward independence by learning functional life and academic skills. Includes CD and Nutrition chapters
The Garden-Fresh Vegetable Cookbook	Andrea Chesman	English	Informative tips on both growing & cooking with a variety of produce, as well as hundreds of interesting - though simple & homey - recipes. Please check with your PM prior to use of the recipies.
Life Cycle of a Bean	Angela Royston	English	32 page book for ages 9-12. Shows the the life cycle of a bean from the time it is first planted until, four months later including formation of a root, stem, and shoot, as well as leaves and flowers
Life Cycle of an Apple	Angela Royston	English	32 page book for ages 4-8. Charts the stages of development within the lifespan of the plant and contains unusual facts.
From Bean to Bean Plant	Anita Ganeri	English	Beginning reading book focused on how a bean develops can be used as part of HOTM when bean is featured item.
From Seed to Apple	Anita Ganeri	English	Beginning reading book focused on how an Apple develops, can be used as part of HOTM when apples are the featured item
The People of Mexico and Their Food Cookbook	Ann Borckhardt	English	Describes food customs & preparation in Mexico, regional dishes, & cooking techniques; including recipes for a variety of meals. Please check with your PM prior to use of the recipies.
Blueberry Shoe	Ann Dixon	English	baby leaves his shoe at the blueberry patch and through a series of events a blueberry plant grows in his shoe

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Manzanas	Ann L. Burckhardt	Spanish	24 page book ages 4-8. Provides an introduction to apples, their different parts, and how apples are grown and harvested.
Pumpkins/Calabazas	Ann L. Burckhardt	Spanish	Non-fiction. Provides an introduction to pumpkins, parts and how pumpkins grow.
Stone Soup	Ann McGovern	English	A young man on a walk encourages a lady to create a wonderful soup out of items from her garden and farm.
Bread, Bread, Bread (trade book)	Ann Morris	English	This book is about people all over the world eating different breads, lots of pictures
I Can Eat a Rainbow	Annabel Karner	English	A book of colorful nutrition advice for the youngest reader
To Market, To Market	Anne Miranda	English	Fiction. Humorous story about a trip to the grocery store. Based on the nursery rhyme "to buy a fat pig" there are unruly animals that interfere with the shopping trip. Finally, the vegetables are purchased to make hot soup.
Apples and Pumpkins	Anne Rockwell	English	Fiction. A family visits the farm to see apples and pumpkins as they get ready for Halloween. Apples are apples for Halloween trick or treat.
One Bean	Anne Rockwell	English	A bean plant grows from one bean and produces many beans to eat.
Apples & Pumpkins	Anne Rockwell and Lizzy Rockwell	English	This book describes harvest time for a little girl; picking the reddest apples from the trees and finding the best pumpkin in the patch.
The Berry Book	Anne-Marie Driediger	English	Recipe book using berries. Please check with your PM prior to use of the recipes.
Come and Eat With Us!	Annie Kubler	English	Food around the world. This book shows the different food people eat.
Coloring Pages	<i>Arizona Nutrition Network</i>	English/ Spanish	The website is geared towards children ages 2-8 and comes complete with age-appropriate games, coloring pages, recipes, and activity sheets
Fruit and Veggie Activity Book	<i>Arizona Nutrition Network</i>	English/ Spanish	Fruit and Vegetable Nut Ed activity worksheets for nut Ed.

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Fruit/Vegetables Coloring Pages	<i>Arizona Nutrition Network</i>	English/ Spanish	Coloring worksheets linked with Fruit and Vegetable nutrition education activities
Grains Coloring Page	<i>Arizona Nutrition Network</i>	English/ Spanish	Fun, free printable coloring pages for kids to print and color...grain products consists of bread, muffins, and bagels
Meat/Dairy Coloring Pages	<i>Arizona Nutrition Network</i>	English/ Spanish	As title indicates
Vegetable Stand Coloring Pages	<i>Arizona Nutrition Network</i>	English/ Spanish	As title indicates
Cook!	Arlett N. Braman	English	Includes recipes with interesting historical food information and some interesting facts about food around the world, and a Culture Link after each recipe, which talks about another culture that cooks a similar food to show how we, as people, are all related. The book is for middle grade students. Please check with your PM prior to use of the recipes.
Kids Around the World Cook!	Arlette N. Braman	English	128 page book for ages 9-12. Collection of recipes and an assortment of trivia from other countries. Please check with your PM prior to use of the recipes.
The Enormous Potato	Aubrey Davis	English	A story of an enormous potato planted and harvested and share with the townspeople
Beans	Author – Gil Saunders-Smith	English	Book: photos and easy text show how beans, carrots and sunflowers develop from seed to full-grown plant, and how apple trees change throughout the growing season.
I.Q. Gets Fit	Author Mary Ann Fraser	English	During Health Month, Mrs. Furber's students prepare for a Student Fitness Challenge, including the class mouse, I.Q. He is determined to change his junk-food ways and follow a more active path to win a gold ribbon
Kids Garden	Avery Hart and Paul Mantel	English	160 page book for ages 9-12. Includes the parts of a plant, experiments, recipes, and gardening ideas. Please check with your PM prior to use of the recipes.

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Count on Pablo	Barbara deRubertis	English	Pablo is excited about helping his grandmother sell vegetables at the farmers' market. But no one comes to buy. Pablo's solution is clever--and delicious! Ages 5-7. From Kansas State University Extension
Monster's Don't Eat Broccoli	Barbara Jean Hicks	English	Two boys pretend they are monsters that don't eat broccoli, but pretend they are trees and eat it up
Apple Tree	Barrie Watts	English	Describes in simple text and illustrations how an apple develops from a blossom in the spring to a ripe fruit in the autumn.
Portion Plate – Adult & Kids	<i>BeBetter Networks</i>	English	A weight management tool that helps adults and children learn how to eat and focus on portion sizes.
Breakfast is Important for You - Handout	Bell Institute of Health and Nutrition	English/ Spanish	Handout: Highlights the important health benefits of breakfast with this colorful handout
Go with the Whole Grain, Whole Grain more than fiber	Bell Institute of Health and Nutrition	English	General Mills Materials: several resources describing the benefits of wholegrains
Grow up with Breakfast Grow up Strong - LP	Bell Institute of Health and Nutrition	English	Focuses on eating breakfast to grow up strong..breakfast is beneficial to health
How Do Apples Grow?	Betsy Maestro	English	Book: describes how an apple grows from bud to flower to fruit ready for you to pick
Finn Cooks	Birte Muller	English	Book about a young that boy who learns how to eat healthy when his mother allows to be cook for the day
Active Kids	Bobbie Kalman	English	Through fun, easy-to-follow activities, enhanced by photographs and illustrations, this book will motivate children to get moving. Ages 7 to 12 years
Multicultural Meals: Step-by-Step Healthy Recipes for Kids	Bobbie Kalman	English	Cookbook for ages 7 to 12 years offers healthy recipes from various countries and gives children a basic understanding of nutrition and the importance of drinking water
Super Snacks	Bobbie Kalman	English	Book that explores why and how to have delicious and healthy snacks through nutrition facts and easy recipes for nourishing foods. Please check with your PM prior to use of the recipies.

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When Cody Became a Mouse Potato (trade book)	Bonnie Nygard	English	Cody the mouse and friends get active. It also shows how kids can be interactive while reading
Lunch at the Zoo	Brenda Cartee Lee	English	32 page book for ages 4-8 teaches children to choose a diet rich in fruits, vegetables and meats instead of sweets.
Silly Willy Workout (DVD)	Brenda Colgate	English	Upbeat contemporary music and activities created especially for the younger set. Ages 2-6.
Jamberry Kit,	Bruce Degen	English	A boy and a rhyming bear romp through a berry world, looking for berries as they go
Growing Colors	Bruce McMillan	English	Pictures of fruit/veggie with the appropriate color
Tiny Green Thumbs	C.Z. Guest	English	Boy & grandmother plant several types of veg seeds. Instructions for each.
Health Education Content Standards for California Public School: Kidergarten through Grade Twelve	CA Department of Education	English	Information on the newly developed and State Board-approved California Health Education Content Standards for California Public Schools, Kindergarten through Grade Twelve.
School Nutrition by Design!	CA Department of Education	English	A report of the Advisory Committee on Nutrition Implementation Strategies that provides an overview of a healthy nutrition environment and suggests strategies schools and districts can use to model healthy eating habits for their students.
Be Active Your Way	CA Department of Health	English/ Spanish	Lesson Plan: learn about the advantages of physical activity and how to incorporate physical activity into your life
Teacher Resource Guide	CA Foundation for Agriculture in Classroom	English	Provides list of resources to assist teachers teaching about agriculture.
Resource Kit: Food on the Run	CA Project LEAN	English	This guide provides real life examples of how Food on the Run, a California-based project worked with youth advocates to make healthy eating and physical activity easier to do at their schools.

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Resource Kit: Jump Start Teens	CA Project LEAN	English	A series of eight lesson plans for use with teens; the lesson plans are real-life and cross-curricular and will educate and encourage students to eat healthy, keep moving, and take action. The lesson plans were updated in 2007.
Resource Kit: Playing the Policy Game	CA Project LEAN	English	This toolkit highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance.
Farm to Table	<i>CA School Garden Network</i>	English	Fruits and Vegetables for Health, component is a fourth through sixth grade unit, introduces students to the production, distribution, and nutritional value of California fresh produce.
Fruits and Vegetables PowerPlay!	California (Children's) Power Play!	Eng. And Spanish	Campaign: this social marketing initiative empowers 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day.
Body and Soul	California African American Campaign	English	Evidenced based framework for successfully influenceing nutrition and physical activity behaviors among African Americans in church setting.
Get Your Calcium the Fruit and Vegetable Way brochure	California African American Campaign	English	Brochure: brochure to educate people about foods that are good sources of calcium.
Healthy Eating and Physical Activity Tips brochure	California African American Campaign	English	Brochure on Healthy Eating and Physical Activity Tips
Peach Poster/picture	California Cling Peach Growers Advisory Board	English	As title indicates.
Date Poster/picture	California Date Commission	English	Poster encourages eating fresh dates
A Child's Garden of Standards	California Department of Education	English/ Spanish	Book: related to the California Department of Education (CDE) program, "A Garden in Every School." This guide is designed to show how garden-based education strongly supports the state's academic content standards

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How does your Garden Grow	California Department of Education	English	Nutrition education publications and links to information and activities for educators and children. http://www.cde.ca.gov/ls/nu/he/nutredres.asp
California Nutrition Standards / Health Framework	California Department of Education	English	This framework describes health education and schoolwide health promotion strategies that will help children and youths become health-literate individuals with a lifelong commitment to healthy living.
Child's Garden of Standards	California Department of Education	English	Book: related to the California Department of Education (CDE) program, "A Garden in Every School." This guide is designed to show how garden-based education strongly supports the state's academic content standards
Fresh fruits and vegetables photo cards	California Department of Education	English	Color fotos of Fruits and vegetable to be used in Nut. Ed lessons
Health Framework for California Public Schools	California Department of Education	English	Standards for teaching how to maintain and mprove health, prevent disease, reduce health risks, devleop health knowledge, attitudes, and skills. K - 12th grade
Health Standards	California Department of Education	English	Information on the newly developed and State Board-approved <i>California Health Education Content Standards for California Public Schools, Kindergarten through Grade Twelve</i> .
Kids Cook Farm Fresh Food	California Department of Education	English/ Spanish	245 page activities guide and recipes for students in grades 2-7 that links academic content standards to the real world through gardens, nutrition, cooking, recycling, and the environment. Please check with your PM prior to use of the recipes.
Nutriton to Grow On	California Department of Education	English	An innovative curriculum for grades 4-6 that offers teachers a direct link between the garden and nutrition education.
Nutrition to Grow on	California Department of Education	English/ Spanish	An innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education.

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School by Design Healthy frameworks	California Department of Education	English/ Spanish	School by Design Healthy Frameworks -- A tool that provides the design principles behind developing a healthy school nutrition environment. Used in conjunction with the assessment and planning tool.
Taking Action for Healthy School Environments	California Department of Education	English/ Spanish	Publication that illustrates promising practices in nutrition and physical activity policy development and implementation.
What's a Serving Size	California Department of Education	English	Shows equivalents of 1/2 C and 1 C
California Food Guide (CFG)	California Department of Health Care Services	English	CFG is for health professionals who primarily serve low-income, ethnically diverse populations and is designed to provide up-to-date nutrition and physical activity guidance that will assist consumers in shifting to healthy lifestyles.
Community Youth Organization Idea & Resource Kit CA Children's Power Play! Campaign	California Department of Public Health	English	<i>Network developed & approved</i>
Quick, Low cost meal ideas and healthy tips for you and your Family DVD	California Department of Public Health	English/ Spanish	<i>California Department of Public Health Network Approved Materials</i>
Food For Thought	California Dept of Education	English	CD: tool for child care programs to teach young children 3 to 5 years good nutrition and healthy food choices.
Food and Fitness Matter	California Endowment	English/ Spanish	A DVD that provides parents with information and support they need to make nutrition and fitness related changes at home and in their local schools
CANFit	California Endowment Children's Health Initiative/UC Berkeley	English	CANFIT is a movement to improve healthy eating and physical activity environments for adolescents in low income communities and communities of color
Hunger & Nutrition in California	California Food Policy Advocates (CFPA)	English	UCLA health policy research brief

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Food Safety: From Farm to Fork	California Foundation for Ag in the Classroom	English	Nutrition Ed game where 7th -9th grade students learn about food safety.
Ag in the Classroom: Teacher Resource Guide, Cream of the Crop E-Newsletter, What's Growin' on?, Commodity Fact/Activities, We Garden, Gardens for Learning, Farmin is Food,Fiber,Flowers...and Fun!, Seasonal Calendar, California Curriculum Guidelines for Agricultural Literacy Awareness.	California Foundation for Agriculture in the Classroom	English	Guide: tool for professionals and volunteers encouraging the agricultural literacy of California's youth.
Fruits and Vegetables for Health	California Foundation of Agriculture in the Classroom	English/ Spanish	This comprehensive unit teaches students about the production, distribution, and nutritional value of California fresh produce. Geography, writing, graphing, and science activities are used to teach the importance of eating a variety of fruits and vegetables. Aligned to the Content Standards for California Public Schools.
Learning About Fruits and Vegetables Curriculum grades K-6	California Foundation of Agriculture in the Classroom	English	As title indicates
Planet Health	California Healthy Kids Resource Center materials	English/ Spanish	An interdisciplinary physical activity and nutrition curriculum which includes tools for assessing student activity.
Portion Distortion	California Healthy Kids Resource Center materials	English/ Spanish	Students and a Dietitian present the importance of balancing energy intake an energy expenditure. Available in DVD and as poster for 4-6th grade. California Healthy Kids Resource Center Materials.
Science and Our Food Supply	California Healthy Kids Resource Center materials	English/ Spanish	This set provides activities and experiments related to keeping food safe throughout the food supply.
Setting Goals for Healthy Living	California Healthy Kids Resource Center materials	English	This DVD features teens using goal-setting skills to achieve personal weight loss/weight gain goals, reduce soda intake and blood sugar targets.

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Keeping FITT, Physical Activity Pyramid, Stretching Exercises, Activity and Eating and Recipe Cards.	California Latino	English/ Spanish	As title indicates
Melon Poster	California Melon Research Board	English	As title indicates
Plum Poster/Picture	California Plum Marketing Program	English	As title indicates
Are you Ready to Get the Power	California Power Play	English/ Spanish	workbooks for 4th and 5th grades. Includes activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day
Farmers Market Idea & Resource kit	California Power Play!	English	<i>Network material already approved by USDA</i>
Healthy Kids brochure	California Power Play!	English/ Spanish	Brochure is full of practical and fun ways for families to make healthy choices together
Lessons: Healthy Parties/Snacks, Healthy Fundraisers. Power play Bingo, Serving Size/How Much Do I Need?, After School Nutrition/PA Lessons (Activity #1-10, 4th-5th grade lessons-10 total)	California Power Play!	English/ Spanish	As title indicates
Student Workbooks and Resource Kit	California Power Play!	English	Fourth- and fifth-grade educational kits each featuring 10 fruit, vegetable, and physical activity lessons.
California Chefs Cook Lean	California Project LEAN	English/ Spanish	Cookbook: over 15 low fat recipes created by chefs from around the California. Please check with your PM prior to use of the recipes.
Captive Kids: Selling Obesity at School, Creative School Fundraising ideas	California Project LEAN	English/ Spanish	Guide: includes key policy steps that address marketing in schools, talking points, case studies, fact sheets, etc
Celebrate Health with a Lowfat Fiesta Brochure	California Project LEAN	Spanish	Brochure: tips for eating lean mexican cuisine at home or eating out
Celebre con una Fiesta al Aire Libre	California Project LEAN	Spanish	# 221 in Spanish: Brochure: tips for eating lean mexican cuisine at home or eating out

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Easy Recipes Using Commodity Foods	California Project LEAN	English	This collection of tested recipes, "Easy Recipes Using Common Commodity Foods", has been developed for use in cooking classes and cooking demonstrations. The collection contains a wide array of recipes, many requiring 30 minutes or less from start to finish. The recipes are ideal for groups of people who need tips to enable them to use the foods distributed by food assistance programs. This instruction may eliminate waste due to lack of knowledge or lack of planning skills. Please check with your PM prior to use of the recipes.
Food on the Run	California Project LEAN	English/ Spanish	A resource for youth empowerment activities.
Jump Start (high school nutrition and physical activity lessons)	California Project LEAN	English	High school nutrition and physical activity lessons
Jump Start Because Keeping Active and Eating Smart Give Students a Better Start	California Project LEAN	English	Keeping Active and Eating Smart Give Students a Better Start.
Jump Start Teens, Captive Kids, Food on the Run Intervention Materials, Slide Guides, and Simple Solutions Intervention Materials, Parent Engagement Toolkit	California Project LEAN	English/ Spanish	Cross-curricular lesson encourage students to eat healthy, keep moving and become smart consumers
Jump Start Teens, Food on the Run, Playing the Policy Game	California Project LEAN	English	Guide to provide examples of how youth advocagtes can work to make healthy eating and pyhsical activity easier to do at school.
Quick & Easy Meals - Brochure	California Project LEAN	English/ Spanish	Provides easy methods to add vegetables to the dinner plate.
Recipes for Common Commodity Foods	California Project LEAN	English	Multiple healthy recipes to be distributed. Please check with your PM prior to use of the recipies.
Rethink Your Drink Poster	California Project LEAN	English	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
Shop, Cook & Dine Lean - Brochure	California Project LEAN	English	Tips on how to stock your kitchen with low fat foods.

Title	Sources	Languages	Description
Shop, Cook & Eat	California Project LEAN	English/ Spanish	Brochure on lowfat shopping to cut the fat in your diet.
Kid Friendly Recipes K-6	California Raisin Marketing Board	English	Website with kid-friendly recipes. Please check with your PM prior to use of the recipes.
Raisin Poster	California Raisin Marketing Board	English	As title indicates
Recipe Cards	California Retail Program	English	<i>Network for a Healthy California Retail Program</i>
Steps to Advocate for Fruits, Vegetables and Physical Activity in Your Community	California Retail Program	English/ Spanish	A step-by-step guide to help participants bring fruits, vegetables, and physical activity into their community.
Eagle Vision Booklet	California Rural Indian Contractor	English	Appropriate foods for young American Indians to enjoy
Tomato Poster	California Tomato Commission	English	Poster of different tomatoes
Digestive System Your Personal Power Plant DVD	Cambridge Educational	English	This program examines the processes by which the digestive system acts as a power plant for the body by turning food into energy. Topics discussed include the process of energy conversion; the structure and function of the organs of the digestive system; the role of enzymes; and maintaining a healthy digestive system. A viewable/printable instructor's guide is available online
P.A. Pyramid for ASP	Can Fit	English	CANFIT developed a Physical Activity Pyramid for After School Programs to get youth active every day.
Muncha! Muncha! Muncha!	Candace Fleming	English	32 page book for ages 4-8 . Farmer and bunnies like to eat fresh crunchy vegetables.
Super manual	CANFIT	English	This manual offers 25 physical and nutrition activities. Grades 5-9.
Farmers Market	Carmen Parks	English	A book about one child's experience at the farmer's market; encourage fruit and vegetable intake
Gobble Up Science	Carol A. Johmann and Elizabeth J. Rieth	English	Fun Activities to Complete and Eat (paperback). Fun and unique way for kids to learn about science and nutrition.
Nasco's Power Puzzle	Carol R. Schmelzel	English	20 puzzles to supplement and expand your nutrition curriculum.

