

Nutrition Education Materials Summary List

Title	Source	Languages
100 Vegetables and Where They Came From	William Woys Weaver and Signe Sundberg-Hall	English
24 ESL nutrition lessons on 6 Key Messages	San Diego Community College District/ <i>Network</i>	English
4th Grade School Idea and Resources Kit	Children's Power Play! Campaign - <i>Network</i>	English/Spanish
5th Grade School Idea and Resources Kit	Children's Power Play! Campaign - <i>Network</i>	English/Spanish
A River of Recipes: Native American Recipes Using Commodity Foods	USDA (Food Assistance Programs)	English
A Seed Grows: My First Look at a Plant's Life Cycle	Pamela Hickman and Heather Collins	English
Abrams & Company Let's Eat!, My Wonderful Body, I keep Myself Healthy and My Body in Balance, Pre-K Big Books & Little Books	Abrams & Company	English, Spanish
Action for Healthy Kids	Action for Healthy Kids	English
Activity & Eating	Dairy Council of California	English, Spanish
African American Recipes	African American Campaign - <i>Network</i>	English
All About Citrus and Subtropical Fruits	Maggie Klein	English
Americans in Agriculture: Portraits of Diversity	USDA	English
Anansi & The Talking Melon	Eric Kemmel	English
Apples and Pumpkins	Anne Rockewell and Lizzy Rockwell	English
Asparagus poster	California Asparagus Commission	English
Avocado poster	California Avocado Commission	English
BAM (Body and Mind)	CDC	English
Be Active Your Way (DHS)	Food Stamp Nutrition Connection/ <i>Network</i>	English/Spanish
Botany on Your Plate	Lawrence Hall of Science/UC Botanical Garden	English
Breakfast Nutrition Education Lessons	ABC Unified School District - <i>Network</i>	English
Bugs! Bugs! Bugs!	Bob Barner	English
Building a Healthy Me!	Dairy Council of California	English/Spanish
Building Blocks For Fun and Healthy Meals	CA Healthy Kids Resource Center	English
Buried Treasure: Roots and Tubers	Meredith Sayles Hughes and Tom Hughes	English
Calcium Connection	Dairy Council of California	English, Spanish
Calcium For Strong Bones and Teeth	American Dietetic Association	English
CANFit Super Manual	CANFit	English
Cantaloupe poster	Cantaloupe Advisory Board	English
Captive Kids: Selling Obesity at School	California Project LEAN	English/Spanish
Carlos and the Squash Plant by	Jan Romero Stevens	English, Spanish
Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening	Louise Riotte	English
Celebre con una Fiesta al Aire Libre	California Project LEAN	Spanish
Changing the Scene	USDA	English
Child & Adult Care Food Program, Meal Pattern Chart For Infants & Children	California Department of Education	English
Chinese translated nutrition education materials, usually HOTM	Alhambra USD - <i>Network</i>	Chinese
Color Me Healthy Pre-K	North Carolina State University	English, Spanish
Color My Pyramid	Dairy Council of California	English
Commodity Fact Sheets	CA Foundation for Agriculture in the Classroom	English
Community Youth Organization Idea & Resources Kit	Children's Power Play! Campaign - <i>Network</i>	English and Spanish
Cool as a Cucumber Hot as a Pepper: Fruits Vegetables	Meredith Sayles Hughes	English
Creative Pockets Apron	Produce for Better Health	English
Creative Pockets Teaching Cards	Produce for Better Health	English
Cycle I,II,III Cookbooks	Harvest of the Month	English/Spanish
Date poster/picture	California Date Commission	English
Deal Me In...Food and Fitness	Dairy Council of California	English
Dictionary of Horticulture	National Gardening Association	English
Dietary Guidelines for Americans 2005	USDA	English

