**Storage Bin Size Needed:** 16” (L) x 11” (W) x 6” (H), (15 Quart size). Label all items as noted, and place in the bin.

| **Lesson Activity** | **Materials Needed** | **Instructions\*** |
| --- | --- | --- |
| Bin labels | * White easy peel labels
 | 1. Visit [www.eatingsmartbeingactive.com](http://www.eatingsmartbeingactive.com) and click on *Resources for Implementation, Activity Bins, ESBA During Pregnancy, Activity Bin Labels.*
2. Print the outside bin and inside lid labels on the white easy peel labels.
3. Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid.
 |
| For display and use throughout class | * *MyPlate* poster
* Painter’s tape
 | 1. Visit [www.eatingsmartbeingactive.com](http://www.eatingsmartbeingactive.com) and click on *Resources for Implementation, MyPlate Posters.*
2. Print and laminate a copy of the MyPlate poster in English and/or Spanish depending on your needs.
3. Painter’s tape can be used to hang the MyPlate poster during class to avoid damaging walls or other surfaces.
 |
| All activities | * Call bell
 | 1. Purchase call bells for all activity bins (8 total).
2. Put 1 call bell in each bin.
 |
| Plan a healthy snack | * Dairy Council food models – 6 of each from the protein, dairy, and fruit food groups.
	+ 1 medium, sealable plastic bag
	+ 6, 10” round plates
 | 1. Visit [www.eatingsmartbeingactive.com](http://www.eatingsmartbeingactive.com), and click on *Resources for Implementation, Activity Bins, ESBA During Pregnancy, Pregnancy Dairy Council Food Models.* Print and laminate several pictures from the different food groups with the food picture on the front and the Nutrition Facts Label on the back.
2. Place the laminated food models in a sealable plastic bag.
3. Label the bag “**Plan a healthy snack (18)**”.
 |
| Let’s taste! | * Recipes for:
	+ Energy bites
	+ Fruit and peanut butter dip
	+ Veggies and creamy dip
	+ Zesty bean dip
	+ Baked tortilla chips
* 1 plastic folder
 | 1. Visit www.eatingsmartbeingactive.com and click on *Resources for Implementation, Activity Bins, ESBA During Pregnancy, Recipes*.
2. Print 1 copy of each recipe for ESBA During Pregnancy.
3. Label the folder “**Let’s taste! Recipes for ESBA During Pregnancy**”.
 |
| Food safety | * Pictures of raw sprouts
* Pictures of cooked sprouts
* 1 large, manila envelope
 | 1. Visit www.eatingsmartbeingactive.com and click on *Resources for Implementation, Activity Bins, ESBA During Pregnancy, Pictures of Sprouts.*
2. Print and laminate 2 copies of each picture of raw sprouts. Place in the envelope.
3. Label the envelope “**Raw and cooked sprouts**”.
 |
| Avoid unsafe foods | * Pictures of chunk light tuna
* Pictures of albacore tuna
* 1 large, manila envelope
 | 1. Visit www.eatingsmartbeingactive.com and click on *Resources for Implementation, Activity Bins, ESBA During Pregnancy, Pictures of Tuna Cans.*
2. Print and laminate 2 copies of each picture of tuna. Place in the envelope.
3. Label the envelope “**Pictures of tuna**”.
 |
| Lesson enhancement | * Blank “Who Can You Call?” magnet
 | 1. Visit www.eatingsmartbeingactive.com and click on *Order Materials* to purchase the magnet.
 |
| Away | * Small notepad of paper
 | 1. Keep a pad of paper in the activity bin to collect participant’s current trimester and due date information.
 |
| Completing paperwork | * *Eating Smart • Being Active Paperwork Booklet*
 | 1. Visit www.eatingsmartbeingactive.com and click on *For Program Leaders, Paperwork, Paperwork Booklet*.
2. 2) Print the booklet, and staple or binder clip it together.
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*\*Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.\**