

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 Physical Activity handout Lesson 4: Fruits & Veggies: Half Your Plate – 1 worksheet, 1 handout 1 optional Farmers' Market 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
Eating Smart • Being Active During Pregnancy – 1 worksheet, 1 handout How Will I Feed My New Baby? – 1 worksheet, 1 handout Feeding Your Baby Solid Foods – 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 – for Lesson 1: <i>Welcome to Eating Smart • Being Active</i> . 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 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
<i>Eating Smart • Being Active</i> 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
<i>Cook it Safe!</i> 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
<i>Eating Smart • Being Active Let's Cook! Cookbook</i> – 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</i> Maternal & Infant Lesson (Sold in sets of 20)	\$27.00	\$1.35
Training Cup - enhancement for <i>Feeding My Baby Solid Foods</i> Maternal & Infant Lesson (Sold in sets of 20)	\$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	\$1.19

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>The Educator's Guide to Implementing Eating Smart • Being Active</i>	\$70.80
Optional Maternal & Infant Lesson Plans sold separately <i>Eating Smart Being Active During Pregnancy</i> Lesson Plans <i>How Will I Feed My New Baby?</i> Lesson Plans <i>Feeding Your Baby Solid Foods</i> Lesson Plans	\$14.75 \$14.75 \$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 separately – Binder is not included <i>Eating Smart Being Active During Pregnancy</i> Small Visuals <i>How Will I Feed My New Baby?</i> Small Visuals <i>Feeding Your Baby Solid Foods</i> Small Visuals	\$13.75 \$13.75 \$13.75
Medium Core Lesson Visuals (18¼" x 28") – set of 51 visuals for the 9 core lessons (Ideal for classes of 4-6 people)	\$398.00
Optional Maternal & Infant Medium Visuals sold separately <i>Eating Smart Being Active During Pregnancy</i> Medium Visuals <i>How Will I Feed My New Baby?</i> Medium Visuals <i>Feeding Your Baby Solid Foods</i> Medium Visuals	\$65.00 \$65.00 \$65.00
Large Core Lesson Visuals (22" x 34") – set of 51 visuals for the 9 core lessons (Ideal for classes of 6 or more people)	\$450.00
Optional maternal & infant large visuals sold separately <i>Eating Smart Being Active During Pregnancy</i> Large Visuals <i>How Will I Feed My New Baby?</i> Large Visuals <i>Feeding Your Baby Solid Foods</i> Large Visuals	\$75.00 \$75.00 \$75.00
Review Set of Eating Smart • Being Active Materials – This set includes: - One set of the 9 Core Lessons with <i>The Educator Guide to Implementing Eating Smart • Being Active</i> - One set of Small Visuals with an Easel Binder for the 9 Core Lessons and Maternal and Infant Lessons - One set of English worksheets and handouts for all lessons - One Lesson Enhancement item for each of the lessons	\$155.00

Please visit www.eatingsmartbeingactive.com to order ***Eating Smart • Being Active*** materials.