Title	Sources	Languages	Description
CATCH Early Childhood Teachers Manual	CATCH	English	Features 9 classroom lessons to encourage healthy eating and activity. Parent Tip sheets provide coloring activities, additional information and recipe ideas. Vocabulary key words also included in Spanish and French. Please check with your PM prior to use of the recipes.
Everyday Foods for Health	CATCH	English	A continuation from the Kindergarten CATCH Curriculum that expands knowledge about ways to get your heart stronger, the importance of breakfast, and reinforcing the importance of fruits and vegetables. Activities such as learning healthy snack preparation are included.
Food Guide Pocket Chart & Fruit and Vegetable cards (multi-level display chart and picture cards)	CATCH	English/ Spanish	Nylon Chart reflects the USDA's revised food pyramid nutritional guidelines & is divided into 6 brightly colored food group sections with pockets to place Fruit & Veg. Cards.
Jump Into Health	CATCH	English	Physical activities developed by CATCH
Physical Education Teachers Guidebook	CATCH	English	<i>CATCH Network Approved</i>
Taking Off	CATCH	English	Curriculum and workbook that discusses healthy and unhealthy choices and reinforces skills needed to select and prepare healthful meals/snacks.
CATCH Kids Club Nutrition	CATCH (Coordinated Approach To Children's Health)	English	Manual: This after-school education and summer enrichment program teaches children the nutrition knowledge, skills and self-reliance that empowers them to make healthy dietary and physical activity choices.
CATCH Physical Activity Tool Kit	CATCH (Coordinated Approach To Children's Health)	English	This activity box includes over 300, 5" x 8" fun activity cards designed for after-school/summer programs and community youth organizations to keep kids moving.
Activity/Games	Catch Kids Club	English	This activity box includes over 300 activity cards designed for after-school/summer programs and community youth organization and gives simple, easy-to-follow instructions for fun activities that keep kids moving

Title	Sources	Languages	Description
Nutrition Manual	Catch Kids Club	English	Ideal for after-school. The manual has 32 sessions of nutritious and fun lessons on healthy foods and making good choices.
Nutricise (CD)	Catherine Sloneski	English	A happy blend of active learning songs and nutritional information, at a level 4-7 year olds understand.
Feast for 10 (trade book)	Cathryn Falwell	English/ Spanish	A counting book that features an African-American family shopping for food, preparing dinner, and sitting down to eat.
Picky Nicky	Cathy East Dubowski	English	Fiction. Picky Nicky has in mind what she wants for dinner. Her parents, however, are providing Nicky with a variety of healthy foods to eat. Nicky then goes to a neighbor's home to eat but finds the same foods. She finds that putting the vegetables in the spaghetti is a good way to eat them.
The Fitness Connection	Cattlemen's Beef Board	English/ Spanish	Informative handout details how you can fit PA into your busy schedule. Includes an easy to make nutritious beef recipe. Please check with your PM prior to use of the recipies.
Fruit & Veggies Matter: What Counts as a Cup?/CDC - Handout	CDC	English	Brochure through pictures shows how to determine cup portion sizes of fruits and vegetables.
Produce for Better Health/Colorful Eating	CDC	English	<i>Center for Disease Control. Network approved.</i>
Harvest of the Month Posters	CDPH	English	Posters with nutritional messages for contractor use
BAM! Body and Mind	Center for Disease Control and Prevention (CDC)	English	Website: kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices (including nutrition)
Nutrition for Everyone	Centers for Disease Control	English	CDC's variety of resources about healthy eating tips and information.
Recipes	Centers for Disease Control	English	Multiple healthy recipes to be distributed.

Title	Sources	Languages	Description
Eat a Variety of Fruits and Vegetables Every Day	Centers for Disease Control & Prevention (CDC)	English	Discusses that fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases and to get a healthy variety, think color. Eating fruits and vegetables of different colors gives the body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C.
10 Ways to Help Kids Eat More Fruits and Veggies (Encourage Kids to Eat More Fruits & Veggies - correct title)	Centers for Disease Control and Prevention (CDC)	English	Handout: tips and fun recipes that encourage children to eat fruits and vegetables.
Brochures and posters	Centers for Disease Control and Prevention (CDC)	English/ Spanish	Need more detail or check website at: http://www.cdc.gov/ncbddd/bd/
Encourage Kids to Eat More Fruits and Vegetables	Centers for Disease Control and Prevention (CDC)	English	As title indicates
How many fruits and vegetables do you need? (brochure)	Centers for Disease Control and Prevention (CDC)	English/ Spanish	Identifies how many cups of Fruits and veggies are recommended
How to use Fruits and Vegetables to Manage Your Weight (brochure)	Centers for Disease Control and Prevention (CDC)	English/ Spanish	As indicated in title
MyPyramid e-catalog	Centers for Disease Control and Prevention (CDC)	English/ Spanish	Help nutrition educators find and use nutrition education tools/curriculums to teach mypyramid
Nutrition & PA Toolkit	Centers for Disease Control and Prevention (CDC)	English	A CDC resource for community leaders; physical education, health education teachers and physical activity practitioners.

Title	Sources	Languages	Description
Obesity Map Power Point / trends	Centers for Disease Control and Prevention (CDC)	English	Animated map from the Center of Disease Control and Prevention chronicling the rise of obesity in America.
Rethink Your Drink	Centers for Disease Control and Prevention (CDC)	English	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
Test Your Fruit and Veggie IQ	Centers for Disease Control and Prevention (CDC)	English	Information on health benefits of fruits and vegetables and tips for eating more.
Three simple steps to eating more fruits and vegetables	Centers for Disease Control and Prevention (CDC)	English/ Spanish	Steps to increase the amount of fruits and vegetables in the diet as well as picture examples of what a cup and ½ cup serving looks like.
Healthy Weight for Teens	Channing Bete Company	English	Presentation package gives teenagers the facts about what obesity is -- and isn't
The Life and Times of the Apple	Charles Micucci	English	Picture book for older readers that covers tree growth from seed to harvest & the uses & varieties of the apple.
10 Carrot Diamond (CD)	Charlotte Diamond	English	An award winning CD, includes songs dealing with children's health and development
Charlotte Diamond's World (CD)	Charlotte Diamond	English	CD: music for children, parents and teachers that celebrates nature and our cultural mosaic.
The Giant Cabbage	Cherie B. Stihler	English	Moose grows an enormous cabbage, sure to win a prize at the fair, but needs the help of all his friends to load it into a truck.
Book Cooks: 26 Recipes from A-Z Inspired by Favorite Children's Book	Cheryl Apgar	English	This book has easy and fun to make recipes with visual illustrations for the classroom with no cooking required. Please check with your PM prior to use of the recipes.
What's In My Garden? A book of colors	Cheryl Christian	English	Learning names and colors of vegetables in a garden

Title	Sources	Languages	Description
WeCAN! For Chinese Families Parent Handbook	Chinatown Public Health Center & California Pacific Medical Center	English/ Chinese	<i>PM / Network approved</i>
Just Try It	Christianne Jones	English	Book, 24 pages. Young boy discovers he likes vegetables when they are cooked in a casserole.
The Food Pyramid	Christine Taylor-Butler	English	Combines facts & statistics with an in-depth look at how to use MyPyramid as a guide for choosing which foods to eat.
101 Kid-Friendly Plants - Fun Plants and Family Garden Projects	Cindy Krezel	English	This book is a comprehensive guide to indoor and outdoor gardening using nontoxic flowers, vegetables, trees, and houseplants.
Where to be Active in San Francisco Resource Directory	City and County of San Francisco PHD- Contractor developed	English	As title indicates
SF Food Nutrition and Agriculture Directory 4 th Edition	City and County of SF PHD- Contractor developed	English	Provides a listing of useful resources and services available to low income, mostly Food Stamp eligible residents in San Francisco.
Let's Eat Lunch	Claire Hibbert	English	24 page book for ages 4-8. Encourages kids to think about healthy foods for lunch.
What's for Lunch? Potatoes	Claire Llewellyn	English/ Spanish	Provides nutrition information about potatoes and how they grow.
Linking Food with the Environment	Columbia University Teachers College	English	Science education curriculum inquiry-based investigations in the domain of food. Teacher manuals with complete lesson plans and student packets with activity sheets and readings. Includes Food and Health for grades 5-6.
MyPyramid Crossword Puzzle - Handout	Communicating Food for Health	English	Fun word puzzles that promote healthy messages, nutrition, exercise, fitness along with reading, spelling and writing.

Title	Sources	Languages	Description
Quiz: Are You Following the Guidelines? - Handout	Communicating Food for Health	English	From Food and Health.com. Provides free nutrition education handouts with simple lessons that follow the Dietary Guidelines for Americans.
How to Teach Nutrition to Kids	Connie Evers, RD	English	243 pages teaching basics, science of nutrition , edible art etc.
Nutrition Fun with Brocc & Roll: A Hand-On Activity Guide Filled with Delicious Learning!	Connie Liakos Evers	English	A complement material to help to teach kids to make healthful choices
Kids Just Wanna Have Fun Activity Guide	Contra Costa Health Services	English	109 page activity guide provides skills and knowledge to promote everyday physical activity and nutrition education for children in after-school programs.
Harvest of the Month complementary educational materials	Contractor Developed – from Los Angeles Collaborative Website	English/ Spanish	Contractors can share examples of presentations and nutrition education materials they have created or revised.
Harvest of the Month K-7 Lesson Plans	Contractor Developed – LA Collaborative Website	English	Contractors can share examples of presentations and nutrition education materials they have created or revised.
KUSD monthly newsletter articles/information	contractor developed (Kernville USD)	English	Provide nutrition education related articles/information for district newsletter
Harvest of the Month Essay and Art Contest Guidelines and Forms	Contractor Developed (Tulare COE)	English	Title describes materials.
Teaching Points, Food Fact Calendars, Stickers, Overhead Transparencies, Teacher Assessment Tool, Posters, Harvest the Resources Seasonal Literature Kit- Winter, Participation Evaluation Survey	Contractor Developed (Tulare COE)	English/ Spanish	Materials meant to complement and promote HOTM.
Healthy School Parties	Contractor Developed- Shasta county	English	Limit unhealthy foods at classroom parties and add fruit and vegetable

Title	Sources	Languages	Description
Nutrition Matters	Contractor developed/UCCE Alameda	English	A nutrition curriculum developed for Early Childhood Education Providers to use in the preschool classroom.
4-H Youth EFNEP Curriculum	Cooperative Extension	English	Curriculum: 4-H Youth Expanded Food and Nutrition Education Program (EFNEP) is a federally funded project administered by the University of California Cooperative Extension to provide nutrition education for low-income youth
Eat Fit Curriculum	Cooperative Extension (EFNEP, FSNEP)	English	Youth FSNEP provides curriculum, training and lesson materials to conduct nutrition education and physical activity programs in preschools, K – 12 classrooms, community youth organizations and after school programs. The goal is to increase nutrition education and physical activity programs in programs serving low income students in an effort to improve the health of school-aged children. Nutrition educators train teachers/extenders who deliver the programs.
EatFit	Cooperative Extension (EFNEP, FSNEP)	English	Curriculum: EatFit is a goal oriented intervention that challenges adolescents to improve their eating and fitness choices.
Eating Well Living Well	Cooperative Extension (EFNEP, FSNEP)	English/ Spanish	Lessons that enable adult educators to integrate nutrition education that focuses on the message of maintaining healthy eating behaviors or changing less healthy ones and encouraging physical activity.
Fit Families	Cooperative Extension (EFNEP, FSNEP)	English/ Spanish	An innovative bilingual toolkit created for health professionals working with parents who have young children. The video and print fotonovelas are designed to stimulate discussion on how to create healthy snacks, increase physical activity, and limit TV watching.
Go, Glow and Grow	Cooperative Extension (EFNEP, FSNEP)	English/ Spanish	Curriculum: Using a simplified version of MyPyramid, children learn the connection between healthy foods and what they do for the body.

Title	Sources	Languages	Description
Happy Healthy Me	Cooperative Extension (EFNEP, FSNEP)	English	A nutrition and literacy curriculum designed to provide young children with an introduction to nutrition. Ages 4-6
Junior Master Gardner, Teams with Intergenerational Support, Eat Fit, MyActivity Pyramid, Nutrition in the Garden	Cooperative Extension (EFNEP, FSNEP)	English	Texas Cooperative Extension. Curriculum for Grades 3 to 12 correlated to the California Department of Education subject-based standards. Includes: independent and group learning experiences related to a unique gardening education.
Lets Play "Food" Ball	Cooperative Extension (EFNEP, FSNEP)	English	Interactive PowerPoint that teaches the basic points about MyPyramid through a series of questions that correspond to quarters in a football game. There are lively animations accompanying cheers, sounds of missed balls, and balls flying through the air. It is highly visual and includes a brief coach's tip after each play.
MyActivity Pyramid & Log	Cooperative Extension (EFNEP, FSNEP)	English	MyActivity Pyramid show kids what kind of activity they need and how much. The activity log helps children chart their own activity.
MyPyramid Bingo	Cooperative Extension (EFNEP, FSNEP)	English	A way to teach MyPyramid Food Groups with a BINGO game
MyPyramid Cut and Fold Activity	Cooperative Extension (EFNEP, FSNEP)	English	Fun activity that promotes the pyramid messages with nutrition and physical activity.
Teams With Intergenerational Support (TWIGS - elementary nutrition and gardening curriculum)	Cooperative Extension (EFNEP, FSNEP)	English	Helps children learn about healthy food choices through gardening connection.
TWIGS—garden-based (curriculum)	Cooperative Extension (EFNEP, FSNEP)	English	K-8th grade, garden based, how foods grown used by body. May include tools etc for students to use.
Using MyPyramid in your Life - Children and Youth	Cooperative Extension (EFNEP, FSNEP)	English	Work sheet to determine calorie need and then amount of fruit & vegetables a day.

Title	Sources	Languages	Description
Making Every Dollar Count;	Cooperative Extension (EFNEP, SNAP-ED)	English/ Spanish	Website on setting goals, making budgets, and saving money on food.
It's Easy Recipe Book	County of Los Angeles DHS PUB HEALTH Prog	English	Recipies. Please check with your PM prior to use of the recipes.
Harvest Year	Cris Peterson	English	Photographs and a simple text take youngsters through the calendar year and show the crops growing and being harvested, as well as children enjoying foods of all shapes and sizes and colors.
Food Preference Survey	Cullen, Baronowski, et. Al	English	<i>Network Research and Evaluation Unit Approved Evaluation survey</i>
SMART Box (standards based media education for nutrition)	Curriculum Media Group	English	Provides teachers and students with an outstanding blend of multimedia materials designed to support health-related programs.
One Potato, Two Potato	Cynthia DeFelice	English	Mr. and Mrs. O'Grady's lives are changed when they discover a magic pot buried in their potato patch.
Activity & Eating (Adult) - Linking Together for Optimal Health & Fitness	Dairy Council of California	English/ Spanish	This booklet helps adults understand the essential connection between being physically active, making healthful food choices and maintaining long-term good health.
Activity & Eating (High School)	Dairy Council of California	English/ Spanish	This handout links physical activity, healthful food choices and maintaining long-term good health.
Building a Healthy Me (Kindergarten)	Dairy Council of California	English/ Spanish	This six-lesson program teaches fundamental nutrition concepts that introduce students to a range of healthy food choices.
Cafeteria Connection	Dairy Council of California	English	Resource/Handout: Part of the Shaping up my Choices - nutrition and physical activity classroom program.
Calcium Connection	Dairy Council of California	English	Booklet: provides girls and women throughout the life cycle with age-specific information about the wide range of calcium's health benefits - from bone health to a likely role in weight management.

Title	Sources	Languages	Description
Camp Eatawella Scrapbook (part of classroom program)	Dairy Council of California	English	Part of Nutrition Pathfinders: a five lesson unit reinforces language arts and math while teaching health in a fun way.
Color Mypramid (handout)	Dairy Council of California	English	It is a coloring worksheet that teaches the food groups to young children
Deal Me In...Food and Fitness (Afterschool)	Dairy Council of California	English	This extended day nutrition education and physical activity program introduces and reinforces healthy eating and physical activity in a fun and engaging way. The program is designed for Grades K – 6 and can be ordered by After School Directors.
Eat Well, Be Active! (handout)	Dairy Council of California	English/ Spanish	Handout: tips for increasing physical activity and improving nutrition for young adults and children
Exercise Your Options (Middle School)	Dairy Council of California	English	This eight lesson unit helps students assess their current food and activity choices and plan for improvement. The lessons focus on improvement rather than perfection.
Got Flavored Milk? Clearing up misconceptions (handout)	Dairy Council of California	English	Handout that provides the common misconceptions of kids drinking flavored milk
Health Choices, Healthy Me! (1st and 2nd grade)	Dairy Council of California	English/ Spanish	First and second grade program. A comprehensive, ten-lesson nutrition education program that focuses on food choice behaviors while reinforcing language arts and math.
Healthy Snacks for Home and School (handout)	Dairy Council of California	English/ Spanish	Nutrition education handout for parent with children of various ages. Provides information on preparing healthy snacks for home and school. Please check with your PM prior to use of the recipes.
Looking Good and Feeling Fit (no longer in print)	Dairy Council of California	English	Tipsheet/worksheet for students ages 9-18 on calcium, dairy foods, and strong bones. Pdf on website.
Making Meals Matter for Your School Age Child	Dairy Council of California	English/ Spanish	8 page booklet helps parents of school-age children, ages 6 through 12, understand the basics of preparing healthy meals and snacks
Making Meals Matter for Your Young Child	Dairy Council of California	English/ Spanish	8 page booklet offers parents guidance and practical information about feeding their preschoolers ages 2-5. It provides busy parents the basics of preparing healthy meals and snacks.

Title	Sources	Languages	Description
Mealsmatter.org (recipes/articles)	Dairy Council of California	English/ Spanish	Website with recipes and meal plans promoting fruits and vegetables. Please check with your PM prior to use of the recipes.
MyPyramid	Dairy Council of California	English/ Spanish	Teach my Pyramid topics to help make healthy choices
Nutrition and Physical Activity	Dairy Council of California	English/ Spanish	Lessons that have students problem-solving, reasoning and using critical-thinking techniques as they learn about nutrition and physical activity.
Nutrition Pathfinders (4th and 5th grade)	Dairy Council of California	English/ Spanish	This five lesson unit reinforces language arts and math while teaching health in a fun way.
Parents: Be Your Child's Partner in Healthy Bones (handout)	Dairy Council of California	English/ Spanish	As title indicates.
Pregnancy - A special time for nutrition. Supporting Healthy Moms and Babies	Dairy Council of California	English/ Spanish	Adult Nutrition Education programs which are self instructional;english&spanish. Dairy Council "Making Measl Matter, Calcium & Steps to a Healthier You.
Shaping Up My Choices	Dairy Council of California	English/ Spanish	This curriculum designed for California third grade teachers contains ten lessons that have students problem-solving, reasoning and using critical-thinking techniques as they learn about nutrition and physical activity.
Start Your Preschooler on the Path to Healthy Eating (handout)	Dairy Council of California	English/ Spanish	Educational flyer provides seven tips for raising healthy eaters.
Teen Beat/Internet	Dairy Council of California	English	Online tool to track exercise and activity, also provides tips for eating healthier.
Tips for feeding and Preparing Food With Your Preschooler (handout)	Dairy Council of California	English/ Spanish	as title indicates
Use My Pyramid to Make Healthy Choices	Dairy Council of California	English	Breaks down the MyPyramid groups and gives examples of each food group.
Nutra Fruit Heroes To The Rescue!	Damian X. Fulton	English	"NUTRI-FRUIT HEROES" are a group of power-packed heroes that have a meal-time mission to save the lunch of kids
Ambrosia	Dan Manalang	English	cute book about fruit/coconut
A Star in My Orange	Dana Meachen Rau	English	Talk about shapes in nature including fruits and vegetables

Title	Sources	Languages	Description
In the Garden	Danielle Denega	English	Collects information about vegetable gardens, insects, and animals, with liftable flaps to help readers identify these items, as well as flowers and fruit.
The Monster Who Ate My Peas	Danny Schitzlein	English	Story about a boy who conquers his loathing for peas & discovers he likes the way they taste.
Stems & Roots	David M. Schwartz	English	Highlights stems and roots, the essential plant parts that give us radishes, blackberries, peas, milkweed, corn, strawberries, and trees.
Inch by Inch: The Garden Song	David Mallett	English	song about gardening
A Bad Case of Stripes	David Shannon	English	A story about eating healthy even if your friends do not
Apples and Pumpkins	Dayle M. Timmons	English	The ideas for thematic units on apples and pumpkins cover all areas of curriculum, from literature to math.
The Kids' Multicultural Cookbook: Food & Fun Around the World	Deanna F. Cook	English	Provides whirlwind tour of 41 countries with a quick dose of culture from each, recipes for each place, & an introduction to a child who lives there. Please check with your PM prior to use of the recipies.
Nutrition Activities for Preschoolers	Debbie Cryer, Adele Richardson Ray, Thelma Harms	English	Book: Five Steps to Successful Nutrition Education for preschoolers.
Community Helpers Food Service Worker	Debbie L. Yanuck	English	A simple introduction to the work food service workers do, discussing where they work and how they are important to the communities they serve.
Math in Food	Debbie Larson	English	Book uses foods in classrooms to address math concepts. (middle-high school)
Developing Life Skills,	Debbie Radliff	English	With practical information and helpful learning exercises, this reproducible resource will help students become familiar with many important subjects, including self-help, relationships, health and nutrition, and careers.
Apples To Oregon	Deborah Hopkinson	English	A narrative of how a pioneer father brought apples, peaches, pears, plums, grapes, and cherries (and children) across the plains

Title	Sources	Languages	Description
Grandma Lena's Big Ol' Turnip	Denia Lewis Hester	English	PreSchool-Grade 2...tale about teamwork and sharing in an extended African-American family is bubbling with warmth and Southern-style cooking. Please check with your PM prior to use of the recipes.
Lunch	Denise Fleming	English	32 page book for ages 4-8 about a mouse that eats a variety of fruits and vegetables.
One Potato	Diana Pomeroy	English	Counting different vegetables
Berries, Nuts and Seeds	Diane L Burns	English	Resource book discussing berries, nuts and seeds
Out and About At the Apple Orchard	Diane Mayr	English	Describes all that is involved in growing apples--covering planting, pollination, harvesting, different varieties, and more.
Vicky's Vegetables	Diane Stango	English	Fiction. Vicky likes to eat vegetables and wants to grow them in the garden. She and her Dad prepare them for dinner.
A Seed is Sleepy	Dianna Hutts Aston	English	A book about seeds
An Orange in January	Dianna Hutts Aston	English	Fiction based on non-fiction. Life journey of an orange from tree to harvest to store to eating it with friends
Scratch and Sniff Food	DK Publishing	English	Food photos and lots of specially encapsulated sniffs to introduce infants and preschoolers to food aromas.
Health, Wellness, and Physical Fitness	Don Blattner and Lisa Blattner	English	Health, Nutrition, and P.E. Features the latest information on nutrition and exercise, this unique resource emphasizes the revised USDA nutrition guidelines and the new food pyramid.
The Enchanted Tree	Donna Heller	English	Fiction. Flossie helps to bring to life her friends by showing them the beautiful colors and tastes of vegetables and fruits of the rainbow. As a result, her friends become energetic and active.
Grow It Cook It	Dorling Kindersley	English	Teaches how to grow, harvest, and cook delicious food.
Touch and Feel Mealtime	Dorling Kindersley	English	Textures to feel, encourage washing hands Ages 4-8
Vegetable Garden	Douglas Florian	English	Planting vegetables in the garden

Title	Sources	Languages	Description
Nate's Big Hair and the Grapefruit in There	Duke Christophersen	English	Teach kids the importance of eating a grapefruit.
Math Middle-School Energizers	East Carolina University	English	33 page booklet of classroom-based physical activities for middle school students.
The Monster Health Book	Edward Miller	English	Featuring a friendly, rotun, green monster determined to make healthy choices, this book presents basic informaiton about food, exercise, & health.
Nutrition: 20 Activities, 12 Transparencies, Teacher Guide	Edward P. Ortleb	English	Book to teach grade 5-9: basic concepts of the science of food and the human body. Nutrition information is presented to aid students in evaluating their own eating habits.
Apples	Elaine Landau	English	This book provides a wealth of information about apples.
Bananas	Elaine Landau	English	Primary-grade readers can learn how bananas grow, their many varieties, their history, animals that enjoy them and their nutritional value
Tomatoes	Elaine Landau	English	Examines the history, cultivation and uses of tomatoes
The Pumpkin Patch	Elizabeth King	English	Text & photographs describe the activities in a pumpkin patch as pink-colored seeds become fat pumpkins, ready to be carved.
Grow It Again	Elizabeth Macleod	English	This is more of a reference book than a storybook that a teacher would read in the classroom. Describes how to grow a container garden from the parts of the fruits and vegetables; for example, using the tops of carrots or the seeds from watermelon.
Oranges on Golden Mountain	Elizabeth Partridge	English	Fiction. A son is sent from China to San Francisco during the drought that withers the orange orchard. He plants some of the orange saplings he took with him and dreams of being reunited with his family.
Germs Are Not for Sharing	Elizabeth Verdick	English	Book: book is a good choice for teaching youngsters the basics about hygiene,
The Autumn Equinox Celebrating the Harvest	Ellen Jackson	English	Book explores harvest festivals and traditions from around the world.

