

# SNAP-Ed Approved Resource List

- Review the **SNAP-Ed Curricula and Resource List Guidance** available at: <http://www.eatwellbewell.org/contractors/housekeeping/meetings>
- **\*\*Resource is solely physical activity and must be used alongside a nutrition lesson – [AzNN Update: 03/25/2014]**

Title	Description	Adults	K-8	CACFP	Gardening	My Plate	My Pyramid	Protein	Whole Grain	Fruit/Veggies	Dairy	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP Outreach	COST
1. <b>Academy of Nutrition &amp; Dietetics</b>	<ul style="list-style-type: none"> <li>• The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy</li> <li>• <a href="http://www.eatright.org">www.eatright.org</a></li> <li>• <a href="http://www.eatright.org/kids/">http://www.eatright.org/kids/</a></li> </ul>	X	X			X	X	X	X	X	X	Discusses PA	2010	No	Cost Varies
2. <b>Action for Healthy Kids</b>	<ul style="list-style-type: none"> <li>• <b>Game on The Ultimate Wellness Challenge:</b> This free, online guide provides all the information and resources necessary for elementary schools to host successful school wellness programs.</li> <li>• <b>Wellness Policy Help - Wellness Policy Tool available</b> <ul style="list-style-type: none"> <li>• This Tool is intended to help anyone involved in developing, implementing, and evaluating wellness policies by providing information about the wellness policy process.</li> </ul> </li> <li>• <b>Resource Clearinghouse:</b></li> <li>• Highlights nationally recognized, evidence-based tools, programs and best practices for infusing nutrition and physical activity into the school day</li> <li>• <a href="http://www.actionforhealthykids.org/resources">http://www.actionforhealthykids.org/resources</a></li> </ul>		X									Discusses PA	No	No	FREE
3. <b>American Alliance for Health, Physical Education, Recreation and Dance</b>	<ul style="list-style-type: none"> <li>• Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance and sport by providing its members with a comprehensive and coordinated array of resources, support and programs to help practitioners improve their skills to further the health and well-being of the American public.</li> <li>• <b>Grades: K-12</b></li> <li>• <a href="http://www.aahperd.org/">http://www.aahperd.org/</a></li> </ul>		X			X						Discusses and Provides PA	2010	No	FREE
4. <b>Arizona Nutrition Network</b>	<ul style="list-style-type: none"> <li>• Pre and Post assessments available.</li> <li>• Fun Food News, recipes, posters events-in-a box, door hangers, fruit/veggie fact sheets, whole grain fact sheets, inflatables, costumes, exhibits, games.</li> <li>• <a href="http://www.eatwellbewell.org">www.eatwellbewell.org</a></li> <li>• <a href="http://www.eatwellbewell.org/contractors/teaching-tools/lesson-plans">http://www.eatwellbewell.org/contractors/teaching-tools/lesson-plans</a></li> </ul>	X	X	X	X	X	X	X	X	X	X	Provides PA	2010	Yes	FREE

