



## **Nutrition Services' Tool Kits**

Nutrition Services encourages you to borrow our tool kits to use to educate others about a variety of nutrition and physical activity topics. The kits contain curriculum, camera-ready handouts, and visual aids that can be used to teach family, friends and students about a variety of nutrition-related topics. It's fun and easy to do! The guidelines and available tool kits are outlined below.

### **Tool Kit Check Out Guidelines**

Items can be borrowed for three days. You must register with Nutrition Services to borrow materials. It's free and easy! Authorized borrowers are responsible for the care and return of materials. Completing the order form indicates that you accept responsibility for:

- Caring for the tool kit materials
- Any damage to the materials while in your possession
- Alerting us at check out if materials are damaged or not useable
- Returning the tool kit ON OR BEFORE return date so others receive materials in timely manner
- Providing full replacement cost for any materials lost or damaged while in your possession.

### **Tool Kits Available for Loan**

- Healthy Fast Food
- Importance of Water
- Label Reading
- Serving Sizes & Portion Control
- The Skinny on Trans Fats
- The Secrets of Sodium
- Fat and Sugar
- Smart Snacking
- Physical Activity Using A Pedometer
- Sugar Savvy
- Hitting the High Points