Title	Sources	Languages	Description
OutDoor Play: Sports and Games for Kids of All Ages	Ellen Mochein	English	OUTDOOR PLAY provides everything you need to get children involved in an active fitness program! Over 80 games and activities are described
Indoor Play	Ellen Moshein	English	80 indoor games for teachers theme is fun fitness.
From Eye to Potato	Ellen Weiss	English	Beginning reading book focused on how a potato develops, can be used as part of HOTM when potato is feature item.
From Pit to Peach Tree	Ellen Weiss	English	Beginning reading book focused on how a peach develops, can be used as part of HOTM when peach is the featured item.
Fruit Salad	Ellen Weiss	English	A young reading book where friends work together to make a delicious and healthy fruit salad as a snack, learning about all kinds of fruit along the way.
Child of Mine: Feeding with Love and Good Sense	Ellyn Satter	English	book: The gold standard for child eating behavior guidance
Secrets of Feeding a Healthy Family: How To Eat, How To Raise Good Eaters, How To Cook	Ellyn Satter	English	Empowers and inspires us to love and cook our favorite foods and teach our children to do the same.
Peter In Blueberry Land	Elsa Beskow	English	A picture book for children and a hunt for blueberries.
We like to move, exercise if fun	Elyse April	English	Multicultural childrend enjoy variety of physical activities
Dinner From Dirt	Emily Scott & Catherine Duffy	English	Perennial kid favorites with complete instructions, garden plots, and recipes to show them how to grow and cook those foods themselves. Safety tips, growing tips, diagrams, fun facts, easy-to-follow directions, and lots of full-color illustrations.
My Very First Book of Food	Eric Carle	English	Book of Food,children can match each animal with the food it eats.
My Very First Book of Numbers	Eric Carle	English	Book of Numbers to match the food pictures
The Very Hungry Caterpillar (trade book)	Eric Carle	English/ Spanish/ Chinese	Fiction. The story describes the growth of the caterpillar into a butterfly. The caterpillar is very hungry and grows when he eats healthy foods.
The Crooked Apple Tree	Eric Hughton	English	Story about two kids and a crooked apple tree in their backyard that teaches about changes in seasons and changes of apples trees during each season.
Anansi & The Talking Melon	Eric Kimmel	English	This book contains colorful pictures of fresh fruits.

Title	Sources	Languages	Description
The Cabbage Soup Solution	Erika Oller	English	Storybook about a cabbage farmer that tries to stop a mystery marander from decimating her famous cabbage patch.
Nutritional Data Base for reading food labels and developing healthy menu choices	ESHA Food Processor Nutritional Software Data Base	English	Database of more than 37,000 foods and food items. Users can add new foods and modify existing foods.
Actions for Health (K - 5 Curriculum: Nutrition & Physical Activity lessons only)	ETR Associates	English	Reviews key nutrients and food groups, components of physical fitness, and guidelines for healthy eating and physical activity
School Mosaics - Designing Gardens & Habitats	Eve Pranis and Amy Gifford	English	The book offers advice on involving students in the planning and design process, building community support, and integrating the project with curriculum and learning goals.
GrowLab - Activities for Growing Minds	Eve Pranis, Allison Watt	English	Curriculum to spark curisity about plants & think like scientist. Uses fun illustrated activities to explore plant life cycles, examine plant diveristy, interdependence of plants, humans. grades K - 8
GrowLab - A Complete Guide to Gardening in the Classroom-Revised Edition	Eve Pranis, Jack Hale	English	Discusses: setting up an indoor garden, planning and planting, choosing veg, herbs, flowers to grow indoors, maintaining healthy growing environment, tackling pests, conducting special gardening projects
Good Eating Habits	Extension En Espanol	English/ Spanish	Information about eating a variety of foods, eating in moderate amounts and using fats, salts, and sweets in moderation.
Keeping Food Safe	Extension en Espanol	English/ Spanish	This fact sheet explains how to avoid food poisoning with tips on storing and refrigerating food at home.
Meal Planning Stretching Your Dollar	Extension en Espanol	Spanish	Tipsheet as title indicates
Nutrition and the Elderly	Extension en Espanol	English/ Spanish	Hand out that promotes healthy eating and physical activity for older people to keep healthy.
Vegetables, Vegetables!	Fay Robinson	English	Book pictures with minimal text regarding facts for young children.
We love Fruit	Fay Robinson	English	HOTM storybook

Title	Sources	Languages	Description
Science and Our Food Supply: Investigating Food Safety from Farm to Table	FDA, Center for Food Safety and Applied Nutrition	English	This interactive video, comprehensive reference guide, career guide and varied activities included in this educational kit can be incorporated into all academic disciplines. For grades 9-12.
New Junior Garden Book	Felder Rushing	English	The reader learns how things grow and how to make garden projects.
Yummy for Your Tummy	First 5 California	English/ Spanish	Recipe booklet for toddler age child. Please check with your PM prior to use of the recipies.
Eating Well As We Age	Food and Drug Administration	English/ Spanish	Addresses financial barriers to eating well, chewing issues, cooking issues, shopping, loss of appetite, upset stomach, and the Nutrition Facts label.
Examine the Facts - Handout	Food and Health Communications	English	New poster designed to teach everyone what they need to know about label reading and the Nutrition Facts Panel
Go for the Whole Grain - LP/Handouts	Food and Health Communications	English	Poster & Handout: the benefits of whole grains with an educational poster and handout.
Food Groupies - Curricula	Food Groupies, Inc.	English	U of Arkansas Cooperative Extension DVD program encourages children to eat a variety of foods from the five USDA approved food groups in an entertaining way.
Basics for Handling Food Safely	Food Safety and Inspection Service	English/ Spanish	Safe steps in food handling, cooking, and storage in order to prevent food borne illness
Be Active Your Way (It's So Easy?) (DHS)	Food Stamp Nutrition Connection	English/ Spanish	Discusses the benefits and recommendations for physical activity. Provides general tips and a physical activity pyramid.
Food Stamp Office Resource Kit	Food Stamp Nutrition Connection	English/ Spanish	SNAP-Ed materials Focusing on educating food stamp recipients and applicants about the choices that lead to good nutrition and healthy behavior.
Foods to Love for the Love of Your Family	Food Stamp Nutrition Connection	English/ Spanish	SNAP-Ed Brochure

Title	Sources	Languages	Description
The Have A Good Day Café	Frances and Ginger Park	English	Story about a Korean family who sells American food from a food cart but two other vendors also sell at the same location and their sales drop. They decide to sell Korean food and their sales increase. Nutrition message: cultural influences on food choices.
The Book of Yields: Accuracy in Food Costing and Purchasing	Francis T. Lynch	English	Reference book that provides a substantial collection of accurate food measurements. Also has information related to food preparation, purchasing decisions, and controlling costs.
Laughing Tomatoes and Other Spring Poems	Francisco X. Alarcon	English	32 page book for ages 4-8. Collection of verses in English and Spanish about food, weather, plants, dreams featuring Latino children.
Let's Go To The Market	Frank Leto and Greg Scelsa	English	12 page book for ages 4-8. 2006. As title indicates.
The Perfect Orange	Frank P. Araujo	English	A little girl gives the king a perfect orange. They all eat oranges in the end.
Produce Fact Sheet	Friends of Food Safety Education	English	As title indicates.
Safe Food Handling "The Core Four Practices"	Friends of Food Safety Education	English	Consumer facts on how to keep food safe from harmful bacteria.
Understanding Food Labels - LP	Fruits and Veggies More Matters	English	Lesson plan taken from FVMM web site or other FVMM materials
How Many Fruits and Vegetables do you Need?	Fruits and Veggies More Matters	English/ Spanish	Identifies how many cups of Fruits and veggies are recommended
Cooking with Kids-Integrated Curriculum guide Grades 2-3	Funded by Con Alma Health Foundation, etc. Lynn Walters and Jane Stacey	English	The materials could be integrated into elementary school classroom curricula or an after-school program setting. Curriculum Guides include Teacher Information plus Introductory lesson, lesson plans for five 1-hour fruit and vegetable tastings: such as tomatoes, Root Vegetables, Citrus, Pears, and Salad Greens Lesson plans with activities for five 2-hour cooking classes

Title	Sources	Languages	Description
Cooking with Kids-Integrated Curriculum guide Grades 4-6	Funded by Con Alma Health Foundation, etc. Lynn Walters and Jane Stacey	English	The materials could be integrated into elementary school classroom curricula or an after-school program setting. Curriculum Guides include Teacher Information plus Introductory lesson, lesson plans for five 1-hour fruit and vegetable tastings: such as tomatoes, Root Vegetables, Citrus, Pears, and Salad Greens Lesson plans with activities for five 2-hour cooking classes. Please check with your PM prior to use of the recipes.
Cooking with Kids-Integrated Curriculum guide Grades K-1	Funded by Con Alma Health Foundation, etc. Lynn Walters and Jane Stacey	English	The materials could be integrated into elementary school classroom curricula or an after-school program setting. According to one parent, "The Cooking with Kids program brought another voice to the table, a voice that encouraged trying new and different foods, a voice in support of nutrition and healthy families." Curriculum Guides include Teacher Information plus Introductory lesson, lesson plans for five 1-hour fruit and vegetable tastings: such as tomatoes, Root Vegetables, Citrus, Pears, and Salad Greens Lesson plans with activities for five 2-hour cooking classes
Yoga Kids 2: ABCs for ages 3-6 (DVD)	Gaiam Kids	English	Using 26 letters children make funny poses of animals, plants, etc
The Perfect Pumpkin	Gail Damerow	English	Book on how to grow, cook, & carve pumpkins.
Apples	Gail Gibbons	English	PreSchool-Grade 2: This book provides an overview of apples. It traces their history in America, shows their parts, and explains their growth, harvest, and uses.
From Seed to Plant	Gail Gibbons	English	Nonfiction. Rich in vocabulary this book takes the reader from seed to plant to eating healthy. Beautiful pictures show pollination, harvest and care of plants.
The Honey Makers	Gail Gibbons	English	Picture book that introduces young readers to honeybees & bee culture. Explains the organization of the hive, the life cycle & functions of the bees, & typical beekeeping practices.
The Pumpkin Book	Gail Gibbons	English	Illustrating & text to explain the planting, cultivating, & harvesting of pumpkins.

Title	Sources	Languages	Description
The Seasons of Arnolds Apple Tree	Gail Gibbons	English	As the seasons past, Arnold enjoys a variety of activities as a result of this apple tree. Includes recipes. Please check with your PM prior to use of the recipies.
The Vegetables We Eat	Gail Gibbons	English	Nonfiction. This book takes the reader through all of the different types of vegetables. Explanations of the different types are provided along with how to harvest.
Shante Keys and the New Year's Peas	Gail Piernas-Davenport	English	Story about New Years food traditions promoting black eyed peas.
Peach Boy: A Japanese Legend	Gail Sakurai	English	A folk lore story about a couple that finds a peach and raises a baby.
From Blossom to Fruit (apples)	Gail Saunders Smith	English	Beginning reading book focused on how a apple develops can be used as part of HOTM when apple is featured item.
In The Garden	Gallimard-Jeunesse	English	Look-and-Learn In The Garden introduces young children to various fruits, vegetables, and plants in the garden
Food 'N Fun - A Rockin' Celebration of Good Eatin'(CD)	Gary Lapow	English	Music CD encouraging healthy eating for young students with a beat to encourage PA.
The Tortilla Factory	Gary Paulsen	English	Simple prose poem on how corn is harvested & made into tortillas.
The Little Squash Seed	Gayla Dowdy Seale	English	Story about a little squash seed on his journey from a small dry seed in a packet to a part of a luscious plant that produces over two dozen nutritious & delicious squash.
Pumpkin Circle	George Levenson	English	A video and picturebook designed to show elem.children the cycle of nature in a pumpkin patch.
Night of the Veggie Monster	George McClements	English	Fiction. A young boy turns into a veggie monster the moment a pea touches his lips. He's ok when he realizes the pea tasted all right. He'll have to get ready for broccoli next.
Good Morning Exercises for Kids (CD)	Georgiana Stewart	English	For ages 3-8. Simple movement exercises to fun songs which can be done early morning, or even through day.
Portion Sizes Averages and Guides Kit	Gil Payett	English	An easy way to help your clients visualize portion sizes and includes items to illustrate portion sizes.

Title	Sources	Languages	Description
Fruits and Vegetables/Frutas y Vegetales	Gladys Rosa-Mendoza	English	Introduction to fruits and vegetables through illustrations.
Teen Health Course Series (7th grade Health textbooks and supplementals that cover nutrition and physical activity)	Glencoe/McGraw Hill	English/ Spanish	Course material and interactive multimedia resources that provide general nut ed.
In Search of the Perfect Pumpkin	Gloria Evangelista	English	Story book interesting facts about the history of pumpkins, pumpkin growing tips, and a recipe for pumpkin pie. Please check with your PM prior to use of the recipes.
Our Apple Tree	Gorel Kristina Naslaud	English	Kindergarten-Grade 2–A Thumbelina-sized boy and girl who live in an apple tree follow its progress and enjoy its fruits.
The Ugly Vegetables (trade book)	Grace Lin	English	Fiction. A little girls thinks her mom's garden is fully of ugly vegetables. She discovers Chinese vegetable soup smells the best.
Big Fun (CD)	Greg & Steve	English	This CD contains a set of songs and activities for kids ages 3 to 9 years. The songs are high energy movement songs for the classroom and the living room.
Fun and Games (CD)	Greg & Steve	English	CD: This album all fun & games for children ages 3 to 9.
Kids in Action/Motion (CD)	Greg & Steve	English	CD of 15 music songs for children 3-5 years old that promotes physical activity.
Shake, Rattle N' Rock (CD)	Greg & Steve	English	Songs and activities for ages three to nine years old. Upbeat style of music gets everyone moving and dancing as well as singing along.
Orange Juice	Gretchen Will Mayo	English	Provides information on how oranges are grown and harvested and how orange juice is extracted.
3-D Breakfast Puzzle	Guide Craft USA	English	Teaching tool for table etiquette, basic food groups, and nutrition
3-D Dinner Puzzle	Guide Craft USA	English	Teaching tool for table etiquette, basic food groups, and nutrition
3-D Fruit Puzzle	Guide Craft USA	English	Teaching tool for table etiquette, basic food groups, and nutrition
3-D Lunch Puzzle	Guide Craft USA	English	Teaching tool for table etiquette, basic food groups, and nutrition

Title	Sources	Languages	Description
I Eat Fruit!	Hannah Tofts	English	Pictures of fruit
I Eat Vegetables!	Hannah Tofts	English	Pictures of vegetables
One Cool Watermelon	Hannah Tofts	English	Kids can count their way to healthy eating with this delicious introduction to math through familiar fruits and vegetables.
Science K-6 (allowable general nutrition education sections)	Harcourt Brace	English	Sixteen volumes of fun-packed science projects and experiments introduce readers to basic science principles.
Health and Fitness Series,	Harcourt School Publishers	English/ Spanish	Grades K-6 helps students achieve a healthy lifestyle with comprehensive health content that incorporates physical activities.
Curricula: Eat Well & Keep Moving	Harvard School of Public Health	English	The Eat Well & Keep Moving curriculum—which includes classroom lessons for fourth and fifth grade students, physical education lessons, and engaging school-wide campaigns—allows children to learn about nutrition and physical activity while building skills in language arts, math, science, and social studies.
Curricula: Planet Health	Harvard School of Public Health	English	Planet Health is an interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies, and physical education. Through classroom and physical education (PE) activities, Planet Health aims to increase activity, improve dietary quality, and decrease inactivity.
Eat Well & Keep Moving	Harvard School of Public Health/Human Kinetic	English	An interdisciplinary, elementary school program designed to promote healthful eating and physical activity in schools, homes and communities
Cookbook, Harvest of the Month	Harvest of the Month	English/ Spanish	<i>As title indicates, developed by the Network</i>
Harvest of the Month bookmarkers	Harvest of the month	English	Nutrition reinforcement items

Title	Sources	Languages	Description
Harvest of the Month Cycle I,II,III produce	Harvest of the Month	English	<i>Network developed & approved</i>
Harvest of the Month Cycle I,II,III Cookbooks	Harvest of the Month	English/ Spanish	<i>Network developed & approved</i>
Harvest of the Month Fact Sheet	Harvest of the Month	English	Two page fact sheet with information about HOTM program.
Produce Lists	Harvest of the Month	English/ Spanish	<i>HOTM Network approved.</i>
Quick Start Guide	Harvest of the Month	English	HOTM materials developed.
Toolkit/Website: Educator Newsletter, Parent Newsletter and Community Newsletter	Harvest of the Month	English/ Spanish	Newsletters and information encouraging the consumption of fruits and vegetables. Featuring one a month.
Harvest of the Month student workbooks	Harvest of the Month/ Contractor developed (Downey and Hawthorne Unified School Districts)	English	Ready to use Harvest of the Month (HOTM) nutrition education workbooks based around the HTOM monthly produce item. Workbook nutrition education materials linked with grade level California Education Standards. Teachers can use to the workbook books to enhance their HOTM classroom taste tests & activities.
Harvest of the Month Physical activities K-8	Harvest of the Month/ Contractor developed (Merced County Office of Ed)	English	Grades K-8th: pages taken from approved PA books and resources adapted to include nutrition components. Pages are duplicated by teachers too use in PA promotion. Not designed to stand alone, but as part of HOTM
Fit Families for Life	Health Net	English/ Spanish	A 5 week series of nutrition and physical activity topics that encourages families to adopt healthier lifestyles
Super Size Me	Healthy Kids Resource Center	English	The filmmaker of this DVD examines the potential contributors to and consequences of the obesity epidemic.
Animal Trackers (used in conjunction with nutrition education)	Healthy Start LLC	English	Animal Trackers is a physical education program for preschool children ages 3-6.
Chef (trade book)	Heather Miller	English	Book: A simple introduction to the equipment, clothing, daily activities, and other aspects of the job of a chef.

Title	Sources	Languages	Description
Gabe's Grocery List	Heidi Shelton Jenck	English	Fiction. Gabe's grocery list is full of fruits, his dad's is full of veggies. Gabe puts his in the grocery cart and takes out his dad's. I guess we will have fruit salad tonight.
Delicious: A Pumpkin Soup Story	Helen Cooper	English	Duck is a picky eater and frequently goes to bed hungry with stomach pains. He only wants Pumpkin soup. After rejecting many tasty soups, he finally likes a soup made by Cat and Squirrel with many healthy vegetables.
Pumpkin Soup	Helen Cooper	English	Fiction book for ages 3-8 years.Cute story of animals making soup.
How a Seed Grows	Helene J. Jordan	English	Planting, growing and harvesting beans. Addresses nutrition competencies about learning how things grow.
Decisions for Health (Curriculum: Nutrition & Physical Activity lessons only)	Holt	English	Holt's award-winning health resources promote active exploration of health concepts, character building and life skills by requiring students to apply what they learn within the context of the real world.
Lifetime Health (Curriculum: Nutrition & Physical Activity lessons only)	Holt	English	688 page book that educates teens about their personal health and wellness including MyPyramid. (2009)
Science and Technology (allowable general nutrition education sections)	Holt	English	Holt Science and Technology is a middle school science program based on three textbooks and online resources
What's for Lunch? Fruit	Honor Head	English	Where it comes from, how prepared and cooked, Ages 4-8
What's For Lunch? Vegetables	Honor Head	English	Where it comes from, how prepared and cooked, Ages 4-8
101 Movement Games for Children	Huberta Wiertsema	English	The movement games in this book are to cultivate children's social and creative abilities.
The River Cottage Family Cookbook	Hugh Fearnley-Whittingstall and Fizz Carr	English	Cookbook shows kids how quality ingredients are produced, while teaching lifelong lessons about meaningful cooking & eating. Please check with your PM prior to use of the recipies.

