

Healthy California Resources 2010



<https://web3.kpcorp.com/v2/com/mod/stdoe/PartDetail.asp?PartNo=267383> Parents: Use this guide to learn about YOUR role to encourage your child to eat fruits, vegetables and become physically active! This informative brochure will teach you how to create a positive relationship with your child and food! Also, learn how to get involved in your community to promote health!



For employers and employees, this guide explains how to promote workplace wellness and the benefits associated with wellness in your workplace.

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Food Stamps can help you buy fresh foods! Do you ever think that healthy foods are too expensive? This guide explains how you can save money and still buy great food for you and your family.

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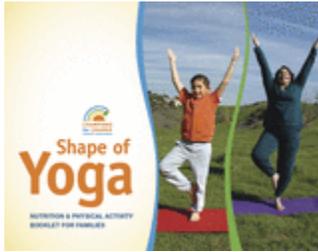


A quick and simple guide to healthy foods that you should eat everyday!



Exercise can boost your energy level and keep you physically and mentally

healthy! How much physical activity do you need and how can you stay physically active? To learn ways to stay active check out this guide!



This is a wonderful booklet about yoga for you and your family! Yoga and exercise can be a great way to spend time with family and friends. This is a guide for how to do yoga and stretch. This booklet also includes fun tips about nutrition and snacks!

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These 4 cookbooks teach all about portion sizes, how to measure foods, and includes recipes for great meals and snacks! All of these cookbooks include recipes for breakfast, snacks, and dinner. Learn about cooking with different foods to keep mealtime exciting! Cook books are offered in English, Spanish, and Chinese.



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Your child will love this cookbook! Did you know that teaching your child to cook and cooking with them will help them learn to eat healthy? What a better way to spend a day with your family than cooking one of these fun and simple recipes?



Nutrition and Health Barriers for Latinos:

This brochure outlines some difficulties that Latinos may face when accessing food and health care in the U.S.



Learn how to increase the amount of fruits and vegetables you and your family eat! Eating healthy can be easy!

your



This free DVD explains how you can help the movement to decrease obesity, high blood pressure, and type 2 diabetes in family!

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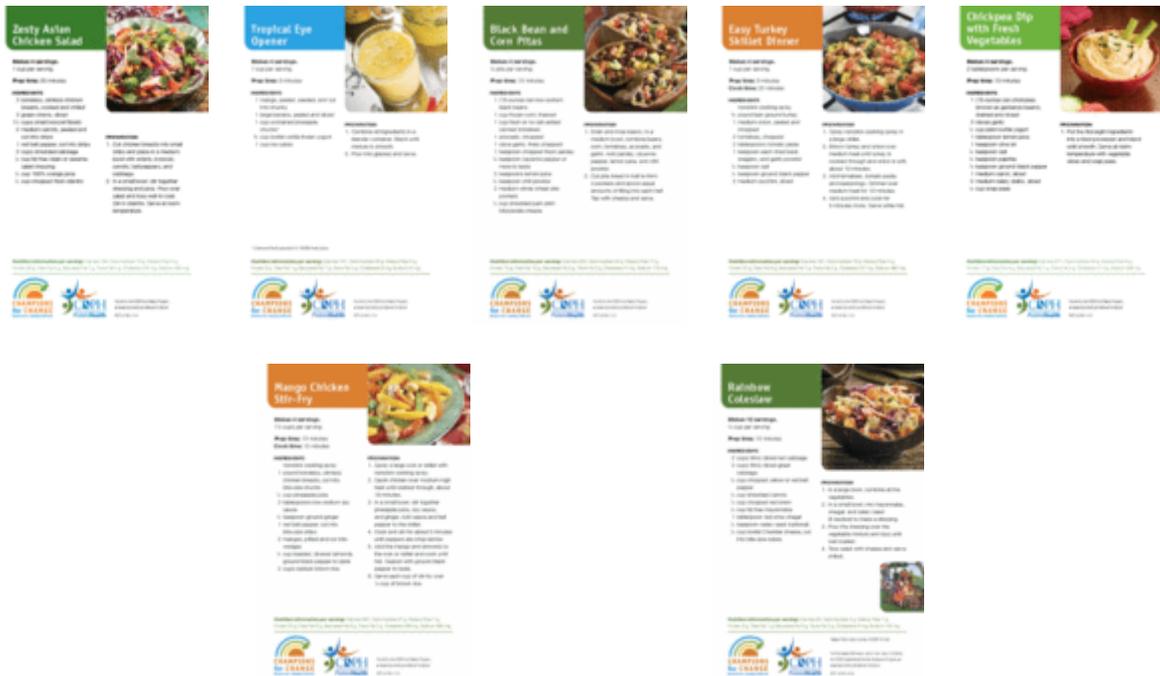
**Instant
Recess**
USER'S GUIDE