Nutrition Education Materials Summary List

Title	Source	Languages
Digging Deeper: Integrating Youth Gardens into Schools and Communities	Joseph Kiefer, Martin Kemple	English
Discover the Secret Cookbook	<i>Network for a Healthy California</i>	English/Spanish
Dried Plum poster	California Dried Plum Board	English
Easy Recipes Using Commodity Foods	California Project LEAN - <i>Network</i>	English
Eat Fruits & Vegetables the CA Way	Food Stamp Nutrition Connection/ <i>Network</i>	English/Spanish
Eat Smart Play Hard	Food Stamp Nutrition Connection/ USDA	English
Eat Smart with Fruits and Vegetables, Choices for Good Health, Smart Steps, Cooking Smart, Living Smart	American Cancer Society	English, Spanish
Eat Your Peas Louise	Pegeen Snow	English
EATfit	Cooperative Extension (EFNEP, FSNEP)	English
Eating fruit and vegetables	Food Stamp Nutrition Connection/Clemson University	English
Eat More, Weigh Less	CDC	English
Eating Right Is Basic	Cooperative Extension (EFNEP, FSNEP)	English
Emergence of Agriculture	Bruce D. Smith	English
Empowering Youth with Nutrition and Physical Activity	USDA Team Nutrition	English
Exercise Your Options	Dairy Council of California	English/Spanish
FAME (Families of African American Ancestry Manifesting our Excellence)	San Bernardino County Dept of Public Health	English
Family Trees: The Peach Culture of the Piedmont	Mike Corbin	English
Farmers Market Idea & Resource kit	Children's Power Play! Campaign - <i>Network</i>	English/Spanish
Farmer's Market: Families Working Together	Marcie Rendon and Cheryl Bellvill	English
Farming and Food	Jane Shuter	English
Fast Food and Soft Drinks: How to Make Healthier Choices	UCCE/USDA	English/Vietnamese
Fast Food Survival Guide, 2008	San Bernardino County Dept of Public Health	English
Fast Meals, Quick Snack Teens Cookbook	<i>Network for a Healthy California</i>	English
Feed Me Give Me What I need!	USDA	English
Feeding Challenges: Tips for Preventing Hassles	Cooperative Extension (EFNEP, FSNEP)	English
Fig poster/picture	California Fig Advisory Board	English
Fight BAC!	FDA	English
First Day in Grapes	L. King Perez	English
Fit WIC Material	WIC	English/Spanish
Food and Me	Cooperative Extension (EFNEP, FSNEP)	English
Food For Thought for ESL Instructors	San Diego Community College District/ <i>Network</i>	English
Food on the Run	California Project LEAN	English
Food Power Classroom Activities	University of Missouri/Outreach/Extension	English
Food stamps help put healthy food on your table	Food Stamp Nutrition Connection	English/Spanish
Food Stamps Work	California Food Policy Advocates	English
Food, Health, and Exercise classroom TV series	Human Relations Media	English
Foundation for a Healthy Start	USDA	English
Four Seasons in Five Senses: Things Worth Savoring	David Matsumoto	English
French Fries and the Food System: A Year Round Curriculum Connecting Youth with Farming and Food	The Food Project	English
From the Garden - A counting book about growing food	Michael Dahl and Todd Ouren	English
Fruit and Vegetable Photo Cards	California Department of Education	English
Fruit Crate Art	Joe Davidson	English
Fruit, Vegetable, and Physical Activity Toolbox for Community Educators	<i>Network for a Healthy California</i>	English, Spanish
Fruits and Vegetables: For Your Health, Your Community, & Your Life	<i>Network for a Healthy California</i>	English, Spanish
Garden Detectives: A Guide to Using Your Powers of Observation to Solve the Mystery of Creating a Healthy Garden	CA Healthy Kids Resource Center	English