Title	Sources	Languages	Description
Health Related Fitness Grades 1-4, Eat Well and Keep Moving, 2 nd Edition	Human Kinetics	English	An interdisciplinary curriculum for teaching elementary school Nutrition and physical activity. Fun and unique way for kids to learn about nature and nutrition. A complete guide to every type of exercise activity that can benefit your fitness and health.
Food, Health, and Exercise	Human Relations Media	English	DVD explaining how using the New Pyramid guidelines can help you obtain better health.
The New Dietary Guidelines: What You Need to Know (middle and high school nutrition video)	Human Relations Media	English	Viewers learn how to develop a healthy lifestyle instead of a healthy diet, combining sensible eating with regular exercise.
Portion Control: Seeing the Healthy Way to Eat (middle school nutrition video)	Humans Relations Media	English	DVD Hosted by 2 teens, this program engages youth (7-11th grade) to watch their intake by showing serving sizes typical in restaurants and the high levels of fat, sugar and salt. California Healthy Kids Resource Center.
Apples	Inez Snyder	English	Readers will enjoy this book's trips into fields, orchards, and bogs to learn how crops are grown and harvested.
Apples to Applesauce	Inez Snyder	English	In this fun and informative book, curious readers will discover how applesauce is made from apples to finished product.
Berries to Jelly	Inez Snyder	English	Book: readers discover how some of their favorite products are made from start to finish.
Carrots	Inez Snyder	English	Book: readers will enjoy taking trips into fields, orchards, and bogs to learn how crops are grown and harvested.
Grapes to Raisins	Inez Snyder	English	HOTM reading...Teaches small children how raisins are made...describes how a grape becomes a raisin; how grapes grow, and kids will be able to identify dried fruit as a healthy snack. Classroom activities involved.
Oranges	Inez Snyder	English	Do cranberries grow on bushes? How do you know when an apple is ripe? Curious readers will enjoy taking trips into fields, orchards, and bogs to learn how crops are grown and harvested.

Title	Sources	Languages	Description
Oranges to Orange Juice	Inez Snyder	English	Full-color photographs, predictable text patterns, and concepts of high interest make this series ideal for young readers.
Tomatoes	Inez Snyder	English	Life cycle of tomatoes
Tomatoes to Ketchup	Inez Snyder	English	A boy and his mother make ketchup from scratch
The Activity Pyramid- Brochure	Institute for Research and Education Healthsystem Minnesota	English	Promotes the benefits of regular physical activity and advice on how to add more.
Take 10! Lessons	International Life Sciences Institutes	English	Curriculum that integrates academic learning objectives with physical activity.
Black Foods	Isabel Thomas	English	This book introduces things to eat and drink that are black in color
Blue and Purple Foods	Isabel Thomas	English	This book introduces things to eat and drink that are blue and purple in color
Here We Go Round the Mulberry Bush	Iza Trapani	English	Retelling of story with gardening emphasis
Shake, Rattle N' Read (CD)	Jack Hartmann	English	Collection of songs for reading development, phonological awareness, language play and reading readiness activities set to music. For K-2.
Too Many Pears!	Jackie French and Bruce Whatley	English	Pamela the cow loves to eat pears, she eats them all the time. She eventually get sick of eating them and becomes interested in apples. Message: Try new foods you might like it. For 3 - 6 yr olds
Learning Games Exploring the Senses Through Play	Jackie Silberg	English	168 page book with 200 activities and learning games for children as they expand their learning by engaging all of their senses.
Apples	Jacqueline Farmer	English	Non-fiction. This book describes how apples are grown, harvested, and used in cooking. It also describes the varieties of apples, history, and nutritional value.
Bananas!	Jacqueline Farmer	English	Grade 2-4-Readers can learn how bananas grow, their many varieties, how they are shipped and stored, their history, animals that enjoy them, and their nutritional value.

Title	Sources	Languages	Description
Calabazas	Jacqueline Farmer	English/ Spanish	Gr. 1-3. The pumpkin (calabazas) plant is introduced here, including its anatomy, growth cycle, and historical importance
Pumpkins	Jacqueline Farmers	English	Non-fiction grades 3-4. Portrays fall harvest and falls favorite fruit the pumpkin and filled with fun facts, origin and recipes. Please check with your PM prior to use of the recipies.
Give Me My Yam!	Jan Blake and Peter Melnyczuk	English	A little boy loses his yam but finds a new one in the end and eats it for dinner
The Giant Carrot	Jan Peck	English	A story of a giant carrot planted and grown and four different ways a family ate it.
Carlos and the Cornfield	Jan Romero Stevens	English/ Spanish	Fiction. Carlos doesn't follow his father's instructions about planting corn and must fix the situation. Cornmeal pancakes recipe. Bilingual. Describes how corn is grown. Please check with your PM prior to use of the recipes.
Carlos and the Squash Plant	Jan Romero Stevens	English/ Spanish	Fiction. Carlos works in the garden but doesn't like taking a bath afterward. A plant begins to grow out of his ear until he finally takes a clean bath. The father is a farmer and grows a variety of vegetables.
No Student Left Indoors: Creating a Field Guide to Your Schoolyard	Jane Kirkland	English	This book describes how to create a field guide to the nature in your schoolyard.
The Trouble with Cauliflower	Jane Sutton	English	A tale about a koala who overcomes is superstition about cauliflower.
Popcorn	Janet Hale	English	Multidisciplinary unit for 1st grade including language and science.
Tops and Bottoms (trade book)	Janet Steven	English	Fiction. Bear and Mr. Hare agree to sharing half of the crops grown by the Hare family.Beautiful vegetables are grown, however, Bear never gets the colorful parts. In the end, Bear contributes by growing the crops and selling at a stand.
Cook-A-Doodle-Do!	Janet Stevens and Susan Stevens Crummel	English	Fiction. This delightful tale describes in detail the "how to" cooking techniques of making Strawberry Shortcake. Children have a ball with this book and learn baking techniques.

Title	Sources	Languages	Description
Lunch Box Menus for You	Janice A. Johnston	English	86 page book to help create healthy school lunches for your child and encourage healthy eating habits. Please check with your PM prior to use of the recipes.
All Our Fruits and Vegetables	Janice Hamilton	English	Fiction. Children learn about and taste a variety of fruits and vegetables. They make a fruit salad.
Food and Nutrition for Every Kid: Easy Activities That Make Learning Science Fun	Janice Vancleave	English	Book designed to teach children age 8-12 about nutrition
The Tiger and the Dried Persimmon	Janie Jaehyun Park	English	Based on a Korean tale, this version is about a foolish tiger who is fearful of what he thinks is a dried persimmon.
Acting Up	Jannelle Robins-Gaede	English	Book: fun activities add physical movement to the day
American Indian Foods	Jay Miller	English	Cultural Foods book, highlights crops that American Indians
Your Tummy's Talking	Jean M. Cochran	English	A story about listening to your hunger cues to eat only when you are hungry.
I Am an Apple	Jean Marzollo	English	Childrens book for science K - 1st grade
A Fruit is a Suitcase for Seeds	Jean Richards	English	story book about purpose and growth of seeds.
Fruit is a Starcase for Seeds	Jean Richards	English	A young reading book focused on how fruit develops.
Pumpkin Pumpkin	Jeanne Titherington	English	A Children's book about watching pumpkins grow and filled with fun facts.
Picky Peggy	Jennifer Dussling	English	Fiction. Peggy, a picky eater, decides to become a bold eater when she learns what happens when one doesn't eat the foods one is supposed to eat.
I Like Berries	Jennifer Julius	English	Contents. What are berries, find out more about them, berries in foods
Apple Fractions	Jerry Pallotta	English	A book about different types of apples and math fractions
The Victory Garden Alphabet Book	Jerry Pallotta	English	Describes a variety of terms from A to Z, relating to vegetable gardening, beginning with asparagus & ending in zucchetto.
The Vegetable Alphabet Book	Jerry Pallotta and Bob Thompson	English	Goes through letters of the alphabet with pictures of a different fruit or vegetable...some of the choices are unusual.

Title	Sources	Languages	Description
Eating Well	Jess Stockham	English	Book: Part of the "Just Like Me" lift-the-flap books for young children.
Seed, Sprout, Pumpkin Pie	Jill Esbaum	English	Celebrate the flavor of fall on every page of this beautifully photographed picture book.
Science Play: Beginning Discoveries for 2 to 6 Year-Olds	Jill Frankel Hauser	English	Designed to teach basic science concepts and to encourage children to discover more about their everyday world by using simple and safe household items.
Look, Listen, & Speak At The Supermarket	Jo Ellen Moore	English	80 page book for grades 1-3 with poster, games, pictures and chants about grocery stores.
Squashed	Joan Bauer	English	Novel about a 16-year-old girl who stakes everything on her 611-pound competition-grade pumpkin. Ages 12-up.
The Science Chef	Joan D'Amico	English	Teaches science through 100 fund food experiments & recipes. Please check with your PM prior to use of the recipies.
The Coming to America Cookbook	Joan D'Amico and Karen Eich Drummond	English	Information about american immigrants from 18 nations with recipes representing each group. Please check with your PM prior to use of the recipies.
The Healthy Body Cookbook	Joan D'Amico and Karen Eich Drummond	English	Discusses the various parts of the human body & what to eat to keep it healthy.
The Math Chef	Joan D'Amico and Karen Eich Drummond	English	Relates math & cookery by presenting math concepts & reinforcing them with recipes. Please check with your PM prior to use of the recipies.
The U.S. History Cookbook: Delicious Recipes and Exciting Events from the Past	Joan D'Amico and Karen Eich Drummond	English	Provides periods & events in US history mixe dtogetehr in a delectable batter of food traditions, kid-friendly recipes, & fun food facts. Please check with your PM prior to use of the recipies.
Who Was Johnny Appleseed?	Joan Holub	English	Story of man who traveled the country planting apple seeds. Ages 9-12
Food Safety	Joan Kalbacken	English	A reading book for elementary school students discussing health concerns with the foods we eat and how to avoid them.

Title	Sources	Languages	Description
In the Three Sister's Garden	Joanne Dennee	English	collection of hands-on, hearts-on seasonal stories, projects, and activities for the curious child.
Up, Up, Up! It's Apple Picking Time	Jody Fickes-Shapiro	English	This fictional story is based on facts about harvesting a variety of apples.
Fruit Crate Art	Joe Davidson	English	Book of old packing crate posters of fruit and vegetable pictures.
Two Old Potatoes and Me	John Coy	English	Girl finds old potatoes and plants them and waits for new ones to grow
Adapted Physical Education Activity Guide	John Drzewiecki and Janine Hradsky	English	This guide adapts 27 popular physical activities and written guides for populations, with or without special needs
Food!	John E. Barrett	English	Sesame Street Book on healthy eating.
Carrot Soup	John Segal	English	Fiction. Its time to harvest carrots for soup but Rabbit discovers that they are all gone. His friends already completed the harvest and made carrot soup.
The First Strawberries	Joseph Bruchac	English	Legend explaining the origins of strawberries, grown by the sun to help the first man and woman patch a quarrel.
Groovin' Foods: Shake, Rattle & Roll, healthy Foods Mixed with Soul!(CD)	Joy Bauer	English	Kids are entertained and instructed on healthy eating with this collection of exciting songs. Kids will dance & sing along – while learning about the foods that keep them healthy, fit and strong.
Potatoes	Joyce Bentley	English	A review and explanation of the different kinds of potatoes and discussion on gardening and harvesting.
Healthy Snacks with Blue! (Blue's Clues)	J-P Chanda	English	Fiction. The characters from Blues Clues learn about and make healthy snacks. Please check with your PM prior to use of the recipes.
I Heard it from Alice Zucchini: Poems about the garden	Juanita Havill	English	Fiction. Whimsical poems celebrate the joys of a garden from start to finish.
The Jumbo Vegetarian Cookbook	Judi Gillies and Jennifer Glossop	English	Introduces basic nutrition & how to achieve it with a vegetarian diet. Please check with your PM prior to use of the recipes.
Those Mean Nasty Downright Disgusting but...Invisible Germs (trade book)	Judith Ann Rice	English/ Spanish	Story of a little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals.

Title	Sources	Languages	Description
Can You Move Like an Elephant? (trade book)	Judy Hindley	English	Book: This text accompanied by vibrant illustrations encourages children to stomp, swing, swoop or spring like animals
Food & Nutrition Inquiry Activities	Judy Johnson	English	An activity based book for teaching 6th graders through adults about nutrition concepts
Food Pyramid Facts	Judy Johnson	English	A game for students designed around the MyPyramid Food system.
MyPyramid: Teaching Transparencies	Judy Johnson	English	Tool for teaching all aspects of MyPyramid Food Guidance System
365 Activities for Fitness, Food, and Fun for the Whole Family	Julia E. Sweet	English	This book features activities that will get families participating in games, exercises, and healthy recipes.
Beans Life Cycles	Julie Murray	English	This life cycle book details the different kinds of beans, why they are good for you, seed to bean cycle and nutrition facts
A Story About Raisins	Karen Adler	English	This book covers the history of how raisins were discovered and how they are produced with an emphasis on nutrition.
California Grapes	Karen Adler	English	Non-Fiction. History of grapes, seasons in the vineyard, nutrition info.
Good for Me Movement	Karen Breitbart	English	Kids cookbook...a creative collection of delicious easy to prepare, low-fat recipes, free of sugar and salt. Please check with your PM prior to use of the recipes.
Ideas and Activities for After-School Programs,	Karen Hass-Foletta, Michelle Cogley and Lori Ottolini Geno	English	Originally published in 1990, this book has become a standard programming book for implementing quality after-school programs. Revised and expanded, this new edition contains over 125 activities, games, and recipes that are "program tested. Please check with your PM prior to use of the recipes.
Botany on Your Plate - Investigating the Plants We Eat	Katharine D. Barrett, Jennifer M. White and Christine Manoux	English	K-4: book: explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and, of course, tasting.
Up, Down and Around	Katherine Ayers	English	Describes how food (many fruits and vegetables) is grown (up or down or around).

Title	Sources	Languages	Description
Watermelon Day	Kathi Appelt	English	Little girl keeps waiting for the day her watermelon seed becomes a watermelon to enjoy at a picnic
The Fish Who Wished He Could Eat Fruit	Kathleen Stefancin	English	Young children will read along with the author, discover a rainbow of fruits, and will get excited about eating fruits.
Apples, Apples	Kathleen Weidner Zoehfeld	English	This book describes apple-picking season and apples: whole or sliced, baked or juiced
And the Good Brown Earth	Kathy Henderson	English	Seasonal description of gardening: planning, planting, watering, weeding, and waiting with an emphasis on vegetables
Eat Right	Katie Bagley	English	Provides an introduction to the benefits of good nutrition, including the food guide pyramid, vitamins, minerals, proteins and fats. This book is full of quality nutritional advice for children. The book explains the importance of good nutrition on a level that even the youngest readers can understand.
Pumpkin Town!	Katie McKy	English	Fiction whimsical children's book about too many pumpkins
Food for Thought	Ken Robbins	English	Nonfiction. The story behind the fruits and vegetables we eat. Includes nutrition information and describes how they are eaten.
Pumpkins	Ken Robbins	English	Non-fiction grades K-2. Describes the life cycle of fruit, photos and poetic text.
Hooper Size Me - Vol 1	Kid Tribe	English	CD of songs and movements to use with the hula hoop
Figuring Out Food Labels - LP	Kids Health	English	Kid friendly downloadable handout that teaches about how to read nutrition facts labels
Go, Slow, Whoa Foods	Kids Health	English	Chart and Handout: anytime, sometime and once in a while foods, using the Pyramid
Eating for a Healthier Heart - Brochure	Krames Communications	English	Brochure: Explains how patients can develop new habits to eat healthfully and enjoy it.
Healthy Food Shopping - Brochure	Krames Communications	English	Encourage healthy behaviors and improve outcomes with a wide selection of wellness and prevention resources
Healthy Snacking - Brochure	Krames Communications	English	Brouchure to provide information on and promote the eating of healthy snacks

Title	Sources	Languages	Description
Low-Fat Eating- Brochure	Krames Communications	English	As title indicates
Low-Salt Eating - Handout	Krames Communications	English	As title indicates
From Oranges to Orange Juice	Kristin Thoennes Keller	English	Beginning reading book focused on oranges , can be used as part of HOTM when the orange is the featured item
Gerry The Grape	L. F. Hereford	English	Book: filled with engaging and lovable characters, who teach us important life lessons about becoming our best selves.
The Biography of Corn	L. Michelle Nielsen	English	Book relates the history of corn, explains how it is grown and harvested, discusses its uses, and describes new developments in the corn industry
Gardening Wizardry for Kids	L. Patricia Kite	English	Book: An collection of more than 300 experiments and projects with apple seeds, beans, potatoes, fruit pits, vegetables, herbs, etc
Food	Laura Buller	English	Book that eaches the importance of healthy eating, provides childrens with everything they need to know about food, from nutrition and digestion to the cuisines of the world.
Apples and How They Grow	Laura Driscoll	English	As Title indicates
The Cooking Book	Laura J. Colker	English	User-friendly guide to creating tasty, wholesome cooking projects with young children. Please check with your PM prior to use of the recipies.
Bean Bag Fun (CD)	Laura Johnson and Diane Waldron	English	CD: listed under games with music
I Will Never Not Ever Eat a Tomato (trade book)	Lauren Child	English	Fiction. A fun look at picky eaters and the way a brother gets his sister to eat the foods she thinks she doesn't like.
Comida (Comida!)	Laurent Linn	English	Spanish language version of Sesame Street's "Food!" Elmo learns that food helps him to grow big and strong.
Fruit & Vegetable Coloring book	Laurie Manaham and Katherine Furlan	English	This coloring book teaches children about fruits and vegetables through simple drawings and rhymes of produce.

Title	Sources	Languages	Description
Eating Fruits & Vegetables (activity book)	Laurie Manahan	English	Coloring Book: Each page contains activities along with fruits and vegetables labeled in English and Spanish
Fruit & Vegetable Scavenger Hunt Game	Laurie Manahan and Martin A. Manahan	English	A game designed to teach students and adults more about fruits and vegetables and how to prepare and eat more of them.
Parent Workshop Resources	LAUSD	English	<i>Developed by LAUSD and Network approved.</i>
Shake It Up! With Fruits & Veggies (CD)	LAUSD Contractor Developed	English	Previously approved by USDA. CD of very lively fun music and words.
LAUSD-Parent Nutrition Education Workshop Materials	LAUSD Developed	English/ Spanish	(Website and workshop) materials from a six-week, parent nutrition education workshop series led by Registered Dietitians and highlights a different topic each week, including basic nutrition, nutrients, food labels, meal planning, eating out and other topics related to healthy eating.
Food and Fitness Festival	Lawrence Hall of Science	English/ Spanish	Skits developed for teens to present to students and families about nutrition, fitness and health
MyPyramid Felt Chart	Learning Resources	English	Educational material that bring the messages of MyPyramid
MyPyramid Pocket Chart	Learning Resources	English	Rugged, hanging chart shows current USDA nutritional guidelines
Adventures in the Grocery Store DVD	Learning Zone Express	English	Topics include: label reading, food quality, food safety, unit pricing and money management for grocery shopping
Low-fat Express - Activity Sets	Learning Zone Express	English	Nutrition Curriculum appropriate for grades 9 -adult with fat tubes, fat and arteries replicas, MyPyramid bingo, and videos.
Obesity in a bottle DVD	Learning Zone Express	English	This educational video uses a fast-paced, teen-friendly format to address the growing national obesity problem and how beverages are a factor.
Aerobic Power for Kids	Lee Campbell-Towell	English	This CD includes children's songs that encourage aerobic exercises
In the Garden	Leslie Bockol	English	Fiction. Highlights the fruits and vegetables that grow in the garden that we can pick and eat.

Title	Sources	Languages	Description
Fit & Fast Meals in Minutes	Linda Gassenheimer	English	Recipe book that provides information about preparing healthy meals in under 30 minutes
The Life Cycle of a Bean	Linda Tagliaferro	English	Book provides what the title indicates.
The Life Cycle of a Carrot	Linda Tagliaferro	English	Book provides what the title indicates.
The Life Cycle of an Apple Tree	Linda Tagliaferro	English	Book provides what the title indicates.
Orange Food Fun	Lisa Bullard	English	Book from a series of eat your colors. For children in pre-k to second grade.
California Gold Rush Cooking	Lisa Golden Schroeder	English	Discusses the everyday life, cooking methods, common foods, and hardships and celebrations during the Gold Rush in California. Includes recipes. Please check with your PM prior to use of the recipes.
The Story of Orange Juice	Lisa Trumbauer	English	Explains how oranges are grown & harvested & how orange juice is produced.
Eating the Alphabet: Fruits and Vegetables from A to Z	Lois Ehlert	English	Lists F/V for each letter of the alphabet. The last few pages are a glossary with information for each F/V listed in the book.
Growing Vegetable Soup	Lois Ehlert	English	Colored graphics capture the complete growing process from seed to cooking pot, with the focus on the plants; cooking them and finally enjoying the homemade soup
Pick Pull Snap! Where Once a Flower Bloomed	Lola M. Schaefer	English	K-Grade 3 A picture book that describes in simple terms the process by which plants create seeds and bear fruit.
Food Groups Fruits	Lola Schaefer	English	Book explores the Fruit Group answering: What are fruits? Where do fruits come from? Why is it important to eat fruits?
Fruits	Lola Schaefer	English	A young reading book presenting information and pictures on why fruits are a healthy choice.
Nothing Beats A Pizza (trade book)	Loris Lesynski	English	Grade 3-6 offbeat sense of humor, with a subject sure to appeal to kids-pizza.
Oranges	Louise Spilsbury	English	This title is part of a series that introduces young readers to key foods, looking at how they reach our plate, and what they provide nutritionally.

Title	Sources	Languages	Description
No More Melon for Gilda the Giraffe	Lucie Papineau	English	Fiction: When her spots are blown away by a strong wind, Gilda the giraffe enlists the aid of her friends to help her fly while she searches for them.
Fruits and Vegetables	Lynda E. Chandler	English	Forty-five carefully rendered images of plants range from the diminutive currant, raspberry, grape, and pea to such substantial foods as the pineapple, sweet
Fruit	Lynn Stone	English	Book explores the Fruit Group answering: What are fruits? Where do fruits come from? Why is it important to eat fruits?
How Groundhog's Garden Grew	Lynne Cherry	English	The story describes the cycle of an entire gardening year. At the end of the season groundhog has a delicious dinner of homegrown F & V for his friends.
The Grapes Grow Sweet	Lynne Tuft	English	Picture book that offers a captivating glimpse of growing up on a vineyard & the development of the grape from bloom to harvest.
Health & Fitness Series	Macmillan/McGraw Hill	English/ Spanish	Series of books provides students with accurate, standards-based health content. The program focuses on ten Health Life Skills , including teaching students to make responsible decisions and to set health goals at each grade level. Designed so that teachers can easily cover the core health materials and provide students with the content, skills, and the knowledge they need to lead healthy lives.
All About Citrus and Subtropical Fruits	Maggie Klein	English	This book covers how to grow and enjoy over 50 varieties of citrus and 16 exotic fruits, with tips in cultivating these plants indoors.
A Zoo Friends Lunch, Un almuerzo con los amigos de zoologico	Malissa Martin Wilke	English	A colorful book about human and animal nutrition
Foods I Eat- Foods You Eat - Curricula	Many Hands Media	English	Multicultural nutrition education kit for early childhood settings.
Folic Acid is Good for Me: Folic Acid is Good for Us	March of Dimes	English/ Spanish	Encourages women of childbearing age to take folic acid . Explains the various ways in which folic acid promotes good health before, during and after pregnancy.