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5. <b>BAM! Body and Mind</b>	<ul style="list-style-type: none"> <li>• Online destination for kids created by the Centers for Disease Control and Prevention (CDC).</li> <li>• Designed for kids 9-13 years old, BAM! Gives kids the information they need to make healthy lifestyle choices.</li> <li>• Focuses on stress and physical fitness – using kid-friendly lingo, games, quizzes, and other interactive features.</li> <li>• <b>Grades: 4 - 8</b></li> <li>• <a href="http://www.cdc.gov/bam/teachers/index.html">http://www.cdc.gov/bam/teachers/index.html</a></li> </ul>	X	X			X					X	Discusses PA	2010	No	FREE
6. <b>Best Bones Forever</b>	<ul style="list-style-type: none"> <li>• The goal of this website is to increase calcium and vitamin D consumption and physical activity.</li> <li>• Focuses on fun and friendship and encourages girls to get active and choose bone-healthy foods.</li> <li>• While this website targets girls, the lesson plans, activities, and ideas on this page are designed for both girls and boys.</li> <li>• This site is owned and maintained by the Office on Women's Health in the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services.</li> <li>• <a href="http://www.bestbonesforever.gov/parents/osteoporosis/index.html">http://www.bestbonesforever.gov/parents/osteoporosis/index.html</a></li> </ul>	X	X								X	Provides PA	2010	No	FREE
7. <b>Body Quest Food of the Warrior Apps</b>	<ul style="list-style-type: none"> <li>• Six Nutrition Education Apps for the iPads/iPods</li> <li>• Developed by the Alabama Cooperative Extension SNAP-Ed Program</li> <li>• Characters such as Shining Rainbow and Body Doctor encourage students to demonstrate bravery by trying fruits and vegetables.</li> <li>• Students also train for the quest of becoming more physically fit.</li> <li>• <b>Grades: 3-4</b></li> <li>• <a href="http://appfinder.lissoft.com/ipad-iphone-apps/introduction-body-quest.html">http://appfinder.lissoft.com/ipad-iphone-apps/introduction-body-quest.html</a></li> </ul>		X			X		X	X	X	X	Discusses PA	2010	No	FREE
8. <b>Centers for Disease Control and Prevention</b>	<ul style="list-style-type: none"> <li>• The CDC is one of the major operating components of the Department of Health and Human Services</li> <li>• CDC nutrition efforts cover a wide spectrum of related topics. Good nutrition is vital to good health, disease prevention, and essential for healthy growth and development of children and adolescents.</li> <li>• <a href="http://www.cdc.gov">www.cdc.gov</a></li> <li>• <a href="http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm">http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm</a></li> <li>• <a href="http://www.cdc.gov/healthyyouth/npao/pdf/selecttools_resourceslist.pdf">http://www.cdc.gov/healthyyouth/npao/pdf/selecttools_resourceslist.pdf</a></li> <li>• <a href="http://www.cdc.gov/healthyyouth/SHER/characteristics/">http://www.cdc.gov/healthyyouth/SHER/characteristics/</a></li> <li>• <a href="http://www.cdc.gov/bam/teachers/index.html">http://www.cdc.gov/bam/teachers/index.html</a></li> </ul>	X	X	X	X	X	X	X	X	X	X	Discusses and provides PA	2010	No	FREE

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9. Center TRT	<ul style="list-style-type: none"> <li>• Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.</li> <li>• <a href="http://www.centertrt.org/">http://www.centertrt.org/</a></li> <li>• <a href="http://www.centertrt.org/?p=intervention&amp;id=1091&amp;section=12">http://www.centertrt.org/?p=intervention&amp;id=1091&amp;section=12</a></li> <li>• <a href="http://www.convergencepartnership.org/atf/cf/%7b245a9b44-6ded-4abd-a392-ae583809e350%7d/PROMISING%20STRATEGIES-07.18.11.PDF">http://www.convergencepartnership.org/atf/cf/%7b245a9b44-6ded-4abd-a392-ae583809e350%7d/PROMISING%20STRATEGIES-07.18.11.PDF</a></li> </ul>	X	X	X	X							Discusses PA	No	No	FREE
10. Change Lab Solutions	<ul style="list-style-type: none"> <li>• ChangeLab Solutions provides community-based solutions for America’s most common and preventable diseases like cancer, heart disease, diabetes, obesity, and asthma. Solutions promote the common good by making healthier choices easier for everyone.</li> </ul>													No	FREE
11. Cooking Matters in your Community Toolkit	<ul style="list-style-type: none"> <li>• Connects kids in need with nutritious food and teaches their families how to cook healthy, affordable meals.</li> <li>• Comprehensive instruction guide on how to plan and lead an effective cooking demonstration while introducing key nutrition and food budgeting messages.</li> <li>• All activities and recipes included are designed to be accessible and affordable for the limited-resource families</li> <li>• <a href="http://cookingmatters.org/node/2220">http://cookingmatters.org/node/2220</a></li> </ul>	X	X	X		X			X	X		No	2010	No	FREE
12. Dietary Guidelines for Americans (DG)	<ul style="list-style-type: none"> <li>• The DG encourage Americans to focus on eating a healthful diet—one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.</li> <li>• <b>Approved Resource List: Chapter 6 - page 59.</b></li> <li>• <a href="http://www.health.gov/dietaryguidelines/">http://www.health.gov/dietaryguidelines/</a></li> <li>• <a href="http://www.health.gov/dietaryguidelines/2010.asp">http://www.health.gov/dietaryguidelines/2010.asp</a></li> </ul>	X	X			X	X	X	X	X	X	Discusses PA	2010	No	FREE
13. Eat Healthy Be Active Community Workshops	<ul style="list-style-type: none"> <li>• Based on 2010 Dietary Guidelines and 2008 Physical Activity guidelines.</li> <li>• Packaged in six easy to conduct workshops</li> <li>• Lecture topics include: discussing healthily eating out, eating on a budget, the importance of reducing sodium and the different types of physical activity.</li> <li>• On SNAP-Ed Connection website</li> <li>• <a href="http://health.gov/dietaryguidelines/workshops/DGA_Workshops_Complete.pdf">http://health.gov/dietaryguidelines/workshops/DGA_Workshops_Complete.pdf</a></li> </ul>	X		X		X		X	X	X	X	Discusses and provides PA	2010	No	FREE