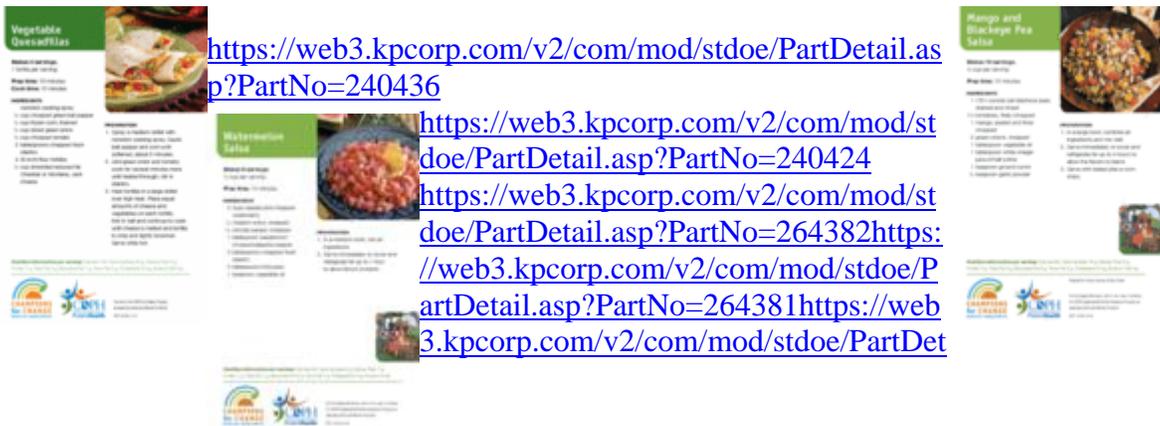
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Teachers, health professionals, parents, and children mentors can use this guide to promote physical activity in children! *Instant Recess* details how physical activity can be used at the start of the day or to break up lessons and energize your kids!

Need more recipes??? These are great handouts of fun and flavorful recipes!



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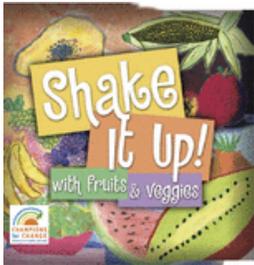
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A DVD outlining healthy, quick, and low-cost meal preparation.



Enjoy some up beat tunes and sing about fruits and veggies with this CD.

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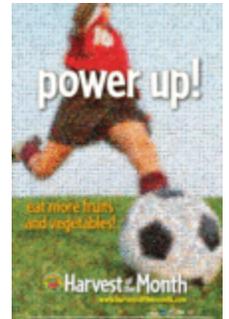
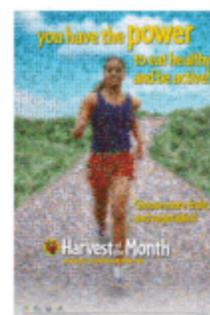
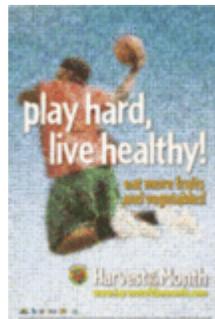
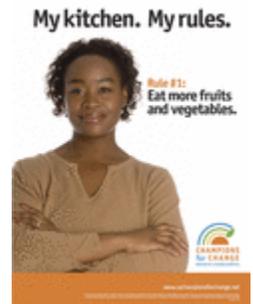
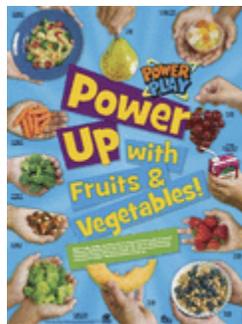
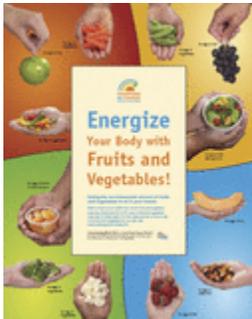
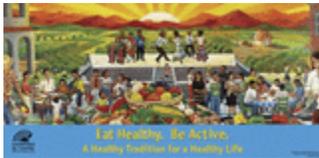
Ever wonder how many fruits and vegetables you should eat? The amount of fruits and veggies you eat depends on your gender, physical activity and age. Use this guide to learn more about how much you should eat!



These "champions for change" paper bags are reusable and deliver a big message use them for events or pack your lunch in them!

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Take your pick from these educational and motivational posters!



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Live a colorful life.
Eat fruits & vegetables every day.



Harvest of the Month
fruits & vegetables

40% OFF
Buy 10 lbs or more of any fruit or vegetable and get 40% off the total price. Excludes pre-cut produce, organic produce, and specialty items. Offer good while supplies last.

50% OFF
Buy 10 lbs or more of any fruit or vegetable and get 50% off the total price. Excludes pre-cut produce, organic produce, and specialty items. Offer good while supplies last.

60% OFF
Buy 10 lbs or more of any fruit or vegetable and get 60% off the total price. Excludes pre-cut produce, organic produce, and specialty items. Offer good while supplies last.

My budget. My rules.
Rule #1: Eat right when money's tight.

My shopping cart. My rules.
Rule #1: Buy more fruits and vegetables.

Our community. Our rules.
Rule #1: Stand up for healthy changes.

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