Title	Sources	Languages	Description
Stone Soup	Marcia Brown	English	Classic French tale about soldiers who trick miserly villages into making them a feast.
We like to help cook	Marcus Allsop	English	Child and parent cook together.
The Perfect Carrot, Curious George	Marcy Goldberg Sacks	English	Fiction. Curious George learns to grow, harvest, and share carrots. Brief section on where food comes from and a carrot muffin recipe. Please check with your PM prior to use of the recipies.
Health, Nutrition, and P.E.: Grades 1-2	Margaret Fetty	English	Health, Nutrition, and P.E. Features the latest information on nutrition and exercise, this unique resource emphasizes the revised USDA nutrition guidelines and the new food pyramid.
Health, Nutrition, and P.E.: Grades 3-4	Margaret Fetty	English	Health, Nutrition, and P.E. Features the latest information on nutrition and exercise, this unique resource emphasizes the revised USDA nutrition guidelines and the new food pyramid.
Health, Nutrition, and P.E.: Grades 5-6	Margaret Fetty	English	Health, Nutrition, and P.E. Features the latest information on nutrition and exercise, this unique resource emphasizes the revised USDA nutrition guidelines and the new food pyramid.
Health, Nutrition, and P.E.: Grades PreK-K	Margaret Fetty	English	Health, Nutrition, and P.E. Features the latest information on nutrition and exercise, this unique resource emphasizes the revised USDA nutrition guidelines and the new food pyramid.
Drinking Water	Mari C Schuh	English	PreS-Gr 2-Perhaps best suited for classroom libraries, these books foster body and health awareness. Bright, full-page color photographs show children of various ethnicities demonstrating the concepts suggested in the texts. Sentences are simple, with plenty of repetition. Nonreaders will be able to get the messages from the pictures, which feature sound forms of exercise, show when to drink water, and depict nutritious snacks
Being Active	Mari C. Schuh	English	Book: PreSchool-Grade 2 The pictures feature sound forms of exercise, show when to drink water, and depict nutritious snacks.

Title	Sources	Languages	Description
Healthy Snacks	Mari C. Schuh	English	This book teaches children about healthy snacks...snacks that are not only good, but good-for-you.
The Fruit Group	Mari C. Schuh	English	Text & photos present the fruit group, foods in this group, & examples of healthy eating choices.
The Grain Group	Mari C. Schuh	English	Text & photos present the grain group, foods in this group, & examples of healthy eating choices.
The Meat and Beans Group	Mari C. Schuh	English	Text & photos present the meat & beans group, foods in this group, & examples of healthy eating choices.
The Milk Group	Mari C. Schuh	English	Text & photos present the milk group, foods in this group, & examples of healthy eating choices.
The Vegetable Group	Mari C. Schuh	English	Text & photos present the vegetable group, foods in this group, & examples of healthy eating choices.
The Healthy Lunchbox	Marie McClendon and Cristy Shauck	English	This resources rescues you from the mundane & stressful task of figuring out how to pack a healthy lunch that your kids will actually eat. Please check with your PM prior to use of the recipies.
It's Wiggle Time,	Marilee Whiting Woodfield	English	A compilation of theme-based activities to help early-childhood teachers incorporate movement and music into the curriculum
Spaghetti and Meatballs for All! (trade book)	Marilyn Burns	English	A mathematical story about the seating for a family reunion gets complicated as people rearrange the tables and chairs to seat additional guests. Grades 2-4.
Seeds Grow Into Plants	Mario Lucca	English	This books helps children see that living things can be grouped by their characteristics.
The Pumpkin Runner	Marsha Diane Arnold	English	An Australian sheep rancher who eats pumpkins for energy enters a race despite people laughing at his eccentricities.
A Teacher's Guide to Including Students with Disabilities in General Physical Education	Martin E. Block	English	This book is a comprehensive guide to making phys. ed. inclusion work for students of all ages.
Making Raisins	Marvin Buckley	English	lesson plan for ages 5-6. Turning grapes into raisins. (2001). Part of Nat Geo/ Hampton Brown Science Curriculum.

Title	Sources	Languages	Description
The Seven Silly Eaters (trade book)	Mary Ann Hoberman	English	Seven children who are picky eaters prepare a meal for their mother that the whole family loves.
American Indian Cooking Before 1500	Mary Gunderson	English	Grade 4-9-This nicely designed book provides basic information about the food, diet, and customs of various Native American peoples
Oregon Trail Cooking	Mary Gunderson	English	Discusses the everyday life, family roles, cooking methods, and common foods of pioneers who traveled west on the Oregon Trail during the nineteenth century.
Pioneer Farm Cooking	Mary Gunderson	English	Highlights the life of pioneers and their food. Describes cookstoves, canning, drying and livestock on farm.
Southern Plantation Cooking	Mary Gunderson	English	Discusses everyday life, family roles, cooking methods, most important foods, and celebrations of people on southern plantations before the Civil War. Ages 9-12.
Let's Make a Sandwich	Mary Hill	English	24 page book for ages 4-8. Young children learn the basic steps to preparing familiar dishes, guided by an adult. (2002)
Let's Make Bread	Mary Hill	English	24 page book for ages 4-8 as title indicates. (2002) Please check with your PM prior to use of the recipes.
Let's Make Pizza	Mary Hill	English	24 page book for ages 4-8 as title indicates. (2002) Please check with your PM prior to use of the recipes.
Let's Make Tacos	Mary Hill	English	24 page book for ages 4-8 as title indicates. (2002) Please check with your PM prior to use of the recipes.
The Strange Egg	Mary Newell DePalma	English	The strange egg is an orange which a monkey and bird share and then plant a seed and they share many many oranges.
Healthy Eating for Weight Management	Mary Turck	English	Fact-filled books that appeals to those who are interested in keeping strong and fit and in eating well and eating right.
Healthy Snacks and Fast Food Choices	Mary Turck	English	Discusses how to choose healthy snacks and fast foods
Dietary fiber: An essential part of a healthy diet - LP	Mayo Clinic	English	Discusses how a high-fiber diet offers many health benefits and how to increase fiber intake

Title	Sources	Languages	Description
Whole Grains: Hearty Options for a healthy diet - LP	Mayo Clinic	English	As title indicates
Get Packin' Tips for a Healthy Lunch Box	Mealsmatter.org	English/ Spanish	Handout: tips for including food groups in packed lunches
Germs Make Me Sick (trade book)	Melvin Berger	English	Book: deals directly with how bacteria and viruses spread infection in daily life and how the body fights back.
Merced County Office of Education Harvest of the Month Activity Packet for Preschools	Merced C0E Contractor developed	English	As title indicates
Harvest of the month curricula from LA Collaborative and Downey School District: calendars, worksheets	Merced County Office of Education	English	Workbooks for HOTM
Harvest of the Month Parent newsletters	Merced County Office of Education	English	Information sheet/bulletin that provides nutritinal information
Cool as a Cucumber Hot as a Pepper: Fruits Vegetables	Meredith Sayles Hughes	English	For grades 5-8, full of interesting facts & stories, richly illustrated & photographed, historically & geographically relevant (helping urban children understand the origins of the plant foods we buy & eat from convenience or grocery stores; documenting the farmers, workers, travellers & scientists who helped collect & distribute popular food plants, etc.), nutritional facts, recipes & activities are also included in the mix.
Green Power: Leaf and Flower Vegetables	Meredith Sayles Hughes	English	Describes the history, growing requirements, uses, and food value of various leafy green vegetables and vegetable flowers, including cabbage, broccoli, artichokes, spinach, Belgian endive, and lettuce. Includes recipes.
Spill the Beans and Pass the Peanuts: Legumes	Meredith Sayles Hughes	English	Presents information on the history, production, and uses of several popular members of the legume family: peanuts, lentils, peas, and beans, particularly soybeans. For grades 4-7.

Title	Sources	Languages	Description
Stinky and Stringy Stem & Bulb Vegetables	Meredith Sayles Hughes	English	Describes historical origins, use, and growing requirements of garlic, onions, shallots, and leeks as well as celery, asparagus, and rhubarb. For grades 5-8.
Tall and Tasty Fruit Trees	Meredith Sayles Hughes	English	Describes historical origins, uses, and growing requirements of various fruit trees. Includes recipes.
Yes, We Have Bananas	Meredith Sayles Hughes	English	Variety of fruits are discussed: photosynthesis, categorization, life cycle with chapters on individual fruits Grades 4-6
Buried Treasure: Roots and Tubers	Meredith Sayles Hughes and Tom Hughes	English	Book: Relates the history and describes the use and production of such roots and tubers as potatoes, yams, cassava, carrots, beets, turnips, radishes, and parsnips. Includes recipes.
On Good Land: An Autobiography of an Urban Farm	Michael Ableman	English	The remarkable story of a farm's struggle to survive amidst a sea of development, and the awakening of a community to the riches it provides
From the Garden- A counting book about growing food	Michael Dahl and Todd Ouren	English	Children help their mom in the garden by gathering vegetables for the dinner salad. It is a counting book but everything they pick is made into a salad.
Apple Picking Time	Michele Benoit Slawson	English	Ages 4-8. This book describes the adventures of a young girl in an apple orchard as she, and her town, harvest the apples.
School-Age Ideas and Activities for After-School Programs	Michele Cogley, Karen Haas-Foletta, and Lori Ottolinigeno	English	Originally published in 1990, this book has become a standard programming book for implementing quality after-school programs. Revised and expanded, this new edition contains over 125 activities, games, and recipes that are "program tested." Please check with your PM prior to use of the recipies.
Snack Time Around the World	Michele Zurakowski	English	Discusses the variety of foods people around the world might have for snacks. Ages 5-10.
Autumn is for Apples	Michelle Knudsen	English	Book: details of a child's apple picking trip
Fit Bits and Healthy Classrooms, Healthy Schools (one unit)	<i>Michigan Fitness Foundation/Michigan Nutrition Network</i>	English	Nutrition education lessons for teachers to facilitates activities in the classroom for school age children

Title	Sources	Languages	Description
Family Book Bag	Michigan State University Extension	English	The <i>Eat Healthy. Play Hard. Read More. Family Bookbag</i> is a complete educational resource that provides students in grades K-2 and their families with an opportunity to have fun reading together while learning about eating healthy and being physically active.
The Very Smart Pea and the Princess to Be	Mini Grey	English	A retelling of the "Princess & the Pea" from the pea's perspective.
Salad People and More Real Recipes: A New Cookbook for Preschoolers & Up	Mollie Katzen	English	Kid-friendly vegetarian recipes that kids six and under can prepare themselves. Pre School-Grade 3. Please check with your PM prior to use of the recipies.
Pretend Soup; A cookbook for Preschoolers & Up	Mollie Katzen & Ann Henderson	English	Considered the gold standard of children's cookbooks. Includes child tested recipes which offers the oppty to count, measure and mix. Also builds self esteem and confidence. Please check with your PM prior to use of the recipies.
Surprising Beans	Molly Blaisdell	English	A book about growing beans and giving a new food a try
Apple Farmer Annie	Monica Wellington	English	Book describes harvesting apples and turning them into applesauce, apple muffins, apple cake (recipes included), and cider. Please check with your PM prior to use of this recipe.
Curriculum Links for Harvest of the Month literature connection	Monrovia Unified School District	English	Curriculum links are activities linked to Calif Standards. Teachers deliver a lesson that incorporates a nutrition ed. component.
Harvest of the Month Cooking and Nutrition Education Lessons	Monrovia Unified School District	English	Contractors can share examples of presentations and nutrition education materials they have created or revised.
Harvest of the Month Highlights Newsletter	Monrovia Unified School District	English	Contractors can share examples of presentations and nutrition education materials they have created or revised.
Jazz Up Your Menu With Fruits	MyPryamid.gov	English/ Spanish	Creating menus with fruit

Title	Sources	Languages	Description
Beyond the Bean Seed - Gardening Activities for Grades K-6	Nancy Allen Jurenka and Rosanne J. Blass	English	Book: Lessons integrate gardening, children's literature, and language arts through creative activities that that have poetry, word play, and recipes. Literature-based projects lead to learning in a variety of subjects-from ecology, history, and geography to career exploration and the sciences
Apples, Apples, Apples	Nancy Elizabeth Wallace	English	Book: the uses of different apples, how to pick them, how to make applesauce, apple sayings and apple songs through the eyes of a rabbit
Never Eat Cabbage on Turssday	Nancy Libbey Mills and Shan Wells	English	Delightfully illustrated rhyming list of dos and don'ts for children.
A Taste of the Mexican Market	Nancy Maria Grande Tabor	English/Spanish	It is written in English and Spanish and describes the different foods in a typical Mexican Market with the main focus on F/V.
Five Little Chicks	Nancy Tafuri	English	Story for infants/toddlers about a mother hen and her chicks and their first exploration for food on the farm
Budget Shopping WA27573HR	NASCO	English	Power Point: tips on budget shopping: healthy foods do not cost more with insightful comparisons, preparation tips, healthy recipe and meal ideas, and 10 budget shopping tips. Please check with your PM prior to use of the recipes.
F/V Border Set WA26741HR	NASCO	English	Border that can be used around room, bulletin board etc.
F/V Memory Match Game SB45087HR	NASCO	English	Teaches children about the variety of fruits and vegetables and about delicious options of healthy foods
Food & Portion size models	Nasco	N/A	Food forms designed to describe portions sizes during nutrition education
Food Pyramid Activity Material WA26737HR	NASCO	English	USDA Food Pyramid mat with food cards for students 5 years and older to kinesthetically learn about healthy food choices
Glo Germ Kit	NASCO	English	Kit: the preferred training medium by virtually anyone who teaches proper handwashing techniques or food safety compliance.

Title	Sources	Languages	Description
MyPyramid 5 ft	NASCO	English	Banner provides an excellent visual display for teaching kids about nutrition.
MyPyramid 5 ft- Kids	NASCO	English	Engage kids in learning about nutrition. Floor mat
MyPyramid Kit Level 1, 2, 3	NASCO	English	Educational material that bring the messages of MyPyramid
MyPyramid Pursuit	NASCO	English	Game to complete own personal pyramid based on age, gender, and activity level
MyPyramid Stickers	NASCO	English	MyPyramid stickers feature the five main food groups, photos of foods in each group, and the pyramid climber
Nutrition Fact Ball	NASCO	English	This 15" inflatable ball challenges players with 60 questions about general nutrition
Nutrition puppets	NASCO	English	These 6" x 8" Nutrition Puppets are made of soft, fleece fabric and are large enough for an adult hand.
Portion Size Kit	NASCO	English	An easy way to help teach portion sizes and visualize with items included to illustrate portions size; tennis ball etc. Also comes with a laminated card with food portion sizes listed.
Pyramid Toss Ball	NASCO	English	Fun games, challenges players with 60 questions relating to USDA food guidelines and the Food Pyramid.
Roxy's Eat Right Game	NASCO	English	A fun and easy way to teach nutrition for grades K-7.
Serving Up 50 Lessons over Easy, Food Pyramid Bingo, Various Teaching Models (Food, Muscle, Fat, Sugar, Etc)	NASCO	English	Each manual contains 50 lesson plans and activities on topics such as: nutrients, the digestive system, meal planning, food preparation and tools, kitchen equipment, specific food groups, careers in dietetics, etc. Grade 6 and up.
The Case for Breakfast	NASCO	English	Slide presentation on why breakfast is important, what happens when you skip, and what are the best choices.
National Employee Health & Fitness	National Association for Health & Fitness	English	Worksite Health Promotion Programs
Traditional Foods Can be Healthy - Brochure	National Cancer Institute	English	Native American: ideas on incorporating traditional foods & eating healthy contemporary food.

Title	Sources	Languages	Description
DASH Health Education Kit	National Dairy Council	English	Recommends the low-fat Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes two to three servings of dairy foods and eight to ten servings of fruits and vegetables, may help manage blood pressure. In fact, a trio of minerals found in dairy foods – calcium, potassium and magnesium – may play an important role in maintaining healthy blood pressure.
MyPyramid for Kids	National Dairy Council	English	Educational materials that bring the messages of MyPyramid for kids
Using MyPyramid to Make Healthier Food Choices	National Dairy Council of California	English/ Spanish	As title indicates
10 Terrific Vegetables	National Gardening Association	English	Book: 10 Terrific Vegetables provides cultural connections, lesson ideas, and gardening basics;
Exploring the New Food Pyramid (DVD)	National Health Video, Inc	English	The new Pyramid and USDA Guidelines explained; takes the viewer on a tour of the Pyramid using a 2000 cal diet
Compras eficientes en el super mercado con etiquetas	National Health Video, Inc.	Spanish	Cultural issues and dietary practices of Hispanic populations for healthy heart meal planning:
New Food Pyramid	National Health Video, Inc.	English	Video tour of the pyramid, using a sample 2000 calorie/day diet.
Reading and Understanding the New Food Label - Movie/LP	National Health Video, Inc.	English	USDA Materials National Health Video, Inc. Nut.Educ.for all ages.Designed to help consumers use the new food label; shopping tips included.
Smart Supermarket Shopping with Food Labels	National Health Video, Inc.	English	A how-to title on shopping and label reading that translates theory into practice. Describes market layout and shelf placement.
Spanish Smart Supermarket	National Health Video, Inc.	Spanish	DVD shows viewers how to use a shopping list, navigate the supermarket, and read the food label in support of following the 2005 Dietary Guidelines for Americans.

Title	Sources	Languages	Description
Media Smart Youth	National Institute of Child Health and Human Development	English/ Spanish	Interactive after-school education program for young people ages 11 to 13 designed to help teach them about media and how it can affect their health--especially in the areas of nutrition and physical activity.
Just Enough for You About Food Portions - LP	National Institute of Diabetes and Digestive and Kidney Disease	English	21 page booklet about portion control. NIH Publication No. 09-5287 June 2009
Cut Down on Salt	National Institute of Health	English/ Spanish	Basic nutritional recommendations from NIH to help prevent or lower high blood pressure.
Milk Matters	National Institute of Health	English/ Spanish	Website with recipes and facts on dairy products. Please check with your PM prior to use of the recipes.
WeCAN!	National Institute of Health	English	Ways to enhance PA and nutrition in children
Watch Your Weight!	National Institute of Health	English/ Spanish	Practical suggestions to keep weight undercontrol. PA and eating.
Hearts 'n Parks	National Institutes for Health	English/ Spanish	National community based program designed to help parks and rec agencies encourage heart healthy lifestyles.
NHLBI-We Can!, Other NIH	National Institutes for Health	English/ Spanish	Ways to Enhance Children's Activity & Nutrition
<i>NIDDK-Wt Control Info Network</i>	National Institutes for Health	English/ Spanish	Provides up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.
Heart Healthy Home Cooking Af/Am Style	National Institutes of Health	English/ Spanish	Recipes prepared in heart healthy manner. Please check with your PM prior to use of the recipes.
Participatory Action Research Curriculum for Empowering Youth	National Teen Action Research Center of the Institute of Community Research	English	A curriculum based on action research model that promotes learning and change by engaging youth in collecting information about their health.

Title	Sources	Languages	Description
Fruit and vegetable Scoreboard	<i>Network Champion for Change on line resource</i>	English/ Spanish	Nutrition activity tool to encourage fruit and vegetable intake.
Dance for Fun and Fitness	<i>Network for a Healthy California</i>	English/ Spanish	<i>Found in the Network toolbox. Handout with review of arm leg and body motions</i>
California Fit Business Kit, Recipes/Tip Sheets/Produce Quick Tips, Inspiring Youth as Partners	<i>Network for a Healthy California</i>	English	Tools and resources to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers.
Champions for Change Materials	<i>Network for a Healthy California</i>	English/ Spanish	http://www.cachampionsforchange.net/en/index.php
Champions for Change Physical Activity Guide	<i>Network for a Healthy California</i>	English/ Spanish	Handout: tips for increasing physical activity, also includes rationale
Cookbooks	<i>Network for a Healthy California</i>	English/ Spanish	As title indicates
Eating Well, Living Well ESL Materials	<i>Network for a Healthy California</i>	English	Provides model lessons that enable educators to integrate nutrition education that focuses on the message of maintaining healthy eating behaviors or changing less healthy ones and encouraging physical activity.
Everyday Healthy Meals - Cookbook	<i>Network for a Healthy California</i>	English/ Spanish	USDA approved: Healthy Meals Cookbook
Fast Meals, Quick Snack Teens Cookbook	<i>Network for a Healthy California</i>	English	A cookbook of healthy, quick meals for teenagers.
Food Stamp Educational Brochures	<i>Network for a Healthy California</i>	English/ Spanish	Basic info on food stamp program and Nut Ed.

