

Eating Smart • Being Active Materials Price List



PARTICIPANT MATERIALS: All available in sets of 50; all written materials available in English and Spanish		
Item	Cost (total)	Cost (each)
Pocket folders – <i>Welcome to Eating Smart • Being Active</i> lesson. These folders give participants a place to store worksheets and handouts for the lesson series.	\$43.50	\$0.87
Worksheets and handouts – one worksheet and one handout for every lesson. Note: there is not a handout for the <i>Welcome to Eating Smart • Being Active</i> or <i>Celebrate! Eat Smart & Be Active</i> lessons.	\$31.22 (W + H) \$19.81 (W only)	\$0.62 (W + H) \$0.40 (W only)
Physical Activity handout – <i>Get Moving!</i> lesson	\$19.81	\$0.40
Shopping at Farmers' Market handouts – <i>Fruits and Veggies: Half My Plate</i> lesson	\$19.81	\$0.40
Cutting mat – enhancement for the <i>Welcome to Eating Smart • Being Active</i> lesson	\$124.00	\$2.48
Collapsible water bottles – enhancement for the <i>Get Moving!</i> lesson	\$82.00	\$1.64
Eating Smart • Being Active grocery list pads – enhancement for the <i>Plan, Shop, Save</i> lesson	\$90.00	\$1.80
Produce brush – enhancement for the <i>Fruits and Veggies: Half My Plate</i> lesson	\$78.00	\$1.56
Dry measuring cups – enhancement for the <i>Make Half Your Grains Whole</i> lesson	\$92.00	\$1.84
Cook it Safe! magnet – enhancement for the <i>Go Lean with Protein</i> lesson	\$49.50	\$0.99
Refrigerator thermometer – enhancement for the <i>Go Lean with Protein</i> lesson	\$98.00	\$1.96
Walk Indoors with Leslie Sansone DVD – enhancement for the <i>Build Strong Bones</i> lesson	\$137.50	\$2.75
Measuring spoons – enhancement for the <i>Make a Change</i> lesson	\$78.50	\$1.57
Eating Smart • Being Active Let's Cook! Cookbook – enhancement for the <i>Celebrate! Eat Smart & Be Active</i> lesson.	\$121.00	\$2.42
Certificate paper – print graduation and volunteer appreciation certificates for the <i>Celebrate! Eat Smart & Be Active</i> lesson on this <i>Eating Smart • Being Active</i> logo paper.	\$9.50	\$0.19

EDUCATOR MATERIALS:

All available in single quantities; all written/visual materials available in English or Spanish

Item	Cost (total)
Core Lesson Plans and <i>Educator Guide to Implementing Eating Smart • Being Active</i>	\$59.00
Eating Smart During Pregnancy Lesson Plan	\$9.00
Feeding Your New Baby Lesson Plan	\$9.00
Feeding Solid Foods Lesson Plan	\$9.00
Easel binder with small visuals (8½" x 11") – these small visuals are for teaching individuals or small groups	\$46.82
Eating Smart During Pregnancy Small Visuals (no binder)	\$9.00
Feeding Your New Baby Small Visuals (no binder)	\$9.00
Feeding Solid Foods Small Visuals (no binder)	\$9.00
Medium sized visuals (18¼" x 28") – this set of 45 visuals is ideal for classes of 4-6 people	\$323.00
Eating Smart During Pregnancy Medium Visuals	\$65.00
Feeding Your New Baby Medium Visuals	\$65.00
Feeding Solid Foods Medium Visuals	\$65.00
Large visuals (22" x 34") – this set of 45 visuals is ideal for classes of 6-12 or more people	\$365.00
Eating Smart During Pregnancy Large Visuals	\$75.00
Feeding Your New Baby Large Visuals	\$75.00
Feeding Solid Foods Large Visuals	\$75.00
Review set of materials – This includes: one set of Lesson Plans for the 9 core lessons, the <i>Educator Guide to Implementing Eating Smart • Being Active</i> , one Easel Binder with Small English Visuals, one set of English worksheets and handouts from each of the 9 core lessons and the Welcome worksheet, the Farmers' Market Handout, the Physical Activity handout, and the worksheets and handouts from Eating Smart During Pregnancy, Feeding Your New Baby and Feeding Solid Foods. Also included are one enhancement from each of the core lessons, pregnancy magnet, and training cup.	\$155.00
Apron – this <i>Eating Smart • Being Active</i> logo apron is designed for food preparation in class	\$9.00
<i>Walk Indoors with Leslie Sansone</i> DVD educator version	\$3.50

To order *Eating Smart • Being Active* materials, please visit www.eatingsmartbeingactive.com