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14. <b>Eat Smart Move More – North Carolina: Energizers for Elementary School</b>	<ul style="list-style-type: none"> <li>• Eight activities included are modifications of Brain Breaks that are available on the Michigan Department of Education’s website.</li> <li>• Teachers should align the Energizer activities with the curriculum content they will teach for the year.</li> <li>• To gain a health benefit, it is suggested to use these Energizers two to three times each day, when possible.</li> <li>• Most activities are easily adapted for special needs students, rainy days, and other areas of study.</li> <li>• <b>Grades: K-6</b></li> <li>• <a href="http://www.eatsmartmovemorenc.com/Energizers/Elementary.html">http://www.eatsmartmovemorenc.com/Energizers/Elementary.html</a></li> </ul>		X			X						Discusses and Provides PA	2010	No	FREE
15. <b>Family Book-bag</b>	<ul style="list-style-type: none"> <li>• Ten one-hour lessons that use popular children’s books, taste-testing activities, and literacy skill-building strategies to link nutrition education and physical activity promotion with the development of beginning reading skills.</li> <li>• <b>Specifically for K-5</b></li> <li>• <a href="http://www.michigan.gov/documents/mde/HealthyReadingLessons_290280_7.pdf">http://www.michigan.gov/documents/mde/HealthyReadingLessons_290280_7.pdf</a></li> </ul>		X				X		X	X	X	Provides PA	2005	No	FREE
16. <b>Fit Bits</b>	<ul style="list-style-type: none"> <li>• Reinforces a basic nutrition message, including focusing on fruits and vegetables, choosing healthy snacks, and trying new foods</li> <li>• Thirty or more activities in each book which include 7 to 10 minutes activities.</li> <li>• Each activity introduces or reinforces a nutrition message</li> <li>• Developed by the Michigan SNAP-Ed Program</li> <li>• <b>Grades: K-6</b></li> <li>• <a href="http://www.fizikagroup.com/store/michigan-fitness-foundation.html">http://www.fizikagroup.com/store/michigan-fitness-foundation.html</a></li> </ul>		X			X		X	X	X	X	Provides PA	2010	No	50.00 per grade level book
17. <b>Fruit and Veggies More Matters/PBH</b>	<ul style="list-style-type: none"> <li>• Provides basic information, cooking, and shopping for fruits and veggies</li> <li>• Also, provides tips for growing your own garden</li> <li>• <a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a></li> <li>• <a href="http://www.pbhfoundation.org">www.pbhfoundation.org</a></li> </ul>	X	X		X					X		No	2010	No	FREE