Title	Sources	Languages	Description
Fruit And Vegetable Empowerment Brochure	<i>Network for a Healthy California</i>	English	Basic nutrition info on and promotion of Fruits and Vegetables.
Fruits and Vegetables - Brochure	<i>Network for a Healthy California</i>	English/ Spanish	Brouchure to promote fruits and vegetables intake
Fruits and Vegetables for Your Health, Your Neighborhood and Your Life	<i>Network for a Healthy California</i>	English/ Spanish	Brouchure to promote fruits and vegetables intake
Harvest of the Month Educator Newsletter, Family Newsletter, Community Newsletter, Menu Slicks, Toolkit	<i>Network for a Healthy California</i>	English/ Spanish	Assists health education experts in offering the latest science-based nutrition and physical activity recommend
How Many Cups or Fruits and Vegetables Do I Need? - Brochure/Slide Guide	<i>Network for a Healthy California</i>	English/ Spanish	As title indicates
Instant Recess Users' Guide (DVD)	<i>Network for a Healthy California</i>	English	Promotes heath for adults by making exercise a group activity
Nutrition Decathlon	<i>Network for a Healthy California</i>	English	The Nutrition Decathlon is a fun-filled nutrition education and physical activity program.
Physical Activity - Brochure / materials	<i>Network for a Healthy California</i>	English/ Spanish	<i>Network approved and USDA developed.</i>
Re-Think Your Drink	<i>Network for a Healthy California</i>	English	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
Shape of Yoga	<i>Network for a Healthy California</i>	English/ Spanish	Offers simple ideas to teach others how to perform basic yoga and learn about healthy food choices.
Tools for Learning Fuel for Moving	<i>Network for a Healthy California</i>	English	Performance related nutrition instruction for PE & PA

Title	Sources	Languages	Description
Healthy Chinese Cuisine	<i>Network for a Healthy California</i>	English /Chinese	Booklet available in Chinese to help increase fruit and vegetable consumption and provide helpful tips on staying active
Physical Activity Empowerment	<i>Network for a Healthy California</i>	English/ Spanish	<i>Network approved and USDA developed.</i>
Recommended Cups of Fruits and Vegetables	<i>Network for a Healthy California</i>	English/ Spanish	<i>A poster developed by the Network for a Healthy California</i>
Physical Activity: For Your Health	<i>Network for a Healthy California</i>	English/ Spanish	<i>Network for a Healthy California and USDA developed.</i>
African American Handouts	<i>Network for a Healthy California African American Campaign</i>	English	http://www.cdph.ca.gov/programs/cpns/Pages/AfricanAmericanCampaign.aspx
Recipe Card Sets	<i>Network for a Healthy California-African American Campaign</i>	English/ Spanish	<i>Network for a Healthy California-African American Campaign</i>
Soulfood Recipes Building Healthy Traditions Cookbook	<i>Network for a Healthy California-African American Campaign</i>	English	This cookbook is full of delicious recipes and tips to help you make eating healthy.
All Star Fast & Fun Recipes: Kids...Get Cookin'!	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	Book: includes cooking tips, easy to make recipes with nutrition content - could not find the "All-Star" reference

Title	Sources	Languages	Description
Community Youth Organization Idea & Resource Kit	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	As title indicates
Cookbook and brochures	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	As title indicates
Have Fun and Be Healthy	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	Encourages children ages 9 to 11 and their families to eat more fruits and vegetables and be physically active for 60 minutes every day.
Healthy FUNdraising Ideas (parent tip sheet)	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	Tip sheets provide ideas for working with other parents and school staff to make your child's school a healthier place to learn.
Help Your Kids Eat More Fruits and Vegetables brochure	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	<i>Network developed ideas on how to increase consumption of Fruits and Veggies</i>
Help Your Kids Power Up with Fruits and Vegetables and be Active Tips of Parents	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	<i>Network developed increasing consumption of Fruits and Veggies</i>
Kids get Cooking! cookbook	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	25 page cookbook for children ages 9-11 promoting fruits and vegetables.

Title	Sources	Languages	Description
PLAY! Tracker	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	<i>Network for a Healthy California-Children's Power Play! Campaign</i>
Power Play Campaign materials	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	<i>Network for a Healthy California-Children's Power Play! Campaign</i>
Power Play Cookbook	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	<i>Network for a Healthy California-Children's Power Play! Campaign</i>
Power Play! Kids Get Cookin' Cookbook	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	<i>Network for a Healthy California-Children's Power Play! Campaign</i>
Power Up for Learning: A Physical Activity Supplement to the School Idea & Resource Kits	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	<i>Network for a Healthy California-Children's Power Play! Campaign</i>
School Idea & Resource Kit (4th & 5th grades)	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English/ Spanish	Each Kit includes 10 activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day.
Smart Party Snacks (parent tip sheet)	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	These tip sheets provide ideas for working with other parents and school staff to make your child's school a healthier place to learn.

Title	Sources	Languages	Description
Snack-Free Party Zone! (parent tip sheet)	<i>Network for a Healthy California-Children's Power Play! Campaign</i>	English	These tip sheets provide ideas for working with other parents and school staff to make your child's school a healthier place to learn.
Brochures for Latinos	<i>Network for a Healthy California-Latino Campaign</i>	English/ Spanish	http://www.cdph.ca.gov/programs/cpns/Pages/LatinoCampaign.aspx
Healthy Latino Recipes Made with Love-Cookbook	<i>Network for a Healthy California-Latino Campaign</i>	English/ Spanish	Cookbook with zesty flavors and enticing aromas of healthy Latino cooking. Provides family favorites that use a variety of fruits and vegetables.
Physical Activity for Your Health, Your Neighborhood and Your Life	<i>Network for a Healthy California-Latino Campaign</i>	English/ Spanish	<i>Network Developed USDA Approved</i>
Cross Promotional Wobblers, Canned Fruit & Vegetable Cards, Frozen Fruit & Vegetable Cards	<i>Network for a Healthy California-Retail Program</i>	English/ Spanish	<i>Network developed & approved</i>
Posters, Marketing Materials, Brochures, Retail toolkit, Food Stamp outreach	<i>Network for a Healthy California-Retail Program</i>	English/ Spanish	<i>Network for a Healthy California - Retail Program</i>
Fit Business Tips	<i>Network for a Healthy California-Worksite Program</i>	English	Monthly handout promoting healthy eating and Physical activity in the worksite
Fruit, vegetable, and physical activity playing cards	<i>Network Tool box for Community Educators</i>	English/ Spanish	Nut Ed playing cards support several Nut Ed lessons.
Youth in Focus	<i>Network Youth Engagement</i>	English	<i>Youth led action research method to engage youth to play lead roles in meeting Network's goals</i>

Title	Sources	Languages	Description
Cooking Healthy Curriculum	<i>Network, Project Lean</i>	English/ Spanish	As title indicates
Let's Look at Kitchen	Nicola Tuxworth	English	20 page book for Baby-Preschool to learn to recognise everyday kitchen items and learn about what goes on in a kitchen.
No More Vegetables!	Nicole Rubel	English	Fiction: When a young girl demands "No more vegetables," her mother agrees as long as Ruthie helps in the vegetable garden.
Energize Yourself and Your Family	<i>NIDDK, Weight Control Information Network</i>	English	This booklet gives tips on how to get moving and eat well even when life is busy. Supplemental resource that may provide ideas for a series of classes.
Tips to Help You Get Active	<i>NIDDK, Weight Control Information Network</i>	English	Offers ideas to beat the roadblocks to getting active. Supplemental resource that may provide ideas for a series
Young at Heart, Tips for Older Adults	<i>NIDDK, Weight Control Information Network</i>	English/ Spanish	Contains information on healthy eating and physical activity across the lifespan. Find tips for planning meals, getting active and read about healthy weight. Supplemental resource that may provide ideas for a series of classes.
Genetically Modified Food	Nigel Hawkes	English	Book: Through explanations and illustrations of the DNA model and genetics, the author provides a beginning look at genetically modifying foods.
Science Middle-School Energizers	North Carolina Dept of Public Instruction	English	Curriculum to integrate classroom-based physical activities with academic concepts.

Title	Sources	Languages	Description
Color Me Healthy Curriculum (material only)	North Carolina State University Cooperative Extension	English/ Spanish	Color Me Healthy – a nutrition and activity program aimed at 4- and 5-year-olds – uses brightly colored posters, picture cards and sing-along songs to encourage children to develop healthy lifestyles that will follow them to adulthood. The award-winning curriculum was developed through a partnership of North Carolina Cooperative Extension and the Physical Activity and Nutrition Unit, N.C. Division of Public Health.
Harvesting Health	<i>Northcoast Nutrition Collaborative – Network for a Healthy California</i>	English	A compilation of lessons and resources that foster nutrition education through gardening concepts highlighting seasonal produce specific to the Northcoast Region.
School Garden Resource	Nutrition Services Division-COE	English	Links garden-based education activities selected from several published educational materials to specific academic content standards for grades two through six in science, history/social sciences, mathematics, and English language arts.
Fresh Fruit or Vegetable Ad Campaign, Finding Your Pulse	Nutrition to Grow On	English	Lesson 6 of Nutrition to Grow On curriculum is PA promotion aspect of Healthy life style.
Mealtime	Oregon Dairy Council	English/ Spanish	4 page tipsheet for families eating together and recipes . Please check with your PM prior to use of the recipes.
Breakfast is Important	Oregon State University	English/ Spanish	newsletter encouraging breakfast consumption
Calcium is Important	Oregon State University	English/ Spanish	Handout/newsletter about calcium in foods; funded by food stamps/USDA
Cooking With Beans	Oregon State University	English/ Spanish	Describes key nutrients, serving sizes, storage and safety needs, preparation and cooking, and uses and tips for beans
Cooking With Dried Fruits and Vegetables	Oregon State University	English/ Spanish	Describes key nutrients, serving sizes, storage and safety needs, preparation and cooking
Cooking With Eggplant	Oregon State University	English/ Spanish	Describes key nutrients, serving sizes, storage and safety needs, preparation and cooking

Title	Sources	Languages	Description
Cooking With Raisins	Oregon State University	English/ Spanish	Describes key nutrients, serving sizes, storage and safety needs, preparation and cooking
Cooking With Rice	Oregon State University	English/ Spanish	Describes key nutrients, serving sizes, storage and safety needs, preparation and cooking
Eat Better, Eat Together!	Oregon State University	English/ Spanish	Recommends that families that eat meals together have better diets. Mealttime is a good time to get to know your kids. Turning off the phone and T.V. gets people talking! Kids can help plan and prepare meals. Young kids can stir and pour. Older kids can measure and chop.
Eat More Fruits and Vegetables	Oregon State University	English/ Spanish	Exploring MyPyramid with Professor Popcorn in a newsletter to Parents or Caregivers, it explains that in this lesson your child learned the importance of eating fruit and vegetables, and to vary veggies and focus on fruits
Eat Well for Less	Oregon State University	English	3 online modules: Pyramid Power, We Wish You Well, and Stretching Your Food Dollars. The program's goal is to share useful information about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy, and make food dollars last through the month.
Eat (ing) Well for Good Health	Oregon State University	English/ Spanish	Handout: tips for increasing PA and improving nutrition for young adults and children
Go Lean on Protein	Oregon State University	English/ Spanish	Monthly newsletter: tips on lean protein sources
Got Dairy?	Oregon State University	English/ Spanish	Single page handout: why calcium is needed, sources, referral to MyPyramid web site and physical activity.
Grains	Oregon State University	English/ Spanish	Discusses the health benefits of eating grain.
Know Your Fats	Oregon State University	English/ Spanish	2006 - Tip sheet discusses saturated, trans fats, and unsaturated fats.
MyPryamid	Oregon State University	English/ Spanish	Healthy lifestyle for you and your family using MyPyramid.
Stay Active and Feel Better!	Oregon State University	English/ Spanish	Educational flyer promoting the benefits of physical activity and good nutrition.

Title	Sources	Languages	Description
Sugar and Your Health	Oregon State University	English/ Spanish	Educational flyer on limiting sugar for a healthy diet and healthy teeth.
Vary your Vegetables	Oregon State University	English/ Spanish	Handout on ways to increase veg intake.
Healthy Kids Challenge: Acting Up! Kids in Motion	Other California Healthy Kids Resource Center	English	Fun 5-10 minute activities that combine math, social studies, health, and language skills with movement are great for use in the classroom to add minutes of physical activity during the school day or in afterschool programs.
CANFIT Super Manual, Color Me Healthy, Changing the Scene, Generation Fit, Take 10! K-5	Other California Healthy Kids Resource Center materials	English/ Spanish	Manual and other materials to help improve healthy eating and physical activity for adolescents in low income communities and communities of color
CATCH Materials/Curriculum	Other California Healthy Kids Resource Center materials	English/ Spanish	After-school education and summer enrichment program teaches children the nutrition knowledge, skills and self-reliance that empowers them to make healthy dietary and physical activity choices.
Deal Me In...Food and Fitness, Teaching Kids Good Nutrition (The Good Food Diner) (VHS), P.H.A.T-Promoting Healthy Activities Together, What's to Eat? Food Pyramid Game Show (DVD), New Food Pyramid, The: It's All About You! (DVD), Kids Cook Farm Fresh Food, Cooking with Kids Series	Other California Healthy Kids Resource Center materials	English	Several resources that assists health education experts in offering the latest science-based nutrition and physical activity recommend
Health	Other California Healthy Kids Resource Center materials	English/ Spanish	Materials that incorporate rules and safety procedures into physical activities. Information on health and wellness topics for 9th grade.
Health Frameworks, Action for Healthy Kids	Other California Healthy Kids Resource Center materials	English/ Spanish	An interdisciplinary curriculum for teaching upper elementary school Nutrition and physical activity.

Title	Sources	Languages	Description
Healthy Food from Healthy Soils	Other California Healthy Kids Resource Center materials	English	45-lesson resource..lessons are organized into four themes: origins of food, choosing food, putting "garbage" to work, and simple gardening. Activities keep students engaged as they make models, taste new foods, keep journals, and chart the results of their investigations
The Snack Shop	Other California Healthy Kids Resource Center materials	English	Durign this 6-week curriculum/lessons, students work collaboratively in small groups to produce & market a healthy snack. Please check with your PM prior to use of the recipies.
To the Max: Understanding the New Food and Exercise Guidelines	Other California Healthy Kids Resource Center materials	English	DVD: food choices and exercies using car/fuel analogy.
What's to Eat? Food Pyramid Game Show	Other California Healthy Kids Resource Center materials	English	Introduces MyPyramid, serving sizes, PA in a game. Points are earned
Let's Be Fit	P.K. Hallinan	English	32 page book for ages 4-8 stresses the importance of healthy eating, daily physical activity and rest for the body and mind.
Page-a-day nutrition calendar, used by teachers for daily nutrition education and discussion	Page-a-day Nutrition Calendar	English	A collection of nutrition tips and activities to learn about food, exercise, healthy cooking and fast foods.
Now I Eat My ABC's	Pam Abrams	English	This book is stuffed with fun, kid-friendly foods.
What's for Lunch? Corn	Pam Robson	English	Corn from farm through processing to eating and what other products have corn. Ages 4-8
What's for Lunch? Banana	Pam Robson	English	Provides nutrition information about bananas and how they grow.
A Seed Grows: My First Look at a Plant's Life Cycle	Pamela Hickman and Heather Collins	English	This hand-sized book uses the backyard garden to investigate plant life cycles.

Title	Sources	Languages	Description
Nutrition Basics	Parlay International	English	A collection of quizzes, worksheets and fact sheets helps people take control of their health through appropriate nutrition (part of package)
Fightback.org	Partnership for Food Safety Education	English/ Spanish	Website to access Fight! BAC resources and materials (#486)
Your Body And How It Works	Pat and Barb Ward	English	How 8 systems work, quizzes, worksheets?
Ten Red Apples	Pat Hutchins	English	Rhyming, sing-song book counts down from 10 as a succession of famr animals consume apples from a tree.
Can-Do Cooks!	Pat King and Peggy Windsor	English	PreK-K. this collection of 65 recipes for kid-friendly foods will help develop basic skills that include listening, speaking, turn taking, problem solving, counting, sorting, classifying, measuring, fractions, and more. Please check with your PM prior to use of the recipes.
Let's Eat! A Comer!	Pat Mora	English/ Spanish	24 page book for ages 4-8. bilingual book in English and Spanish about a family eating together.
Yum! !MmMm! !Que rico! Americas' Sproutings	Pat Mora	English	14 types of food, discussed with smattering of Spanish, can be used with social studies. Pre-school to 3rd grade.
A Kid's Guide to How Vegetables Grow	Patricia Ayers	English	As Title indicates: A Kid's Guide to How Vegetables Grow.
A Visit to The Apple Orchard	Patricia J. Murphy	English	A book describing how apples are harvested
Adapted Games & Activities,	Pattie Rouse	English	The activities in this book have been pilot-tested to enhance success while challenging participants to think and use their physical abilities.
Eat Your Peas Louise	Pegeen Snow	English	Book: a father tries to think of ways to encourage his young daughter to eat her peas, until he finally decides to use courtesy
A Visit to the Farmers' Market	Peggy Sissel-Phelan	English	This picture book encourages families to shop at the Farmers' Market while addressing basic nutrition concepts such as the importance of variety, color, and freshness of foods.

Title	Sources	Languages	Description
All About Farmers' Market	Peggy Sissel-Phelan	English	This easy-to-read picture book about the benefits of shopping at the Farmers' Market stresses the importance of variety, color, and freshness of foods.
All About: Farmers' Market - A Teaching Guide for Classrooms, Camps, and Community Programs	Peggy Sissel-Phelan	English	This guide encourages families to shop at the Farmers' Market while addressing basic nutrition concepts such as the importance of variety, color, and freshness of foods.
Let's All Eat Veggies!	Peggy Sissel-Phelan	English	16 page book (2007) - Book about children eating vegetables.
Healthy Snacks for Kids	Penny Warner	English	Easy to follow recipes that has a variety of yogurt, fruits, and granolas as main staples of the recipes. Please check with your PM prior to use of the recipes.
Strawberries are Red	Petr Horacek	English	Board book for babies-preschoolers that teaches colors and fruits.
85 Engaging Movement Activities	Phyllis S. Weikart and Elizabeth B. Carlton	English	This book is a source of ideas for challenging and enjoyable movement experiences for K-6.
50 Healthy Snacks/50 Active Breaks	Positive Promotions	English	A quick snack and exercise reference for children
Top ten Motivational & Role Modeling Tips	President's Council on P.E. & Sports Resource Department	English	As title indicates
Cool Fuel Cookbook	Produce for Better Health	English	Kids can make fun and delicious creations for the whole family! Packed with colorful photos and Fruits & Veggies-More Matters approved recipes, this cookbook will make incorporating fruits and vegetables into main dishes, side dishes, breakfasts, and snacks easy and fun for kids. Paperback. Ages 7-11
Creative Pockets Apron	Produce for Better Health	English	A great way to add fitness activities to nutrition lessons! Kit 2 of the Creative Pocket series teaches children the importance of being active and choosing a diet rich in fruits and vegetables.

Title	Sources	Languages	Description
Creative Pockets Teaching Cards	Produce for Better Health	English/ Spanish	Teaching Cards and Flash Cards are included in the Fruits & Veggies-More Matters® Creative Pockets Kit and are used with the Creative Pockets apron for nutrition lessons
Discovering Fruits & Veggies: Puppets and Story Book	Produce for Better Health	English	Color Champion hand puppets come to "life" as they go on a journey through distant lands that teaches kids nutrition information lessons such as trying new foods, MyPyramid, and the importance of choosing fruits and vegetables.
Eat More Fruits and Veggies posters	Produce for Better Health	English/ Spanish	Each poster features fun nutrition facts and a variety of delicious fruits and veggies. Printed on durable paper stock to last on bulletin boards. 9" x 26"
Finding Your balance with Fruits and Vegetables	Produce for Better Health	English	Brochure that provides helpful tips on portion control and healthy substitutions
Fruits & Veggies Activity Books	Produce for Better Health	English	Provide fruit and veggie fun with games, puzzles, and pages to color. Choose the pack that is right for the child's age Each pack includes 3 different books.
Fruits & Veggies Guide to Good T.A.S.T.E. for adults	Produce for Better Health	English/ Spanish	Brochure on: Learn how to get more fruits and veggies in your day with helpful tips and hints aimed at busy families.
Fruits & Veggies Guide to Good T.A.S.T.E. for kids	Produce for Better Health	English/ Spanish	Help kids learn how to get more fruits and veggies in their day with fun games and activities. Brochure also provides helpful tips for Moms, Dads, and caregivers.
Fruits and Veggies -- T.A.S.T.E. Guide - Brochure	Produce for Better Health	English	Brochure on: Learn how to get more fruits and veggies in your day with helpful tips and hints aimed at busy families.
Munching Matters: The Snacking Secret	Produce for Better Health	English	Brochure includes quick and easy ideas for healthy snacks as well as tips for busy families on the go
Nutrition Posters	Produce for Better Health	English	Posters that contain nutrition information for the 20 most used raw fruits and vegetables.
Posters, Brochures	Produce for Better Health	English	Produce for Better Health USDA approved materials.
Recipes	Produce for Better Health	English	Multiple healthy recipes to be distributed.

Title	Sources	Languages	Description
Recitas Latinas Saluables	Produce for Better Health	English/ Spanish	Multiple healthy recipes to be distributed.
School Foodservice Guide: Successful Implementation Models	Produce for Better Health	English	This resource accompanies the "School Foodservice Guide Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption."
Smart Snacking	Produce for Better Health	English/ Spanish	Consumer columns designed as drop ins for newsletters and wellness brochures.
The Fruit & Veggies Guide to Good T.A.S.T.E.	Produce for Better Health	English	Brochure on how to get more fruits and veggies in your day with helpful tips and hints aimed at busy families.
The Quest for Color Activity Books	Produce for Better Health	English	Quest for colorful fruits & veggies activity book for children.
Top 10 reasons to eat more fruits/veggies	Produce for Better Health	English	As title indicates
Why Fruits & Veggies? 10 Reasons, Diet & Exercise: The Role of F/V	Produce for Better Health	English	Brief on line statements or one pages providing information on a variety of tops listed under Title
Yummy Designs (Fruits & Vegetables) - Coloring Book used for LP series	Produce for Better Health	English	As title indicates
Resources for Learning	Project Food, Land and People	English	Updated collection of 55 Pre-K through 12th grade lesson plans for use in either a formal or non-formal education setting on interrelationships among agriculture, the environment and people of the world.
Fruit	Rachel Matthews	English	Juvenile non fiction explains a variety of fruit, what they look like and how they taste.
Wiggle Giggle & Shake: 200 Ways to Move and Learn,	Rae Pica	English	Activities for fun, and simple movements
A Handful of Dirt	Raymond Bial	English	For Grades 3-5: the importance of soil, what is in it and why it is important to the environment, life and planet.
The Super Soybean	Raymond Bial	English	Book that highlights the many uses & wide cultivation of the soy bean.
Ready, Set, Grow! A Kid's Guide to Gardening	Rebecca Hershey	English	Neat Solutions, Inc.For Healthy Children offers the largest selection of high quality nut.educ.& health resources for children.
The Usborne Little Children's Cookbook	Rebecca Gilpin	English	Ages 7-11, recipes accompanied by illustrated step-by-step instructions. Includes a safety in the kitchen. Please check with your PM prior to use of the recipies.

