

***How Will I Feed My Baby?***  
**Activity Bin Contents and Instructions**

**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.

<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
Bin labels	<ul style="list-style-type: none"> <li>• White easy peel labels</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Activity Bin Labels.</i></li> <li>2) Print the outside bin and inside lid labels on the white easy peel labels.</li> <li>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.</li> </ol>
All activities	<ul style="list-style-type: none"> <li>• Call bell</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase call bells for all activity bins.</li> <li>2) Put 1 call bell in the bin.</li> </ol>

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Lesson Activity	Materials Needed	Instructions*
Benefits of breastfeeding	<ul style="list-style-type: none"> <li>• 6 game boards</li> <li>• 6 sets of game pieces</li> <li>• 6 small, sealable plastic bags</li> <li>• 1 laminated game key</li> <li>• 1 large, manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Breastfeeding Benefits Game Board</i>. Print 6 game boards with English on 1 side and Spanish on the other side. Laminate the game boards.</li> <li>2) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Breastfeeding Benefits Game Pieces</i>. Print 6 sets of game pieces with English on 1 side and Spanish on the other side. Cut out the game pieces and laminate them. Put each set of game pieces in a separate sealable plastic bag.</li> <li>3) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Breastfeeding Benefits Game Key</i>. Print 1 game key with English on 1 side and Spanish on the other side. Laminate the game key.</li> <li>4) Place the laminated game boards, the bags of laminated game pieces, and the laminated game key in the manila envelope.</li> <li>5) Label the envelope “<b>Benefits of breastfeeding activity</b>”.</li> </ol>

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<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
Cost of infant formula	<ul style="list-style-type: none"> <li>• 1 container of powdered infant formula</li> <li>• 1 container of liquid concentrate infant formula</li> <li>• 1 bottle or can of ready-to-feed infant formula</li> <li>• 6 calculators</li> <li>• Cost of Infant Formula Instructions</li> <li>• Masking tape</li> <li>• Permanent marker</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase 1 container of each form of infant formula: powdered, liquid concentrate, and ready-to-feed. Buy the same brands that are provided by your local WIC program.</li> <li>2) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Cost of Infant Formula Instructions</i>.</li> <li>3) Print a copy of the Cost of Infant Formula Instructions. Use a calculator and follow the instructions to find the price and price per ounce of each form of infant formula.</li> <li>4) Write the price and price per ounce of powdered infant formula on a piece of masking tape. Stick the piece of tape to the container of powdered infant formula.</li> <li>5) Write the price and price per ounce of liquid concentrate infant formula on a piece of masking tape. Stick the piece of tape to the container of liquid concentrate infant formula.</li> <li>6) Write the price and price per ounce of ready-to-feed infant formula on a piece of masking tape. Stick the piece of tape to the container of ready-to-feed infant formula.</li> <li>7) Fill in the price per ounce for each form of infant formula on pages 24-28 of the lesson plan. Write the date you recorded these numbers.</li> <li>8) Remember to update the prices of the infant formula and redo the calculations every 3 months.</li> </ol>

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Feeding solid foods	<ul style="list-style-type: none"> <li>• Pictures of babies ready for solid foods</li> <li>• 1 large, manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Pictures of Babies Ready for Solid Foods.</i></li> <li>2) Print and laminate a copy of each picture. Place in the envelope.</li> <li>3) Label the envelope “<b>Pictures of Babies Ready for Solid foods (4)</b>”.</li> </ol>
Maya’s story	<ul style="list-style-type: none"> <li>• 6 laminated copies of Maya’s story</li> <li>• 1 large, manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, How Will I Feed My Baby?, Maya’s Story.</i></li> <li>2) Print 6 copies of the story with English on 1 side and Spanish on the other side. Laminate each copy of the story. Place in the envelope.</li> <li>3) Label the envelope “Maya’s story”.</li> </ol>
Away	<ul style="list-style-type: none"> <li>• Small notepad of paper</li> </ul>	<ol style="list-style-type: none"> <li>1) Keep a pad of paper in the activity bin to collect participant’s current trimester and due date information.</li> </ol>
Completing paperwork	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active Paperwork Booklet</i></li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>For Program Leaders, Paperwork, Paperwork Booklet.</i></li> <li>2) Print the booklet, and staple or binder clip it together.</li> </ol>

*\*Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.\**