Nutrition Education Materials Summary List

Title	Source	Languages
Gardening for Optimal Nutrition	Trisha & E. Forrest McDowell	English
Generation Fit	American Cancer Society	English
Genetically Modified Food	Nigel Hawkes	English
Go, Glow and Grow	Cooperative Extension (EFNEP, FSNEP)	English/Spanish
Good Food News	L.A. Regional Collaborative	English/Spanish
Green Power: Leaf and Flower Vegetables	Meredith Sayles Hughes	English
Gregory the Terrible Eater	Scholastic	English
Growing Seasons	Elsie Splear	English
Handouts for children, health snacks for home and school	Dairy Council of California	English
Harvest of the Month Essay and Art Contest Guidelines and forms	Tulare County Office of Education	English
Harvest of the Month Toolkit	<i>Network for a Healthy California</i>	English/Spanish
Harvest of the Month Workbooks (gr. K-5)	Downey Unified School District	English
Harvest Year	Cris Peterson	English
Have Fun and Be Healthy	Children's Power Play! Campaign - <i>Network</i>	English
Health and Nutrition from the Garden	Texas Agricultural Extension Service	English
Health Framework for California Public Schools, Kindergarten Through Grade Twelve	California Department of Education	English/Spanish
Healthy Beginnings	Shasta County Public Health Department	English
Healthy Choices, Healthy Me	Dairy Council of California	English/Spanish
Healthy Food Options: What to Eat More Of and What to Eat Less Of	UCCE/USDA	English/Vietnamese
Healthy Habits for Life Child Care Resource Kit	Sesame Street	English, Spanish
Heart Healthy Home Cooking African American Style	National Institutes of Health	English
HeartPower!	American Heart Association	English
HOTM Cafeteria to Classroom Promotions	Merced County Office of Education	English
HOTM Educator Newsletter	Merced County Office of Education	English
HOTM Fun Food Fact Calendar	Merced County Office of Education	English
HOTM Parent Newsletter	Merced County Office of Education	English/Spanish/Hmong
HOTM Physical Activity Page	Merced County Office of Education	English
HOTM Preschool Packet	Merced County Office of Education	English
HOTM Student Workbooks	ABC Unified School District - <i>Network</i>	English
HOTM Worksheets	ABC Unified School District - <i>Network</i>	English
How to Avoid Portion Size Pitfalls to Help Manage your Weight	CDC	English
How to Use Fruits and Vegetables to Help Manage your Weight	CDC	English
How to Teach Nutrition to Kids	Connie Liakos Evers, MS, RD	English
I Will Never Not Ever Eat a Tomato	Lauren Child	English
In the Three Sister's Garden	Joanne Dennee	English
Inch by Inch: the Garden Song	David Mallett	English
It's Easy Recipe Book (Es Facil! Libro de Recetas)	LA County DPH	English/Spanish
James and the Giant Peach	Roald Dahl	English
Jump Start Teens	California Project LEAN	English
Kids Cook Farm Fresh	California Department of Education	English
Kids Get Cooking cook book	Children's Power Play! Campaign - <i>Network</i>	English/Spanish
Latino Recipes With Love/Recetas Latinas Saludables	<i>Network for a Healthy California</i>	English & Spanish
Lesson 1: Getting the Most Nutrition From Your Food	USDA	English
Let's Get Moving! Working Together to Promote Active Lifestyles in Young Children	UC Berkeley Center for Weight and Health	English/Spanish
Lets Play "Food" Ball	Cooperative Extension (EFNEP, FSNEP)	English
Lightning Meals videos	California Project LEAN	English
Linking Food with the Environment (LiFE)	Columbia University	English
Looking Good, Feeling Fit - Build Strong Bones	Dairy Council of California	English
Making Content Accessible for ESL	San Diego Community College District/ <i>Network</i>	English

Nutrition Education Materials Summary List

Title	Source	Languages
Making it Happen	CDC	English
Making Meals Matter for your young child	Dairy Council of California	English/Spanish
Making Raisins	Marvin Buckley	English
Manila Nutrition Community Calendar	<i>Network for a Healthy California</i>	English
Math in the Garden	UC Botanical Gardens	English
Math Potatoes: Mind-stretching Brain Food	Greg Tang and Harry Briggs	English
Melon poster	California Melon Research Board	English
Melons for the Passionate Grower	Amy Goldman	English
Melvin's Melons	Sherry Vaughn	English
Misc curriculum Materials	Dairy Council of California	English
Monthly bookmarks linked to HOTM	Harvest of the Month	English
MyActivity Pyramid & Log	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid Bingo	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid Cut & Fold Activity	Cooperative Extension (EFNEP, FSNEP)	English
MyPyramid for Kids	Dairy Council of California	English
MyPyramid.gov	USDA	English
Need Help Buying Food?	<i>Network</i>	English/Spanish
Never Eat Cabbage on Thursday	Nancy Libbey Mills and Shan Wells	English
New Junior Garden Book	Felder Rushing	English
Nibbles for Health	USDA	English
Nutrition Advisory Council survey	School Nutrition Association (SNA)	English, Spanish
Nutrition Essentials	USDA	English/Spanish
Nutrition Explorations website	Dairy Council of California	English
Nutrition Pathfinders Camp Eatawella	Dairy Council of California	English/Spanish
Nutrition Resource Guide (pamphlet)	San Bernardino County Dept of Public Health	English
Nutrition Role Play (ELAC)	Local Nutrition Network	English
Nutrition to Grow On	Cooperative Extension (EFNEP, FSNEP)	English
Nutrition to Grow On: My Pyramid Lessons	California Department of Education	English/Spanish
On Good Land: An Autobiography of an Urban Farm	Michael Ableman	English
On the Trail of Fiber	USDA	English
OPT for Fit Kids - LEAP for Preschoolers, Families	California State University, Chico, Research Foundation (SCNAC)	English
Peach Boy: A Japanese Legend	Sakurai Sakurai	English
Peach poster/picture	CA Cling Peach Growers Advisory Board	English
Physical Activity: For Your Health, Your Community, & Your Life	<i>Network for a Healthy California</i>	English, Spanish
Pick! Pull! Snap! Where Once a Flower Bloomed	Lola Schaefer	English
Planet Health	CA Healthy Kids Resource Center	English
Plants on my Plate	Cathy Smith	English
Playing the Policy Game	California Project LEAN	English
Plum poster/picture	California Plum Marketing Program	English
Portion Distortion	CA Healthy Kids Resource Center	English
Potato: How the Humble Spud Rescued the Western World	Larry Zuckerman	English
Power Panther	USDA	English
Pregnancy-A Special Time for Nutrition	Dairy Council of California	English/Spanish
Raisin poster	California Raisin Marketing Board	English
Reading Across MyPyramid	Cooperative Extension (EFNEP, FSNEP)	English
Resources for Learning	Project Food Land and People	English/Spanish
Retail Recipes	<i>Network for a Healthy California</i>	English, Spanish
Rethink your Drink	CDC	English
School Garden Kits	California Department of Education	English/Spanish
School Nutrition...by Design!	California Department of Education	English