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18. Fuel Up to Play 60 / Dairy Council of Arizona	<ul style="list-style-type: none"> <li>• Encourages youth to eat healthy and move more</li> <li>• Handouts on dairy, fruits &amp; veggies, protein, and whole grains.</li> <li>• <a href="http://www.fueluptoplay60.com/">http://www.fueluptoplay60.com/</a></li> <li>• <a href="http://www.dairycouncilofaz.org/">http://www.dairycouncilofaz.org/</a></li> </ul>		X			X		X	X	X	X	Discusses and provides PA	2010	No	FREE
19. Go4Life	<ul style="list-style-type: none"> <li>• An exercise and physical activity campaign from the National Institute on Aging at NIH.</li> <li>• The campaign focuses on physical activity and healthy eating.</li> <li>• Provides tip sheets, incentive items, “Exercise and Physical Activity” book, and exercise audio guides.</li> <li>• <a href="http://go4life.nia.nih.gov/">http://go4life.nia.nih.gov/</a></li> </ul>	X		X		X		X	X	X	X	Discusses and provides PA	2010	No	FREE
20. Head Start Body Start	<ul style="list-style-type: none"> <li>• Activity resources for hands-on, minds-on experiences for young children ages 0-5.</li> <li>• Ideas for active play, healthy nutrition for young children and their families.</li> <li>• HSBS resources also meet the national standards for infant and early childhood physical activity and are aligned with Head Start Outcomes</li> <li>• <a href="http://www.aahperd.org/headstartbodystart/activityresources/">http://www.aahperd.org/headstartbodystart/activityresources/</a></li> <li>• <a href="http://www.aahperd.org/headstartbodystart/">http://www.aahperd.org/headstartbodystart/</a></li> </ul>		X	X								Discusses and provides PA	No	No	FREE
21. Healthy Food Bank Hub	<ul style="list-style-type: none"> <li>• The Healthy Food Bank Hub provides a platform of evaluated tools and resources, showcases existing best practices and nutrition initiatives, and engages health and nutrition professionals to help fight hunger while promoting health.</li> <li>• <a href="http://healthyfoodbankhub.feedingamerica.org/">http://healthyfoodbankhub.feedingamerica.org/</a></li> </ul>	X	X	X		X		X	X	X	X		X	X	FREE
22. I am Moving, I am Learning: A Proactive Approach for Addressing Child Obesity in Head Start	<ul style="list-style-type: none"> <li>• Program designed to increase daily moderate-to-vigorous physical activity (MVPA), improve the quality of movement activities, and promote healthy food choices among preschool children.</li> <li>• <a href="http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammovingiam.htm">http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammovingiam.htm</a></li> </ul>		X	X								Discusses and provides PA		No	FREE

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23. <b>**JAM School program</b>	<ul style="list-style-type: none"> <li>• Provides the JAM library after signing up (for free), that provides access to:               <ol style="list-style-type: none"> <li>1. Jam Minute- 10 minute long physical activity routines with an additional health/nutrition tip</li> <li>2. Jam Blasts: stories from famous athletes</li> <li>3. Health Newsletter and Weekly Newsletter- learn about updates to the program</li> </ol> </li> <li>• <a href="http://www.jamschoolprogram.com/">http://www.jamschoolprogram.com/</a></li> </ul>		X									Provides PA		No	FREE
24. <b>Let's Move</b>	<ul style="list-style-type: none"> <li>• Nutrition is divided into categories moms, families, schools, and communities. A gardening guide is also provided.</li> <li>• Provides an overview of nutrition, links to multimedia resources like videos and blogs, and simple strategies for each category to improve eating habits; provides mostly guidelines and suggestions</li> <li>• <a href="http://www.letsmove.gov/">http://www.letsmove.gov/</a></li> <li>• <a href="http://www.letsmove.gov/active-schools">http://www.letsmove.gov/active-schools</a> <ol style="list-style-type: none"> <li>1. <b>Check out: BOKS, CHALK/Just Move, The 100 Mile Club</b> <ul style="list-style-type: none"> <li>• <a href="http://letsmoveschools.org/resources-grants/">http://letsmoveschools.org/resources-grants/</a></li> <li>• <a href="http://www.nyrr.org/youth-and-schools/coaching-anddevelopment/resources/active-eating">http://www.nyrr.org/youth-and-schools/coaching-anddevelopment/resources/active-eating</a></li> </ul> </li> </ol> </li> <li>• <a href="http://www.healthykidshealthyfuture.org/welcome.html">http://www.healthykidshealthyfuture.org/welcome.html</a></li> </ul>	X	X			X		X	X	X	X	Discusses and provides PA	2010	No	FREE
25. <b>Maricopa County Department of Public Health: Physical Activity Booklet &amp; School Wellness Guide</b>	<ul style="list-style-type: none"> <li>• Physical Activity Breaks Booklet: Quick and Easy Classroom-Based Physical Activities. Includes brief nutrition discussions with each activity about MyPlate, and each food group.</li> <li>• <b>Grades: K-8, appropriate for Adults</b></li> <li>• <a href="http://www.maricopaschoolwellness.org/">http://www.maricopaschoolwellness.org/</a></li> </ul> <p><b>Also check out:</b></p> <ul style="list-style-type: none"> <li>• <b>School Wellness Guide:</b> Quick and easy idea on how to eat well and be active.</li> <li>• <a href="http://www.maricopa.gov/publichealth/Services/Nutrition/pdf/WellnessToolkit.pdf">http://www.maricopa.gov/publichealth/Services/Nutrition/pdf/WellnessToolkit.pdf</a></li> </ul>	X	X			X		X	X	X	X	Provides PA	2010	Yes	FREE
26. <b>Middle School Healthful Energizers</b>	<ul style="list-style-type: none"> <li>• Short, class-room based physical activities that incorporate nutrition and discusses the importance and types of physical activity.</li> <li>• Also provides Energizers that are adaptable to any subject.</li> <li>• <a href="http://www.ncpublicschools.org/docs/curriculum/healthfulliving/resources/instructional/middleschoolenergizers/healthfulliving.pdf">http://www.ncpublicschools.org/docs/curriculum/healthfulliving/resources/instructional/middleschoolenergizers/healthfulliving.pdf</a></li> </ul>		X				X	X	X	X	X	Discusses and provides PA	2005	No	FREE