Title	Sources	Languages	Description
The Tangerine Tree	Regina Hanson	English	After her father leaves to work in American, a young girl in Jamaica finds consolation in caring for a tangerine tree until he returns.
I am Moving, I am Learning Head Start Nutrition and Physical Education Curriculum	Region IX United States Administration for Children and Families (ACF) Office of Head Start	English/ Spanish	As indicated in title
ReThink Your Drink Be Sugar Savvy Lesson & Instructor Resource	<i>Regional Networks: Bay Area, Orange County, gold Coast, Sierra Cascade. (Contractor Developed)</i>	English/ Spanish	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
ReThink Your Drink Fact Sheet on Sugar Sweetened Beverages	<i>Regional Networks: Bay Area</i>	English	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
ReThink Your Drink: Frequently Asked Questions About Sugar Sweetened Beverages (Flyer)	<i>Regional Networks: Bay Area, Central Valley, Desert Sierra, Gold Coast, Gold Country, Los Angeles, Northcoast, Orange County, Sierra Cascade</i>	English/ Spanish	As title indicates. Please check with your PM prior to use of this material.

Title	Sources	Languages	Description
ReThink Your Drink Poster	<i>Regional Networks: Bay Area, Gold Coast (contractor developed)</i>	English/ Spanish	Previously approved by USDA. Please check with your PM prior to use of this material.
ReThink Your Drink Brochure	<i>Regional Networks: Bay Area, Sierra Cascade, Northcoast (contractor developed)</i>	English/ Spanish	Offers practical advice to cutting calories by making healthier drink choices. Please check with your PM prior to use of this material.
ReThink Your Drink Radio PSA & Script	<i>Regional Networks: NorthCoast (contractor developed)</i>	English/ Spanish	Previously approved by USDA. Please check with your PM prior to use of this material.
Eating the Rainbow	Rena D. Grossman	English	Book: the names and colors of nutritious fruits and vegetables are shown on each page; large photographs teach children about healthy, foods.
bSafe bFit! Program for Kids: A Guide for Teaching PA and Nutrition to Kids	Rena Buss	English	Manual with Lesson Plans, Posters, Activity Cards, CD, and Instructor DVD; focusing on physical and nutrition education
Our Pumpkin	Renee Keeler	English	From the series Math learn to read
James and the Giant Peach	Roald Dahl	English	Story book about a boy who turns into a giant peach
It's a Sandwich	Roberta Duffy	English	The story focuses on the different ways to make a sandwich and it varies according to different cultures. No Nutrition message. Many vegetables and fruits are added to the sandwiches.
The Growing Classroom Garden-Based Science (resource book)	Roberta Jaffe and Gary Appel	English	For educators, contains 480 pages of science, mathc, & language arts activities that you can do with students in the garden. Only those sections related to SNAP-Ed allowable nut ed can be used.

Title	Sources	Languages	Description
Modern Meals	Roberta Larson Duyff	English	Senior high textbook focusing on nutrition, meal planning, managing food resources, and the preparation and serving of meals
From Kernel to Corn	Robin Nelson	English	Beginning reading book focused on how corn develops, can be used as part of HOTM when corn is the feature item
Catch A Brain Wave Fitness Fun	RONNO & Liz Jones-Twomey	English	CD: Just 20 minutes a day using these movements can help kids gain the benefits of increased fitness and greater learning-power. Ages 4 to 9.
Blue Potatoes, Orange Tomatoes	Rosalind Creasy	English	Nonfiction. Using beautiful drawings of vegetables, students will see the variety of colors. They also learn how to grow and take care of them. Health recipes are included with brief descriptions of the vegetables. Please check with your PM prior to use of the recipes.
Little Red Hen Makes Soup	Rozanne Lanczak Williams	English	Fiction. Little Ren Hen makes vegetable soup with the help of her farm animal friends. They pull fresh vegetables from the garden.
Oranges for Orange Juice	Rozanne Lanczak Williams	English	The book follows a simple pattern which is easy for ESL students to follow.
The World In A Supermarket	Rozanne Lanczak Williams	English	Storybook about foods grown & sold around the world.
Smart & Tasty 1: Good Food Tunes for Kids (CD)	Russ Invision	English	These tunes teach children how to have fun with food while they learn about healthy eating and physical activity.
Smart & Tasty 2: Good Food Tunes for Kids (CD)	Russ Invision	English	More tunes to teach children how to have fun with food while they learn about healthy eating and physical activity.
Smart Fruit and Veggie songs (CD)	Russ Invision	English	This CD promotes healthy eating and teaches children of all ages to have fun with fruits and vegetables.
The Carrot Seed	Ruth Krauss	English	A little boy plants and cares for his carrot seed and get a large carrot at the end.
Vegetables	Sally Hewitt	English	HOTM storybook

Title	Sources	Languages	Description
Four Seasons of Corn	Sally M Hunter	English	Nonfiction. The story of a But Native American boy and how he learns about growing and drying corn from his grandfather.
Sweet as a Strawberry	Sally Smallwood	English	Pictorial book that shows names and photographs of fruits and vegetables.
Nutrition Resource Guide (pamphlet)	San Bernardino County Dept of Public Health	English	Brochure: Help consumers sort through the abundance of misleading, unproven, and false information about nutrition and dietary supplements
Healthy Tip Number 1 Snacks for Energy (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Simple snack ideas that are culturally adapted. Please check with your PM prior to use of the recipes.
Healthy Tip Number 11 Growing Healthy Kids (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Pamphlets developed to advertise and invite eligible SNAP Ed participants to classes titled:"Feeling Good" discussing how to add health food and activity to a busy life.
Healthy Tip Number 12 Free Fun (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Ways families can promote healthy foods and physical activity while having fun.
Healthy Tip Number 2 Boost Your Energy (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Ways to promote physical activity that are culturally adapted.
Healthy Tip Number 3 Cooking Light (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Promotes cooking in low-fat ways that are culturally adapted
Healthy Tip Number 4 Eat Fruits & Vegetables (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Suggestons for eating more fruits and vegetables and how to know if the right amount is being eaten.

Title	Sources	Languages	Description
Healthy Tip Number 5 Better Fast Foods (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Healthier options to choice when choosing fast food.
Healthy Tip Number 7 Weight and Health (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	The importance of eathing healthy foods and being active no matter your weight
Healthy Tip Number 8 Lower Your Stress (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	How to reduce stress by drining more water and being active.
Healthy Tip Number 9 Build Your Strength (informational pamphlet)	San Francisco Department of Health Feeling Good Project	English/ Spanish/ Chinese	Simple exercises to warm up and build strength without special equipment or gym membership
Cook Well, Live Better Curriculum	San Francisco Department of Public Health	English/ Spanish	<i>Network approved curriculum designed to support work in helping clients and staff to buy, prepare, and eat more fruits and vegetables.</i>
Feeling Good Healthy Tips 9 -Build Your Strength (pamphlet)	San Francisco Department of Public Health	English/ Spanish/ Chinese	Phamphlet for Feeling Good project developed by San Francisco Maternal Child Health department
Feeling Good Project Train-the-Trainer Curriculum	San Francisco Department of Public Health	English/ Spanish	Used to train staff and agencies that serve low-income clients about the Feeling Good Nutirtion education curriculum
Healthy Chinese Cuisine Using Fruits & Vegetables (cookbook)	San Francisco Department of Public Health	English/ Spanish	Educational flipchart-cookbook featuring tips on fruits and vegetables intake and physical activity and innovative Chinese cooking using fruits and vegetables. Please check with your PM prior to use of the recipes.
Eat Fruits & Veggies & Be Active: Woman's Spa Handouts	San Mateo Co Public Health Dept	English/ Spanish	Healthy ideas on ways to improve nutritional health via eating and exercise.

Title	Sources	Languages	Description
Cooking with Kids: Multicultural Nutrition and Food Education Curriculum	Santa Fe Partners in Education	English/ Spanish	Cooking with Kids motivates and empowers elementary school students to develop healthy eating habits through hands-on learning with fresh, affordable foods from diverse cultural traditions. Through cooking classes and tasting classes, students explore varieties of foods using all of their senses, have fun, and exercise choice. Please check with your PM prior to use of the recipes.
Fruit	Sara Anderson	English	Book for pre school students with colorful pictures and simple information exploring common fruits.
Eat Your Colors! A Puzzle Book	Sarah Albee	English	Elmo and his friends teach kids the concept of eating snack foods in moderation and making sure they try to eat lots of colorful fruits and vegetables every day.
Eddie's Garden and How to Make Things Grow	Sarah Garland	English	A story about how a family grows a vegetable garden and eats from it
An Alphabet Salad	Sarah L. Schuette	English	Introduces fruits and vegetables through photographs and brief text that describe one item for each letter of the alphabet.
Eating Pairs Counting Fruits and Vegetables by Twos	Sarah L. Schuette	English	Although most of the book is about "counting" F & V, there are two pages that describe how 11 F & V grow and a page of "Words to Know" (fruit, fungus, seed, tuber, vegetable)
MyPyramid Trivia	Sarah Mohrman	English	Teaches individuals the most important messages of MyPyramid.
The Gardener	Sarah Stewart	English	Through her letters to her farm family, Lydia Grace tells how she brightens her uncle's dreary bakery & his disposition with a little dirt & a suitcase full of seeds.
Gregory the Terrible Eater	Scholastic	English	Gregory, a young goat, refuses the usual goat diet staples of shoes and tincans. He likes foods like fruits, vegetables, eggs, and orange juice.
In the Garden	Scholastic	English	How fruits and vegetables grow and are eaten. Many different kinds are pictured and described.
Alphabet Soup A Feast of Letters	Scott Gustafson	English	PreSchool-Grade 2-- Otter invites 26 friends to a potluck house-warming party, asking each to bring a food that's soup-worthy.

Title	Sources	Languages	Description
Healthy Habits for Life Child Care Resource Kit	Sesame Street	English/ Spanish	The kit is a great resource that helps teachers incorporate healthy physical activity and nutrition habits into your everyday routines.
Eat Fruits & Vegetables Everyday, Stay Healthy all the Way! cookbook	SF General Hospital Chinese Project -Contractor developed	English/ Chinese	Healthy Chinese recipes, beautiful photographs supporting recipes. Please check with your PM prior to use of the recipes.
"Eat Fruits & Vegetables and Walk 10,00 Steps a Day, Be Healthy All the Way!"	SF General Hospital Chinese Project -Contractor developed	English/ Chinese	Brochure with ideas on increasing produce intake and PA
<i>Network for a Healthy California--Chinese Project Fact Sheet</i>	SF General Hospital Chinese Project -Contractor developed	English	Information about the Chinese Project in San Francisco
Operation Frontline	Share our Strength, ConAgra Foods Foundation	English	Cooking based nutrition education program that teaches how to prepare healthy, tasty meals on a limited budget. Please check with your PM prior to use of the recipes.
Exercise	Sharon Gordon	English	Discusses the importance of exercise and describes different ways to keep physically fit.
Food Safety	Sharon Gordon	English	An early reader for students on skill development for food safety.
Seeing	Sharon Gordon	English	Teaches about the senses using this series when students are emergent readers. Ages 5-7.
School-to-Home Idea Bags for the Kitchen	Sharon MacDonald	English	Idea bags are brown-paper lunch bags filled with ideas parents can use at home to help further their children's learning. Please check with your PM prior to use of the recipes.

Title	Sources	Languages	Description
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	Contractor developed healthy eating and physical activity materials. Some are for local residents.
Seeds of Change: The Story of Cultural Exchange After 1492	Sherryl Davis Hawke and James E. Davis	English	The book discusses the contributions of the horse, the potato, corn, sugar and new diseases. Ages 9-12.
Jack and the Beanstalk	Sindy McKay	English	Story designed for teacher and student to read together
Choosing Healthy foods using MyPyramid (Healthy Futures lesson plan)	SNAP-Ed Connection	English/ Spanish	Grade level 9-12. Describe the elements that make up MyPyramid. Explain the importance of eating appropriate amounts from all the different food groups and getting enough physical activity. Use the MyPyramid.gov Web site to create a personal set of food guidelines. Create a food diary to record one week's worth of meals, and analyze the entries in comparison to personalized plan from MyPyramid.
Cut the fat for better health (Healthy Futures lesson plan)	SNAP-Ed Connection	English/ Spanish	Contains important information on the role of dairy and dairy nutrients in promoting the benefits of the Dietary Approaches to Stop Hypertension (DASH) eating plan, which may reduce high blood pressure and other cardiovascular risk
Food Stamps Help Put Healthy Food On Your Table	SNAP-Ed Connection	English/ Spanish	From SNAP-Ed tool Resource Kit with info on food security resources
Fruits Vegetables and whole grains too (Healthy Futures lesson plan)	SNAP-Ed Connection	English/ Spanish	Nutrition education activity lessons promoting healthy eating.
Nutrition Through the Seasons	SNAP-Ed Connection	English	Resource that highlights nutrition education materials and resources through out the year
Recipes	SNAP-Ed Connection	English	Multiple healthy recipes to be distributed.
Resource Library Educational Materials	SNAP-Ed Connection	English	Online library to find quality information to aid in delivering SNAP-Ed including resources, referrals and recipes.

Title	Sources	Languages	Description
Teach Me Functional Food (CD)	Soft Touch	English	Interactive software with music, movement, morphing, and narration to engage and motivate students. Covers food words including major food groups and fast-foods.
Teach Me Functional Food Overlays (CD)	Soft Touch	English	Used to print worksheets or use the Intellikeys keyboard for the Functional Foods series.
How to Find Healthful Food and Ways to be Active in Solano County guide	Solano County (Contractor developed)	English/ Spanish	As indicated in title
Keeping Fit	Sonya Dunn	English	8 page book for ages 9-12. As title indicates.
Cookie Monster, Clean Your Room	SPARK	English	<i>Network developed & approved</i>
K-6 SPARK Binder PA/Nutrition education integration	SPARK	English	Curriculum with research-based physical activity/nutrition programs.
SPARK Early Childhood curriculum	SPARK	English	Provides curriculum, training, equipment and follow-up support information. Ages 3-5
SPARK Curriculum	SPARK (Sports, Play, and Active Recreation for Kids)	English	This series is designed to provide physical education activities during class time, develop skills to promote ongoing regular physical activity, and involve students in physical activity after school and at recreational facilities. Grades K-9.
Postcards, posters and brochures	Steps to a Healthier Santa Clara County (CDC)	English/ Spanish	Material from BANPAC, Bay Area Nutrition and PA Collaborative. Includes initiative Rethink your Drink and Soda Free Summer campaigns.
Piggy Figgy Happy	Sterling C. Johnson	English	Nonfiction children's story about a farm boy and a city girl who marry and like pigs and figs.
The ABC's of Fruits and Vegetables	Steve Charney & David Goldbeck	English	Book of poems and activities that explains nutritious foods and farming using the alphabet.
Johnny Appleseed	Steven Kellogg	English	Johnny spreads apple seeds through the eastern US
Just Enough Carrots	Stuart J. Murphy	English	Book has math concepts and the little rabbit loves carrots and wants his mother to buy more carrots.
Taste	Sue Hurwitz	English	Discusses the sense of taste including how the taste buds work.
Gobble Up Math	Sue Mogard & Ginny McDonnell	English	Fun Activities to Complete and Eat for Kids in Grades K-3 (paperback). Fun learning math concepts while using delicious and nutritious food.

Title	Sources	Languages	Description
Eat Right! Have a Healthy Body Image (middle and high school nutrition video)	Sunburst Visual Media	English	Video: looks at images that constantly bombard young teens, promoting the unrealistic aesthetic to which they aspire. At the other end of the spectrum is an increased rate of obesity in our nations children. .
Brochures and posters	Supplemental Nutrition Assistance Program	English/ Spanish	http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=1&tax_subject=247
Plant Plumbing: A Book about Roots and Stems	Susan Blackaby	English	A book about what roots and stems do, mentions how several plants grow
The World's Largest Plants; A Book About Trees	Susan Blackaby	English	Answers the question of what a tree is, including how it grows, the two types of trees, & other interesting facts.
Fruits and Vegetables	Susan Der Kazarian	English	With this series all about geography, emergent readers will take off on adventures to cities, nations, waterways, and habitats around the world...and right in their own backyards.
My Little Matryoshkas	Tanya Roitman	English	New words to a traditional children's song introduce readers to the unique food of eastern Europe.
Yoga Pretzels: 50 Fun Activities for Kids and Grownups, Set of cards (resource book)	Tara Guber and Leah Kalish	English	As title indicates
Snack Art	Teacher Created Resources	English	Use food just as you would other craft material, and then eat what you create.
Choice, Control and Change	Teacher's College, Columbia University	English	Students learn science through studying diet and activity choices. They learn about how the human body works, and how food and activity play a role in its well-being. Students engage in hands-on investigations of food preference, our food environment.
Linking Food and the Environment (LiFE) - Food and Health; Choice, Control, and Change	Teachers College Columbia University	English	science education curriculum inquiry-based investigations in the domain of food. Teacher manuals with complete lesson plans and student packets with activity sheets and readings. Includes Food and Health for grades 5-6.
MyPryamid, Eat Right, exercise	Team Nutrition/USDA	English/ Spanish	Educational materials that bring the messages of MyPyramid to elementary school children

Title	Sources	Languages	Description
Health and Nutrition from the Garden	Texas Cooperative Extension	English	Basic gardening information that includes growing techniques, food safety, healthy eating tips, and nutritious snack food preparation. Tool for educators who use garden programs to teach students about health, nutrition, food safety, and wise decision-making skills.
Junior Master Gardener Handbook – Level 1	Texas Cooperative Extension	English	Fun activities and facts to help children experience the joy of making things grow. Eight chapters.
Junior Master Gardener Teacher/Leader Guide- Level 1	Texas Cooperative Extension	English	Texas Cooperative Extension. Curriculum for Grades 3 to 12 correlated to the California Department of Education subject-based standards. Includes: independent and group learning experiences related to a unique gardening education.
Literature in the Garden	Texas Cooperative Extension	English	Junior Master Gardener Literature in the Garden curriculum engages children through garden- and ecology-themed childrens books. For grades 3-5. (2005)
10 Easy Ways to Improve Your Family's Eating Habits	Texas Department of Agriculture	English/ Spanish	Handout: 10 strategies suggested as a starting point to improve a family's eating habits
Suggestions for Nutritious Snacks	Texas Department of Agriculture	English/ Spanish	Educational flyer preparing nutritious snacks for children at home and at school. Please check with your PM prior to use of the recipies.
Taking the Mystery out of the Food Label	Texas Dept. Food and Agriculture	English/ Spanish	How-to handout on reading food labels.
Healthy Basics Hand-washing	The Children's Health Fund	English/ Spanish	Information on the importance of washing your hands.
Cabbage Moon	Tim Chadwick	English	PreSchool-Grade 1: book about a bunny who discovers he likes cabbage after a trip to a "cabbage" moon
Oh, the Things you can Do that are Good for you!	Tish Rabe	English	The Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!

Title	Sources	Languages	Description
You Are Healthy	Todd Snow	English	Nonfiction book including key behaviors important to children's health and wellness including nutrition.
Wash Your Hands!	Tony Ross	English	Princess is frequently reminded to wash her hands after playing in mud, with animals etc
School Lunch	True Kelly	English	A cute and clever look at school lunches, featuring Harriet, the school cook, who is tired out from trying to please all the kids, so she takes a vacation. K-Gr. 2.
MyPyramid for Older Adults	Tufts University	English/ Spanish	As title indicates
BodyWorks Toolkit	U.S. Dept. Health and Human Services/Office on Women's Health	English	BodyWorks is a program designed to help parents and caregivers of adolescents improve family eating and activity habits
2010 US Dietary Guidelines	U.S. Dept. of Health & Human Services	English/ Spanish	As Title indicates
Full Option Science System (FOSS) Food and Nutrition Module for 5th grade	UC Berkeley	English	Is a modular science program comprised of 27 modules. 5th and 6th grade modules deal with Food and Nutrition
Botany on Your Plate, Math in the Garden	UC Botanical Garden	English	Book: children learn about the nutrient values of edible plant parts while savoring the taste, texture, and aromas of foods from the gardens of the world.
Math in the Garden	UC Botanical Gardens	English/ Spanish	Lessons for grades 5-8 using concepts in gardens for math problems. Promotes good nutrition while improving math skills.
Curricula: EatFit	UC Cooperative Extension	English	Eatfit is a goal-oriented curriculum designed to challenge middle school students - in 5th, 6th, 7th, 8th and 9th grades, to improve their eating and fitness choices. The nine-lessons in the EatFit emphasize goal setting and include nutrition basics, web-based diet and fitness analysis, energy and calorie counting, label reading, exercise how's and why's, fast food facts, how breakfast can make you feel better, and how media may influence you.

Title	Sources	Languages	Description
Curricula: Farm to Fork	UC Cooperative Extension	English/ Spanish	Eating Healthy From Farm to Fork is a nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service and the establishment of healthy habits in children.
Picky Eater	UC Cooperative Extension	English/ Spanish	Helpful tips for parents of children with challenging eating choices and food aversions.
Iron For Strong Blood	UC Cooperative Extension	English/ Spanish	Teaches about the role of iron in the blood
Por La Vida-Mujeres Decididas Curricula	UC San Diego	English/ Spanish	16 Session curriculum including a cooking demonstration, nutrition classes and farmers markets. Please check with your PM prior to use of the recipies.
Children's Gardens: A Field Guide for Teachers, Parents, and Volunteers	UCCE	English	All the information to plan a successful children's garden--even if you've never gardened before. 190 pages of specific information presented in easy-to-use format. Activities are appropriate for ages 3-10.
Eating Healthy from Farm to Fork (aka Farm to Fork)	UCCE (EFNEP, FSNEP)	English	A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits.
Eating Smart Being Active	UCCE (EFNEP, FSNEP)	English/ Spanish	Provides eight lessons (60-90 minutes each) of nutrition education using multiple adult learning theories. Designed for paraprofessional nutrition educators to use when teaching limited resource adults.
Healthy Snacks on the Go	UCCE- Tulare County	English/ Spanish	Unable to locate on UCTulare web site
Nutrition Link Classroom Curriculum	UCSD	English/ Spanish	Nutrition Education curriculum follows the California Health Education standards and California Core Content Standards for 3rd, 4th and 5th graders.
Ideas for Fast & Easy Heart Healthy Meals	Univ. of Utah Health Sciences Ctr.	English/ Spanish	As indicated in title. Please check with your PM prior to use of the recipies.

