

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> .	\$120.00	\$2.40
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> .	\$130.00	\$2.60
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> .	\$247.50	\$4.95
Pregnancy magnet – enhancement for <i>Eating Smart • Being Active During Pregnancy (Sold in sets of 20)</i>	\$27.00	\$1.35
Training Cup - enhancement for <i>Feeding My Baby Solid Foods Maternal & Infant Lesson (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>	\$70.80
Optional maternal & infant lesson plans sold individually	
Eating Smart During Pregnancy Lesson Plan (Revision due Spring 2024)	\$14.75
Feeding Your New Baby Lesson Plan (Revision due Spring 2024)	\$14.75
Feeding Solid Foods Lesson Plan (Revision due Spring 2024)	\$14.75
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)	\$13.75
Feeding Your New Baby Small Visuals (no binder) (Revision due Spring 2024)	\$13.75
Feeding Solid Foods Small Visuals (no binder) (Revision due Spring 2024)	\$13.75
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)	\$65.00
Feeding Your New Baby Medium Visuals (Revision due Spring 2024)	\$65.00
Feeding Solid Foods Medium Visuals (Revision due Spring 2024)	\$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)	\$75.00
Feeding Your New Baby Large Visuals (Revision due Spring 2024)	\$75.00
Feeding Solid Foods Large Visuals (Revision due 2024)	\$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