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27. MyPyramid/MyPlate	<ul style="list-style-type: none"> <li>• For each food group discusses what is in that group, how much is needed, and the associated health benefits</li> <li>• Tools include SuperTracker tool (which allows one to track and analyze food consumption and physical activity), BMI calculator and daily food plans</li> <li>• <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a></li> </ul>	X	X			X	X	X	X	X	X	Discusses PA	2010	No	FREE
28. National Association for Sport and Physical Education	<ul style="list-style-type: none"> <li>• The Teacher Toolbox provides monthly downloads of activity ideas, classroom resources, and physical activity calendars.</li> <li>• Available for childhood, elementary, and secondary teachers.</li> <li>• Includes PA information and lessons.</li> <li>• <b>Grades: K-12, and adults</b></li> <li>• <a href="http://www.aahperd.org/naspe/publications/teachingtools/toolbox/index.cfm">http://www.aahperd.org/naspe/publications/teachingtools/toolbox/index.cfm</a></li> </ul>	X	K-12			X						Discusses and Provides PA	2010	No	FREE
29. National Dairy Council: The Dairy Connection	<ul style="list-style-type: none"> <li>• Online portal features the most up-to-date, science based information on dairy, including research summaries, patient education materials, fact sheets, presentations, and toolkits for download.</li> <li>• <b>Grades: PreK – 12, and adults</b></li> <li>• <a href="http://www.nationaldairyconnection.org/Pages/Home.aspx">http://www.nationaldairyconnection.org/Pages/Home.aspx</a></li> </ul>	X	X			X	X				X	Provides PA	2010	No	Varies: FREE & At Cost
30. North Dakota State University: Eat Smart, Play Hard	<ul style="list-style-type: none"> <li>• Activities in this publication require little time, preparation or equipment.</li> <li>• Activities can be modified to fit the knowledge and skills of a variety of age groups.</li> <li>• Reinforces nutrition and fitness concepts for children in the classrooms, after-school programs or club settings.</li> <li>• <b>Grades: K-8</b></li> <li>• <a href="http://www.ag.ndsu.edu/eatsmart">http://www.ag.ndsu.edu/eatsmart</a></li> </ul>		X			X		X	X	X	X	Provides PA	2010	No	FREE
31. Nourish Interactive	<ul style="list-style-type: none"> <li>• Provides useful information to help them improve health by educating children about the importance of nutrition and exercise.</li> <li>• <a href="http://www.nourishinteractive.com">www.nourishinteractive.com</a></li> </ul>		X			X	X	X	X	X	X		2010	No	FREE

