

Eating Smart • Being Active Materials Price List



Worksheets & Handouts		
Available in sets of 50 in English or Spanish		
Item	Cost (total)	Cost (each)
Lesson 1: Welcome to Eating Smart • Being Active – 1 worksheet, no handout Lesson 9: Celebrate! Eat Smart & Be Active – 1 worksheet, no handout	\$24.95	\$0.50
Lesson 2: Get Moving – 1 worksheet, 1 handout 1 optional handout Lesson 4: Fruits & Veggies: Half Your Plate – 1 worksheet, 1 handout 1 optional handout	\$39.34 (W + H) \$24.95 (optional handout)	\$0.79 (W + H) \$0.50 (optional handout)
Lesson 3: Plan, Shop, Save – 1 worksheet, 2 handouts Includes: 50 worksheets 50 handouts 50 Food Resources handouts	\$59.01	\$1.18
Lesson 5: Make Half Your Grains Whole – 1 worksheet, 1 handout Lesson 6: Vary Your Protein Routine – 1 worksheet, 1 handout Lesson 7: Build Strong Bones – 1 worksheet, 1 handout Lesson 8: Small Changes Matter – 1 worksheet, 1 handout	\$39.34	\$0.79

Participant materials on the next page

PARTICIPANT MATERIALS:

Available in sets of 50 in English or Spanish

Item	Cost (total)	Cost (each)
Pocket folders – <i>Welcome to Eating Smart • Being Active</i> lesson. These folders give participants a place to conveniently store worksheets and handouts and bring them back for future lessons.	\$43.50	\$0.87
Cutting mat – enhancement for the Lesson 1: <i>Welcome to Eating Smart • Being Active</i> .	\$148.80	\$2.98
Collapsible water bottles – enhancement for Lesson 2: <i>Get Moving!</i>	\$103.50	\$2.07
Eating Smart • Being Active grocery list pads – enhancement for Lesson 3: <i>Plan, Shop, Save</i> .	\$128.00	\$2.56
Produce brush – enhancement for Lesson 4: <i>Fruits and Veggies: Half My Plate</i> .	\$122.40	\$2.45
Dry measuring cups – enhancement for Lesson 5: <i>Make Half Your Grains Whole</i> .	\$110.40	\$2.21
Cook it Safe! magnet – enhancement for Lesson 6: <i>Vary Your Protein Routine</i>	\$87.50	\$1.75
Refrigerator thermometer – enhancement for Lesson 6: <i>Vary Your Protein Routine</i> .	\$112.00	\$2.24
Liquid measuring cups – enhancement for Lesson 7: <i>Build Strong Bones</i> .	\$97.80	\$1.96
Measuring spoons – enhancement for Lesson 8: <i>Small Changes Matter</i> .	\$99.00	\$1.98
Eating Smart • Being Active Let's Cook! Cookbook – enhancement for Lesson 9: <i>Celebrate! Eat Smart & Be Active</i> .	\$212.50	\$4.25
Pregnancy magnet – enhancement for <i>Eating Smart • Being Active During Pregnancy</i>	\$67.00	\$1.34
Training Cup - enhancement for <i>Feeding My Baby Solid Foods Maternal & Infant Lesson</i> <i>sold in sets of 20</i>	\$60.80	\$3.04
Certificate paper – <i>Eating Smart • Being Active</i> logo paper for graduation and volunteer appreciation certificates distributed during Lesson 9: <i>Celebrate! Eat Smart & Be Active</i>	\$9.50	\$.19

Educator materials on the next page

EDUCATOR MATERIALS:	
Available in sets of 50 in English or Spanish	
Item	Cost (total)
Lesson plans for the 9 Core Lessons and <i>Educator's Guide to Implementing Eating Smart • Being Active</i>	\$59.00
Optional maternal & infant lesson plans sold individually Eating Smart During Pregnancy Lesson Plan (Revision due Spring 2024) Feeding Your New Baby Lesson Plan (Revision due Spring 2024) Feeding Solid Foods Lesson Plan (Revision due Spring 2024)	\$9.00 \$9.00 \$9.00
Easel binder with small visuals (8½" x 11") – set of 51 visuals for the 9 core lessons is ideal for teaching individuals or small groups of 1-3 people	\$56.18
Optional maternal & infant small visuals sold individually Eating Smart During Pregnancy Small Visuals (no binder) (Revision due Spring 2024) Feeding Your New Baby Small Visuals (no binder) (Revision due Spring 2024) Feeding Solid Foods Small Visuals (no binder) (Revision due Spring 2024)	\$10.00 \$10.00 \$10.00
Medium sized visuals (18¼" x 28") – set of 51 visuals for the 9 core lessons is ideal for classes of 4-6 people	\$398.00
Optional maternal & infant medium visuals sold individually Eating Smart During Pregnancy Medium Visuals (Revision due Spring 2024) Feeding Your New Baby Medium Visuals (Revision due Spring 2024) Feeding Solid Foods Medium Visuals (Revision due Spring 2024)	\$65.00 \$65.00 \$65.00
Large visuals (22" x 34") – set of 51 visuals for the 9 core lessons is ideal for classes of 6-12 or more people	\$450.00
Optional maternal & infant large visuals sold individually Eating Smart During Pregnancy Large Visuals (Revision due Spring 2024) Feeding Your New Baby Large Visuals (Revision due Spring 2024) Feeding Solid Foods Large Visuals (Revision due 2024)	\$75.00 \$75.00 \$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 the 9 core lesson, a copy of the Farmers' Market handout, and the Physical Activity handout. Also included is one enhancement item for each of the 9 core lessons.	\$155.00
Apron – this <i>Eating Smart • Being Active</i> logo apron is designed for educators to wear during food preparation activities during classes.	\$9.00

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