



Nutritional Promotora

Nutrition Education Materials: This set of print materials was developed for our Promotora Program. It includes lesson plans (in Spanish and English), and educational brochures (mostly in Spanish) that provide information on basic nutrition, buying food economically, and food safety, as well as some additional materials on being physically active. All the materials are in PDF format on a CD. Cost: \$10.00.

Nutrition Lessons

English

Lesson 1: Sugar... It's Not as Sweet as You Think!
 Lesson 2: Find the Hidden Fat in Foods!
 Lesson 3: Stretching Your Food Dollar (Part 1)
 Lesson 4: Stretching Your Food Dollar (Part 2)
 Lesson 5: Clean, Separate, Cook, Refrigerate!
 Lesson 6: Get the Help You Need!

Spanish

Lección 1: ¡Azúcar...No es tan Dulce como Usted Piensa!
 Lección 2: ¿Qué Esconden los Alimentos Altos en Grasas?
 Lección 3: Haga Rendir su Dinero (Parte 1)
 Lección 4: Haga Rendir su Dinero (Parte 2)
 Lección 5: ¡Limpie, separe, cocine, refrigere!
 Lección 6: ¡Reciba La Ayuda que Usted Necesita!

Intervention Materials

Applying for Food Stamps (English)
 Applying for Food Stamps (Spanish)
 Como Mantener los Alimentos (Spanish)
 Compare the Unit Price 1 - Bigger Packages (English)
 Compare the Unit Price 1 - Bigger Packages (Spanish)
 Compare the Unit Price 2 - Store Brands (English)
 Compare the Unit Price 2 - Store Brands (Spanish)
 Compare the Unit Price 4 - Expensive Packages (English)
 Compare the Unit Price 4 - Expensive Packages (Spanish)
 Compare the Unit Price 5 - Time Savers (English)
 Compare the Unit Price 5 - Time Savers (Spanish)
 Food Safety at Home Coloring Book
 Principios Basicos en la Preparacion... (Spanish)
 Saving Money at the Supermarket (English)
 Saving Money at the Supermarket (Spanish)
 School Lunch Brochure (English)
 School Lunch Brochure (Spanish)
 Tips for Using Coupons
 Manual Contents Nutrition (English)
 Manual Contents Nutrition (Spanish)

Other Materials

Activity Pyramid Guide (English)

Activity Pyramid Guide. (Spanish)
Compare the Unit Price 3 - Buy in Bulk (English)
Compare the Unit Price 3 - Buy in Bulk (Spanish)
Eat a Variety of Foods Every Day
Food Habits that Concern Parents (English)
Food Habits that Concern Parents (Spanish)
Juegue Dentro de la Casa (Spanish)
La Imaginacion de tu Nino (Spanish)
Mantenga a su Nino en Actividad (1) (Spanish)
Mantenga a su Nino en Actividad (2) (Spanish)
Nutrition Labels
Podemos ser Activos (Spanish)
Salga y Juegue (Spanish)
Snacks for Young Children (English)
Snacks for Young Children (Spanish)
Tips for Healthy Eating (English)
Tips for Healthy Eating (Spanish)

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Quick Reference

Family Medicine Contact

Location

Family & Community Medicine
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