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32. Nutrition Evidence Library	<ul style="list-style-type: none"> <li>• USDA’s Nutrition Evidence Library (NEL) specializes in conducting systematic reviews to inform Federal nutrition policy and programs. NEL staff collaborate with stakeholders and leading scientists use state-of-the-art methodology to objectively review, evaluate, and synthesize research to answer important diet-related questions.</li> <li>• <a href="http://www.nel.gov">www.nel.gov</a></li> </ul>											Discusses PA	2010	No	FREE
33. Physical Activity Guidelines for Americans 2008	<ul style="list-style-type: none"> <li>• Provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the Guidelines can help you               <ol style="list-style-type: none"> <li>1. Learn about the health benefits of physical activity</li> <li>2. Understand how to do physical activity in a manner that meets the Guidelines</li> <li>3. Understand how to reduce the risks of activity-related injury</li> <li>4. Assist others in participating regularly in physical activity</li> </ol> </li> <li>• <a href="http://www.health.gov/paguidelines">http://www.health.gov/paguidelines</a></li> </ul>	X	X									Discusses and Provides PA	No	No	FREE
34. PE Central: Premier web site for Health and Physical Education	<ul style="list-style-type: none"> <li>• Searchable list of short activities for all grade levels, including preschool. Details directions and the targeted age group are provided for activities.</li> <li>• <b>Grades: K-12</b></li> <li>• <a href="http://www.pecentral.org/lessonideas/pelessonplans.html">http://www.pecentral.org/lessonideas/pelessonplans.html</a></li> </ul>		X			X		X	X	X	X	Discusses and Provides PA	2010	No	FREE
35. Presidential Active Lifestyle Award	<ul style="list-style-type: none"> <li>• A challenge centered on setting nutrition and physical activity goals.</li> <li>• Individuals/groups can create accounts to keep track of their goals, or individuals/groups can print a paper log.</li> <li>• For nutrition, encourages setting one healthy nutrition goal per week.</li> <li>• This is a tool to help students create nutrition and PA goals, and track them.</li> <li>• <a href="http://www.fitness.gov/participate-in-programs/pala/">http://www.fitness.gov/participate-in-programs/pala/</a></li> </ul>	X	X	X				X	X	X	X	Provides PA		No	FREE
36. Prevention Institute	<ul style="list-style-type: none"> <li>• Prevention Institute brings research, practice, and analysis to today's pressing health and safety concerns.</li> <li>• The institute asks what can be done in the first place, before people get sick or injured.</li> <li>• Strategy tools are designed to assist health leaders and practitioners in thinking broadly about the elements needed to design a robust, comprehensive prevention approach; shape effective initiatives; and create high quality strategies.</li> <li>• <a href="http://www.preventioninstitute.org/about-us.html">http://www.preventioninstitute.org/about-us.html</a></li> </ul>	X	X									No	No	No	FREE



# SNAP-Ed Approved Resource List

- Review the **SNAP-Ed Curricula and Resource List Guidance** available at: <http://www.eatwellbewell.org/contractors/housekeeping/meetings>
- **\*\*Resource is solely physical activity and must be used alongside a nutrition lesson – [AzNN Update: 03/25/2014]**