Title	Sources	Languages	Description
California Master Gardener Handbook (resource for garden-based nutrition education)	University of California Cooperative Extension	English	Handbook: The definitive guide to gardening in California, it is a reference tool for all California gardeners.
CATCH – Coordinated Approach to Child Health Series	University of California Cooperative Extension	English/ Spanish	After-school education and summer enrichment program teaches children the nutrition knowledge, skills and self-reliance that empowers them to make healthy dietary and physical activity choices.
Reading Across MyPyramid	University of California Cooperative Extension	English/ Spanish	A literacy curriculum promoting nutrition & health education
Sacramento Area Growing Guide and Calendar (resource for garden-based nutrition education)	University of California Cooperative Extension	English	Written specifically for the Sacramento area with suggestions on what to do in the garden each month.
Farm to Fork (also called Healthy Eating Farm to Fork)	University of California Cooperative Extension, ANR	English/ Spanish	Curriculum that makes the connection between local food systems, gardening-based learning, school food service and the establishment of healthy habits in children
UCSD nutritionlink.org	University of California San Diego	English	Web site for teachers, parents. Funded by Food Stamp Program thru CDPH.
MyPyramid, Steps to Healthier You, Food Groups	University of Florida, IFAS Ext	English/ Spanish	Educational material that bring the messages of MyPyramid
MyPyramid Food Groups (6)	University of Florida, IFAS Ext.	English/ Spanish	Guide to a healthy eating plan utilizing the 6 food groups
Simply Good Eating for Health	University of Minnesota Extension	English/ Spanish	The book addresses basic nutrition principles and physical activity as part of a healthy lifestyle, how to get key nutrients in one's diet, the importance of eating breakfast, and how to choose healthier, lower-fat and lower-cost breakfast foods, snacks and fast foods.

Title	Sources	Languages	Description
Simply Good Eating for Seniors	University of Minnesota Extension	English/ Spanish	The book and handouts help participants learn how to eat more calcium-containing foods, reduce their intake of fat and salt to reduce heart disease risk, and plan meals that are tasty, attractive, and economical when cooking for one or two
Simply Good Eating Now You're Cooking	University of Minnesota Extension	English/ Spanish	The 97-page printed uses interactive activities to help participants learn how to plan healthy meals on a limited budget, stretch their food dollar, store foods appropriately, make meals from ingredients commonly found in the kitchen, and cook with an emphasis on safe food practices
Dietary Fiber - Handout	University of Nebraska - Lincoln Extension, Institute of Agriculture and Natural Resources	English	Defines Fiber and its Role, Fiber Ground Rules, How Much Should You Eat, and Fiber Supplements?
Nutrition and Physical Activity Self Assessment for Child Care Providers (NAP-SACC)	University of North Carolina – Chapel Hill	English	To promote healthy eating and physical activity in young children in child care and preschool settings.
Games from the Garden	US Dept of Health & Human Services	English/ Spanish	Handout: 10 ideas to help you follow the dietary guidelines and get lots of exercise.
Milk Matters Coloring Book	US Dept of Health & Human Services	English/ Spanish	As title indicates
Young Teens Need Calcium	US Dept. of Health & Human Srvc	English/ Spanish	As title indicates
For Strong Bones For Lifelong Health	US Dept.of Health & Human Srvc	English/ Spanish	This booklet is part of the NICHD Milk Matters campaign, explains that young people ages 11 to 18 need calcium and physical activity

Title	Sources	Languages	Description
Anatomy of My Pyramid	USDA	English	Handout: brings the messages of MyPyramid to elementary school children
Be Active (Your Way: A Guide for Adults?)	USDA	English	Based on the 2008 Physical Activity Guidelines for Americans, this guide can help you fit physical activity into your life for your schedule.
How Many cups?	USDA	English	Identifies how many cups of Fruits and veggies are recommended
MyPyramid for Kids	USDA	English/ Spanish	MyPyramid materials designed specifically for children aged 6 to 11
MyPyramid for Kids Classroom Materials	USDA	English	MyPyramid materials designed specifically for children aged 6 to 11
MyPyramid for Kids Team Up at Home	USDA	English	MyPyramid materials designed specifically for children aged 6 to 11
MyPyramid for Kids Tips for Families	USDA	English	MyPyramid materials designed specifically for children aged 6 to 11
MyPyramid for Kids Worksheet	USDA	English	MyPyramid materials designed specifically for children aged 6 to 11
MyPyramid Lessons Grade 1-6	USDA	English	Represents the first adaptation directly targeted to children ages 6-11
MyPyramid Materials	USDA	English/ Spanish	Educational material that bring the messages of MyPyramid
MyPyramid Posters	USDA	English	Educational material that bring the messages of MyPyramid
MyPyramid Ten Tips Nutrition Education Series	USDA	English	Provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable forma
Mypyramid.gov website	USDA	English	Personalized eating plans and interactive tools to help plan/ assess food choices
National Farm to School Handbook	USDA	English	Handbook focusing on procurement, farm-to-school distribution models, locally-grown food and farmers, menu planning considerations, and strategies for success.
Need Help Buying Food?	USDA	English	Practical information for Food stamp eligible people on buying healthy food
<i>Network approved recipes</i>	USDA	English/ Spanish	As title indicates

Title	Sources	Languages	Description
Nibbles for Health	USDA	English/ Spanish	Nutrition Newsletters for Parents of Young Children
Nutrition Essentials	USDA	English/ Spanish	A series of lessons that help middle and hischool students make healthful eating and physical activity choices.
Power of Choice	USDA	English	USDA developed materials.
Power Panther Handouts	USDA	English	USDA developed materials.
Power Panther Stickers	USDA	English/ Spanish	USDA developed materials.
Power Panther's Picnic	USDA	English/ Spanish	USDA developed materials.
Power up at Work	USDA	English/ Spanish	USDA developed materials.
Power Up with Breakfast	USDA	English	USDA developed materials.
Recommended Cups of Fruits and Vegetables for Adults	USDA	English/ Spanish	USDA developed materials.
Recommended Minutes of Physical Activity for Adults	USDA	English/ Spanish	USDA developed materials.
Activity and Sticker Book	USDA Eat Smart. Play Hard	English/ Spanish	Book: encourages and teaches children, parents, and caregivers to eat healthy and be physically active every day.
Enter the Fun Zone	USDA Eat Smart. Play Hard	English/ Spanish	USDA handout sheet that helps kids be active and eat healthy with word puzzles and simple tips.
Let's Go on a Snack Hunt	USDA Eat Smart. Play Hard	English/ Spanish	activity for kids ages 4-7 that includes a joke, tip, and a recipe for a healthy snack.
Nutrition Essentials and Power of Choice	USDA Food and Nutrition Services	English	There are six sequential lesson plans—each one is based on a poster or other visual image that serves as the focus for class discussions and activities.
Eat Smart Live Strong	USDA Food and Nutrition Svc	English/ Spanish	Promotes two key behaviors: increase fruit and vegetable consumption and participate in physical activity. Included are a leader's guide and four sessions designed to reinforce these behaviors.
Washing Hands Coloring Page	USDA Food Safety and Insp. Serv.	English/ Spanish	As title indicates

Title	Sources	Languages	Description
Eat Right When Money is Tight	USDA material	English/ Spanish	Video: Community Hunger Champions: Eat Right When Money is Tight, helps eligibility workers and community partners understand how they can work together and utilize the outreach materials developed by FNS.
Agriculture In the Classroom	USDA materials	English	Website: Interactive Kid's Zone
Balance Your Day with Food and Play	USDA materials	English	Poster: as title indicates
Comparing Food Labels - LP	USDA materials	English	As title indicates
Dietary Guidelines for Americans; MyPyramid for Kids; MyPyramid for Adults; MyPyramid for Preschoolers, Loving your Family, Feeding their Future, Nutrition Essentials, The Power of Choice, Eat Smart, Play Hard, Empowering Youth, Eat Right When Money's Tight, Nibbles for Health, Ag in the Classroom	USDA materials	English/ Spanish	Assists health education experts in offering the latest science-based nutrition and physical activity recommendations
Eat Right - Play Hard	USDA materials	English	Resources and tools to convey and reinforce healthy eating and lifestyle behaviors that are consistent with the Dietary Guidelines for Americans and the MyPyramid Food Guidance System.
Energize Your Body with Fruits and Vegetables poster	USDA materials	English/ Spanish	Colorful poster that displays the recommended serving size of various fruits and vegetables
Enjoy Moving	USDA materials	English	USDA flyer: has the activity pyramid for Kids image on one side and more extensive information about which activities fit into each category of activity.
Fight BAC!	USDA materials	English	Materials provided by the USDA that emphasis 4 steps for food safety
Finding Your Way to a Healthier You: Based on the DGA	USDA materials	English/ Spanish	Basic guidelines for eating a healthy diet and being physically active
Food Stamp Outreach materials	USDA materials	English	USDA developed /approved materials
Food Stamps Make America Stronger	USDA materials	English/ Spanish/ Vietnamese	USDA SNAP-Ed Promotion materials

Title	Sources	Languages	Description
Foundation for a Healthy Start	USDA materials	English	Discusses each food group in MyPyramid
Fruits and Vegetables Challenge Packet	USDA materials	English	Classroom activity that encourages students to try healthy fruits and vegetables. Students identify various fruits and vegetables served in the cafeteria, count and record the numbers of fruits and vegetables they eat each day, total the number the class consumes, and compare their personal progress with that of their class. The kit includes instructions for the Challenge and a classroom wall poster to chart results
Fruits and Vegetables Galore, The Power of Choice	USDA materials	English	The power of choice: Intended for after-school program leaders working with young adolescents. Contains 10 interactive sessions based on six posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards.
Grab Quick and Easy Snacks	USDA materials	English	Information and materials that reinforces to kids and adults that healthy, tasty fruits, vegetables, and grains are easy to grab when they are on the go.
Health Benefits of Eating Fruits and Vegetables	USDA materials	English/ Spanish	materials about the health benefits of eating fruits and vegetables. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.
Health Benefits of Physical Activity	USDA materials	English/ Spanish	Provides information on the benefits of physical activity, the economic impact of good nutrition, guidelines, health benefits of physical activities.
Healthy Eating Index	USDA materials	English/ Spanish	USDA Nutrition Educational Materials
How to Read Food Labels - LP	USDA materials	English	As indicated in title
It's Up to You poster	USDA materials	English	Poster uses food photographs to illustrate the <i>MyPyramid food groups</i>
Junior Master Gardener- Health and Nutrition -from the Garden	USDA materials	English/ Spanish	Actually from the Texas Cooperative Extension. Curriculum for Grades 3 to 12 correlated to the California Department of Education subject-based standards. Includes: independent and group learning experiences related to a unique gardening education.

Title	Sources	Languages	Description
Lesson 1: Getting the Most Nutrition From your food	USDA materials	English/ Spanish	Team Nutrition / My Pyramid lesson plan for 6 to 11 year olds to make healthy eating and physical activity choices.
Lessons: My Food Pyramid, Physical Activity & Calories, Serving Size	USDA materials	English/ Spanish	USDA / Team Nutrition/ My Pyramid lesson plan for 6 to 11 year olds to make healthy eating and physical activity choices.
Let's Move	USDA Materials	English	website with recipes and tips on nutrition and physical activity
Loving Your Family Feeding Their Future	USDA Materials	English/ Spanish	Provides educational and promotional materials and techniques to help nutrition educators in their work with SNAP (Supplemental Nutrition Assistance Program) participants and eligibles.
Make Family Time an Active Time	USDA materials	English	Website tips for families to be active
Milk for Kids with Lactose Intolerance	USDA materials	English	Tipsheet as title indicates
MyPramid Plan	USDA materials	English/ Spanish	Food plans are designed for the general public ages 2 and over
MyPyramid for Kids	USDA materials	English/ Spanish	Educational materials that bring the messages of MyPyramid to children
MyPyramid Coloring sheet	USDA materials	English/ Spanish	Educational material that bring the messages of MyPyramid
Nutrient content of US Foods	USDA materials	English/ Spanish	USDA Nutrition Educational Materials
Parents Get Straight A's With A Healthy Breakfast	USDA materials	English/ Spanish	<i>Network approved and USDA developed.</i>
Physical Activity - LP	USDA materials	English	USDA developed materials.
Physical Activity and Exercise Safety	USDA materials	English/ Spanish	USDA developed materials.
Physical Activity for Your Health	USDA materials	English/ Spanish	USDA developed materials.
Physical Activity Pyramid	USDA materials	English/ Spanish	USDA developed materials.
Physical Activity Scoreboard	USDA materials	English/ Spanish	USDA developed materials.
Portion Control - LP	USDA materials	English	USDA developed materials.
Posters (Move It!, Activity Pyramid), brochures (MyPyramid Eat Smart, Play Campaign, How Much Do You Eat?, What is serving sizes?)	USDA materials	English/ Spanish	USDA developed materials.

Title	Sources	Languages	Description
Read it Before you Eat it	USDA materials	English/ Spanish	Label reading
Serving It Safe	USDA materials	English	A comprehensive food service safety and sanitation training package for personnel at all levels. Revised 2009.
Steps to a Healthier Weight - LP	USDA materials	English	Online resource, lesson plan, about the importance of reaching and maintaining a healthier weight.
Team Nutrition Eat Smart Play Hard/Power Panther materials, posters, handouts, quizzes, activity sheets, lesson plans	USDA materials	English/ Spanish	Materials to convey and reinforce healthy eating and lifestyle behaviors consistent with DGA and MyPyramid.
The Healthy Family Guidebook	USDA materials	English/ Spanish	Communicates MyPyramid messages in a way that is appropriate for low-literate audiences.
The Power of Choice: Helping You Make Healthy Eating and Fitness Decisions	USDA materials	English	Guide for adult leaders workign with youth to help them understand how their decisions about eating and physical activity affect their health now & in the future.
What Is Your Calorie Level?	USDA materials	English	Determining how many calories a day one needs (from MyPyramid)
What you Need to Know About Mercury in Fish and Shellfish- Brochure	USDA materials	English/ Spanish	As title indicates
What's in a Cup	USDA materials	English/ Spanish	Amount of veg & fruits that make up a cup
Handouts: Building a Healthy Body & Soul, Be Active, Eating at Work, Need Help Buying Food?	USDA materials	English/ Spanish	Information on fitness, good nutrition, and label reading to maximize your efforts to eat well every day.
Inside the pyramid materials (MyPyramid Menu Planner, MyPyramid for Preschoolers, MyPyramid for Moms, MyPyramid for Kids)	USDA MyPyramid Website	English/ Spanish	My pryamid materials for select groups
Mypyramid 10 tips be a healthy role model for children	USDA MyPyramid Website	English/ Spanish	Educational materials that bring the messages of MyPyramid
Mypyramid Food Intake Patterns	USDA MyPyramid Website	English/ Spanish	Suggested amounts of food to consume from the basic food groups to meet recommended nutrient intake
Brochure: Income guideline	USDA SNAP	English/ Spanish	As title indicates

Title	Sources	Languages	Description
Curricula: Nutrition Essentials	USDA Team Nutrition	English	This interactive curriculum CD addresses dietary quality, food safety, and the management of food resources. The 17 lessons include topics such as: the food guide pyramid, smart snacking, saving money on meals, keeping food safe to eat, feeding infants, and eating for a healthy pregnancy
Curricula: The Power of Choice	USDA Team Nutrition	English	For after school program leaders working with young adults. CD has 10 interactive sessions based on 6 posters.
A River of Recipes	USDA, Food and Nutrition Service	English	Collection of Native American Recipes from tribes across North America.
Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices	USDA, Food and Nutrition Service	English	36 page booklet as title indicates.
A Menu Planner for Healthy School Meals	USDA, Team Nutrition	English	Resource from USDA to help plan, prepare, serve, and market appealing meals.
Building Blocks for Fun & Healthy Meals	USDA, Team Nutrition	English	Contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips, the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, food safety facts, sample menus, and much more.
Changing the Scene, Improving the School Nutrition Environment	USDA, Team Nutrition	English	Tool kit that addresses the entire school nutrition environment from a commitment to nutrition and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public.
Empowering Youth with Nutrition & Physical Activity	USDA, Team Nutrition	English	A manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge and fun, hands-on activities that teach nutrition concepts.
Making it Happen! School Nutrition Success Stories	USDA, Team Nutrition	English	Book from CDC , as title indicates
Team up at Home: Team Nutrition Activity Booklet	USDA, Team Nutrition	English	Teaches parents and school-age children about MyPyramid.

Title	Sources	Languages	Description
The Two-Bite Club	USDA, Team Nutrition	English	Educational storybook developed to introduce MyPyramid to young children.
YourSelf Middle School Nutrition Education Kit	USDA, Team Nutrition	English	As title indicates
Move More, Sit Less	USDA/Eat Smart, Play Hard	English/ Spanish	Poster reinforces the importance of being physically active. It features children and Power Panther enjoying outdoor activities to remind kids that playing hard is fun.
Eat Smart, Play Hard	USDA Food Stamp Nutrition Connection	English	<p data-bbox="1213 506 2003 574">http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/Default.htm</p> <p data-bbox="1213 613 2003 717">This site is specifically designed for parents and caregivers to provide information to help you eat better, be more physically active and be a role model for your kids.</p>
Low Cost Vegan Meal Plan	Vegetarian Resource Group	English	Website with recipes and meal plans promoting fruits and vegetables. Please check with your PM prior to use of the recipes.
Cucumber Soup	Vickie Leigh Krudwing	English	Book that introduces counting as well as a lesson about appearances not always being what they seem. Involves mosquitoes, praying mantises and flea that share cucumber soup. Ages 4-8
Red Are the Apples	Wade Zahares	English	A children' book for ages 3-7 that describes what you can find in an autumn garden; red apples, bright colors and includes a book of rhymes.
Kids in Gardens	Watershed Project (lessons from the curriculum are used to support allowable FSNE activities)	English	Workshop with 500 pages of background information, resources and activities that links your school garden to classroom curricula that supports CA State Standards.

Title	Sources	Languages	Description
Parent Tips: Making Healthier Food Choices, Saving Money	WE CAN (Ways to Enhance Children's Activity & Nutrition)	English	A tip sheet that presents simple ideas to help parents plan and prepare meals and snacks to help families get the most nutrition for their dollar.
My First Garden	Wendy Lewison	English	Book, baby to preschool. Mother and child plant vegetable garden and watch it grow
From Seed to Pumpkin	Wendy Pfeffer	English	Beginning reading book focused on how a pumpkin develops, can be used as part of HOTM when pumpkin is featured item.
We gather together	Wendy Pfeffer	English	Autumn harvest traditions around the world
Germs on their Fingers!	Wendy Wakefield Ferrin	English	Book: this story teaches children of all ages to wash their hands while encouraging divergent thinking and modeling community leadership
WIC Works website	WIC	English/ Spanish	Web site for educational and trainings for WIC staff
WIC materials: handouts, posters	WIC	English/ Spanish	Materials to use in instructing CalFresh population
California WIC Education Materials	WIC Materials	English/ Spanish	http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx
Food and Fun for Families	WIC Materials	English	An interactive website that provides materials and lessons for teaching nutrition concepts to children and families
Make Half Your Grains Whole	WIC Materials	English	Tipsheet from WIC
Tickle Your Appetite: Make Your Own, Sensational Faces, A Mystery Bag, Let's Vote: Taste, Touch Smell, Bread, Bread, Bread, Where Oh Where?, Food Gives us Energy to Move, Shopping Know-How, Supermarket Tour, Tips for Healthy Cooking, Food Safety: How Long Can I keep This?, Cooking at the WIC Cafe, Dairy-licious Recipes, Summer-Cool-n-Fruity Summer Treats (includes recipes), Children's Books About Food, Eating, and Health, Market to Meals	WIC Materials	English	As titles indicate
Iron Deficiency Anemia - LP	WIC Works Learning Center	English/ Spanish	Teaches what Iron deficiency anemia is

Title	Sources	Languages	Description
The Pear Tree that Bloomed in the Fall	Will D. Campbell	English	A child sympathizes with a pear tree that seems to have its seasons confused, realizing its late bloom does have a purpose.
Pete's a Pizza (trade book)	William Steig	English	A humorous children's story about making pizza using tomatoes.
100 Vegetables and Where They Came From,	William Woys Weaver	English	This book explores heirloom vegetables, their histories, varieties and cooking recommendations.
Eat Breakfast	Wisconsin Nutrition Education	English/ Spanish	This issue of the Wisconsin Nutrition Education Program Quarterly looks at why breakfast is so important, especially for children, and offers some solutions to the excuses people make for skipping breakfast.
Keeping Your Food Safe	Wisconsin Nutrition Education	English/ Spanish	36 page booklet as title indicates.
Let's Get Our Kids Moving	Wisconsin Nutrition Education	English/ Spanish	2 page factsheet about physical activities with kids
Let's Make Meatless Meals	Wisconsin Nutrition Education	English/ Spanish	1 page fact sheet of suggestions to incorporate simple, low-cost physical activities into a busy life. Low-literacy
Making Snacks With Children	Wisconsin Nutrition Education	English/ Spanish	Tipsheet with recipes as title indicates. Please check with your PM prior to use of the recipes.
Nutrition Facts in Spanish	Wisconsin Nutrition Education	English/ Spanish	Hand out on food labels for Spanish speaking audience.
Shopping Tips to Stretch Your Food Dollar	Wisconsin Nutrition Education	English/ Spanish	This 2-page handout shows six ways to save money when buying food.
The Talking Vegetables	Won-Ldy Paye and Margaret H. Lippert	English	A story about Spider who refuses to help the villagers plant vegetables & then is in for a surprise when he picks some himself.
Feeding Minds, Fighting Hunger	www.feedingminds.org	English/ Spanish	Food security education resource online free

Title	Sources	Languages	Description
Food-Stats	www.foodstats.com	English	Basic Nutrient information resource web site for common foods and info on healthy eating.
Dr. Strong and Sweet Potatoes	Yori Takeda	English	A review from a mother: "All of my kids, 11, 5, and 1, were drawn to this book. It really made them consider how their eating habits could be affecting them, both physically and mentally."