Nutrition Education Materials Summary List

Title	Source	Languages
Science and Our Food Supply	CA Healthy Kids Resource Center	English
Seasonal Guide to Fruits and Vegetables	Retail Program - <i>Network</i>	English/Spanish
Seedfolks	Paul Fleischman	English
Sell What You Sow	Eric Gibson	English
Service Learning	Alameda County Office of Education (Rock La Fleche Community School)	English
Slide Guide-How Many Cups of Fruits and Vegetables Do I Need?	<i>Network for a Healthy California</i>	English, Spanish
SnackSmart	USDA	English
SPARK	SPARK	English
Spill the Beans and Pass the Peanuts: Legumes	Meredith Sayles Hughes	English
Spring Into Health 2007	American Cancer Society	English
Squashed	Joan Bauer	English
Storybooks/Literature Links	Harvest of the Month	English
Strawberry Poster	California Strawberry Commission	English
Take 10! K-5	International Life Sciences Institute	English
Taking Action for Healthy School Environments	California Department of Education	English
Tall and Tasty Fruit Trees	Meredith Sayles Hughes	English
Tangerine	Colin Cheong	English
Teaching Points, Food Fact Calendars, Stickers, Overhead Transparencies, Teacher Assessment Tool, Recipe (<i>Network</i> -developed) Cards, Posters - These items will be included in the TCOE Harvest of the Month Toolkit	Tulare County Office of Education	English, Spanish
Team Nutrition	USDA	English
The Back Yard Orchardist	Stella Otto	English
The Color Way Plan	Produce for Better Health	
The Enormous Potato	Aubrey Davis	English
The Fig Can Teach You a Lot About Nutrition	California Fig Advisory Board	English
The Garden and Farming Books of Thomas Jefferson	Robert Baron	English
The Garden-Fresh Vegetable Cookbook	Andrea Chesman	English
The Good Food News (LA Regional Network)	Food Stamp Nutrition Connection/Network	English/Spanish
The Growing Classroom: Garden Based Science Activity Guide	Life Lab	English/Spanish
The Honey Makers	Gail Gibbons	English
The Joy of Hispanic Cooking Celebre la cocina hispana	National Institutes of Health	Spanish
The Legend of Sleepy Hollow	Washington Irving	English
The Pea Blossom	Amy L. Poole	English
The Power of Choice: Helping You Make Healthy Eating and Fitness Decisions	USDA	English
The Reason for a Flower	Ruth Heller	English
The Talking Vegetables	Won-Ldy Paye, Margaret H. Lippert and Julie Paschkis	English
The Very Smart Pea and the Princess to Be	Mini Grey	English
The Vineyard	Idwal Jones	English
The World's Largest Plants: A Book About Trees	Susan Blackaby	English
There is Life Before The Grocery Store...	CA Foundation for Agriculture in the Classroom	English
Thoreau's Garden: Native Plants for the American Landscape	Peter Loewer	English
Tiny Green Thumbs	C.Z. Guest and Loretta Krupinski	English
Tomato poster	California Tomato Commission	English
Tomatoes	Elaine Landau	English
Tomatoes from Mars	Arthur Yorinks and Mort Drucker	English
Traditional Foods Can Be Healthy	National Cancer Institute	English
Trees are Terrific	Sandra Stotksy	English
TWIGS	Cooperative Extension (EFNEP, FSNEP)	English

Nutrition Education Materials Summary List

Title	Source	Languages
Two Old Potatoes and Me	John Coy	English
Using MyPyramid in your Life - Children and Youth	Cooperative Extension (EFNEP, FSNEP)	English
Visual Recipes for HOTM	Merced County Office of Education	English
Walking Club materials	American Cancer Society	English
Watermelon Day	Kathi Appelt	English, Spanish
What Grows From a Tree?	Lola Schaefer	English
What is a Plant?	Bobbie Kalman	English
What's for Lunch? Potatoes	Claire Llewellyn	English, Spanish
WIC Works website	WIC	English/Spanish
Yearly desk calendar with nutrition messages	Alhambra USD - <i>Network</i>	English
yourSELF!	USDA	English