Title	Description	Adults	K-8	CACFP	Gardens	My Plate	My Pyramid	Protein	Whole Grain	Fruit/Veggies	Dairy	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP Outreach	COST
37. Research-Tested Intervention Programs	<ul style="list-style-type: none"> <li>• <b>RTIPs</b> is a searchable database of cancer control interventions and program materials and is designed to provide program planners and public health practitioners easy and immediate access to research-tested materials.</li> </ul>											Discusses PA	2010	No	FREE
38. Rural Obesity Prevention Toolkit	<ul style="list-style-type: none"> <li>• Designed to help pinpoint factors in your community that promote obesity, convene partners to help address those problems, and apply proven obesity prevention strategies.</li> <li>• The toolkit is made up of several modules. Each concentrates on different aspects of obesity prevention programs. Modules also include resources for you to use in developing a program for your area</li> </ul>													No	FREE
39. School Health and Physical Education (SHAPE)	<ul style="list-style-type: none"> <li>• Train the trainer resource. Informs the health professional on how to teach physical activity in a classroom setting. Videos provide guidance on safety, inclusive activities, teaching a healthy lifestyle and many other concepts.</li> <li>• <b>Grades: K-5, 6-12</b></li> <li>• <a href="http://peap.lacoe.edu/">http://peap.lacoe.edu/</a></li> </ul>		X									Discusses and provides PA	No	No	FREE
40. SNAP-ED Connection	<ul style="list-style-type: none"> <li>• The SNAP-Ed Connection is an online resource center for State and local SNAP-Ed providers.</li> <li>• Provides nutrition education on fruits/vegetables, whole grains, fat-free or low fat milk.</li> <li>• All content from "Resource Library" is approved on this website</li> <li>• <a href="http://snap.nal.usda.gov/">http://snap.nal.usda.gov/</a></li> </ul> <p><b>Also check out:</b></p> <ol style="list-style-type: none"> <li>1. <b>SNAP-Ed Strategies and Interventions - An Obesity Prevention Toolkit for States:</b> <ul style="list-style-type: none"> <li>• Evidence-based Policy and Environmental Change in Child Care, School, Community, and Family Settings. Curricula and Resources are included in this toolkit.</li> <li>• <a href="http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf">http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf</a></li> </ul> </li> </ol>	X	X	X	X	X	X	X	X	X	X	Discusses and provides PA	2005/2010	Yes	FREE
41. SNAP to Health	<ul style="list-style-type: none"> <li>• Virtual town hall where all members of the community can convene to discuss the current state of nutrition and health in the United States</li> <li>• Provides tools and strategies implemented by states, policy recommendations, SNAP related journal articles, Farm Bill information, nutrition hub section (resources), and recipes (refer to AZNN policy on nutrient standards).</li> <li>• <a href="http://www.snapttohealth.org/">http://www.snapttohealth.org/</a></li> </ul>	X	X										No	No	FREE

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Title	Description	Adults	K-8	CACFP	Gardens	My Plate	My Pyramid	Protein	Whole Grain	Fruit/Veggies	Dairy	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP Outreach	COST
42. <b>Students Taking Charge</b>	<ul style="list-style-type: none"> <li>• The Students Taking Charge facilitator’s guide takes you through a variety of activities to help students find their voice, investigate the school, plan for improvement, and mobilize for action.</li> <li>• Activities encourage participatory learning, decision making, critical and creative thinking, cooperative learning, leadership, and communication skills.</li> <li>• Benefit: for students as they learn the real world application of classroom lessons in math, language arts, science, and civics.</li> <li>• <b>Grades: 6-12</b></li> <li>• <a href="http://studentstakingcharge.org/index.php/group_leader_center/facilitators_pdf/">http://studentstakingcharge.org/index.php/group_leader_center/facilitators_pdf/</a></li> </ul>		X			X						Provides PA		No	Free
43. <b>Team Nutrition</b>	<ul style="list-style-type: none"> <li>• Newsletters, activity booklet, lesson plans, worksheets, informational handouts to help youth make good and physical activity choices supportive of healthy living; kit with how-to guide, support &amp; presentation materials, video and brochure.</li> <li>• All content from “Resource Library” is approved on this website</li> <li>• <a href="http://www.fns.usda.gov/tn/">http://www.fns.usda.gov/tn/</a></li> <li>• <a href="http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html">http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html</a></li> <li>• <a href="http://teamnutrition.usda.gov/Resources/servingupmyplate.htm">http://teamnutrition.usda.gov/Resources/servingupmyplate.htm</a></li> </ul>		X	X	X	X	X	X	X	X	X	Discusses and provides PA	2005/2010	Yes	FREE
44. <b>**Youth and Physical Activity Toolkit</b>	<ul style="list-style-type: none"> <li>• An informational toolkit about physical activity.</li> <li>• Provides power point presentations, informational handouts.</li> <li>• Geared towards the role of communities, schools and families for impacting youth’s physical activity.</li> <li>• On Centers for Disease Control and Prevention website</li> <li>• <a href="http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm">http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm</a></li> </ul>	X	X	X								Discusses PA	No	No	FREE