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| **PARTICIPANT MATERIALS:**  **All available in sets of 50; all written materials available in English and Spanish** | | |
| **Item** | **Cost (total)** | **Cost (each)** |
| **Pocket Folders** – *Welcome to Eating Smart • Being Active* 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 core lesson. Note: there is not a handout for the *Welcome to Eating Smart • Being Active* or *Celebrate! Eat Smart & Be Active* lessons.  Eating Smart and Being Active During Pregnancy worksheets and handouts  Feeding Your New Baby worksheets and handouts  Feeding Your Baby Solid Foods worksheets and handouts | $31.22 (W + H)  $19.81 (W only)  $29.00 (W+H)  $29.00 (W+H)  $29.00 (W+H) | $0.62 (W + H)  $0.40 (W only)  $0.58 (W+H)  $0.58 (W+H)  $0.58 (W+H) |
| **Physical Activity Handout** –*Get Moving!* lesson | $19.81 | $0.40 |
| **Farmers’ Market Handout –** *Fruits and Veggies: Half My Plate* lesson | $19.81 | $0.40 |
| **Cutting Mat –** enhancement for the*Welcome to Eating Smart • Being Active* lesson | $124.00 | $2.48 |
| **Collapsible Water Bottles** – enhancement for the*Get Moving!* lesson | $82.00 | $1.64 |
| ***Eating Smart ● Being Active*****Grocery List Pads –** enhancement for the*Plan, Shop, $ave* lesson | $90.00 | $1.80 |
| **Produce Brush** – enhancement for the*Fruits and Veggies: Half My Plate* lesson | $78.00 | $1.56 |
| **Dry Measuring Cups** – enhancement for the*Make Half Your Grains Whole* lesson | $92.00 | $1.84 |
| ***Cook It Safe!* Magnet –** enhancement for the*Go Lean with Protein*lesson | $49.50 | $0.99 |
| **Refrigerator Thermometer –** enhancement for the*Go Lean with Protein*lesson | $98.00 | $1.96 |
| ***Walk Indoors with Leslie Sansone* DVD –** enhancement for the*Build Strong Bones* lesson | $137.50 | $2.75 |
| ***Liquid Measuring Cups*** – alternative enhancement for the *Build Strong Bones* lesson | $81.50 | $1.63 |
| **Measuring Spoons** – enhancement for the*Make a Change* lesson | $78.50 | $1.57 |
| ***Eating Smart ● Being Active* *Let’s Cook!* Cookbook –** enhancement for the*Celebrate! Eat Smart & Be Active* lesson. | $121.00 | $2.42 |
| ***During Pregnancy Magnets –*** enhancement for *the Eating Smart and Being Active During Pregnancy* supplemental lesson | $67.00 | $1.34 |
| ***Feeding Solid Foods Training Cup (pack of 20)\* -*** enhancement for the *Feeding Your Baby Solids Foods* supplemental lesson | $63.00 | $3.15 |
| **Certificate Paper** – print graduation and volunteer appreciation certificates for the *Celebrate! Eat Smart & Be Active* lesson on this *Eating Smart ● Being Active* logo paper. | $9.50 | $0.19 |

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| **EDUCATOR MATERIALS:**  **All available in single quantities; all written/visual materials available in English or Spanish** | |
| **Item** | **Cost (total)** |
| **Core Lesson Plans and *Educator Guide to Implementing Eating Smart • Being Active*** | $59.00 |
| **Eating Smart During Pregnancy Lesson Plan** | $9.00 |
| **Feeding Your New Baby Lesson Plan** | $9.00 |
| **Feeding Your Baby Solid Foods Lesson Plan** | $9.00 |
| **Easel binder with small core lesson visuals (8½” x 11”)** – these small visuals are for teaching individuals or small groups | $46.82 |
| **Small supplemental lesson visuals (8½” x 11”)** – sets of 3 per lesson, ideal for teaching individuals or small groups  Eating Smart and Being Active During Pregnancy Small Visuals (no binder)  Feeding Your New Baby Small Visuals (no binder)  Feeding Solid Foods Small Visuals (no binder) | $10.00  $10.00  $10.00 |
| **Medium core lesson visuals (18¼” x 28”)** – this set of 45 visuals is ideal for classes of 4-6 people | $323.00 |
| **Medium supplemental lesson visuals (18¼” x 28”)** - sets of 3 per lesson, ideal for classes of 4-6 people  Eating Smart and Being Active During Pregnancy Medium Visuals  Feeding Your New Baby Medium Visuals  Feeding Solid Foods Medium Visuals | $65.00  $65.00  $65.00 |
| **Large core lesson visuals (22” x 34”) –** this set of 45 visuals is ideal for classes of 6-12 or more people | $365.00 |
| **Large supplemental lesson visuals (22” x 34”) -** sets of 3 per lesson, ideal for classes of 6-12 or more people  Eating Smart and Being Active During Pregnancy Large Visuals  Feeding Your New Baby Large Visuals  Feeding Solid Foods Large Visuals | $75.00  $75.00  $75.00 |
| **Review Set –** This includes: one set of lesson plans for the 9 core lessons and one copy each of the maternal and infant lesson plans, the *Educator Guide to Implementing Eating Smart • Being Active*, one easel binder with small English core lesson visuals and one copy each of the small maternal and infant 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 the maternal and infant lessons. Also included are one enhancement from each of the core lessons, pregnancy magnet, and training cup. | $155.00 |
| **Apron** – this *Eating Smart ● Being Active*logo apron is designed for food preparation in class | $9.00 |
| ***Walk Indoors with Leslie Sansone* DVD (Educator Version)** | $3.50 |
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To order *Eating Smart ● Being Active* materials*,* please visit [www.eatingsmartbeingactive.com](http://www.eatingsmartbeingactive.com)