

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
2018 NWA Annual Calendar	Pocket Calendar	NWA/Georgia WIC	English		All	10/16/2017
2018 NWA Annual Calendar	Pocket Calendar	NWA/Georgia WIC	Spanish		All	10/16/2017
2018 NWA Annual Calendar	Wall Calendar	NWA/Georgia WIC	English		All	10/16/2017
2018 NWA Annual Calendar	Wall Calendar	NWA/Georgia WIC	Spanish		All	10/16/2017
Farm Fresh and Fast "Apples"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017
Farm Fresh and Fast "Peaches"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017
Farm Fresh and Fast "Snap Beans"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017
Farm Fresh and Fast "Spinach"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017

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Farm Fresh and Fast "Tomatoes"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017
Farm Fresh and Fast "Watermelon"	Handout	UGA Cooperative Extension	English	Free Download: http://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food	WIC Families/Farmer's Market	9/28/2017
Next Steps to Health	Booklet	WIC Works	English & Spanish	https://wicworks.fns.usda.gov/publication-order-form	All	9/28/2017
ChopChop Sprout #1	Magazine	ChopChop	English & Spanish	Contact to order: Evilee Ebb at 508-269-9346 http://www.chopchopmag.org/wic	Family with children under 2 years old	9/25/2017
Talk With Me Baby	Boardbook	DPH/Georgia WIC/TWYB	English & Spanish		WIC Families	9/15/2017
Baby Food - For Me	Handout	DPH/Georgia WIC	English & Spanish		Families with children 6-10 months old	8/24/2017
Let's Eat	Magazine	NWA	English	Balanced Nutrition/Introduction of solid foods	Infants	7/18/2017
Let's Eat	Magazine	NWA	Spanish	Balanced Nutrition/Introduction of solid foods	Infants	7/18/2017

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Nursing Your Baby: A Quick Reference Guide	Handout	Plumtree	English	Promotion and Support for Breastfeeding/Feeding cues, latch, infant stooling, feeding frequency, milk transfer, newborn stomach growth	Breastfeeding Women/Prenatals	7/18/2017
Nursing Your Baby: A Quick Reference Guide	Handout	Plumtree	Spanish	Promotion and Support for Breastfeeding/Feeding cues, latch, infant stooling, feeding frequency, milk transfer, newborn stomach growth. https://www.plumtreebaby.com/collections/quick-reference-handouts/products/breastfeeding-quick-reference-guides?variant=3328169796	Breastfeeding Women/Prenatals	7/18/2017
Protect and Prevent Zika Virus Infection	Handout	DPH/WIC	English	Other Core Messages/Prevention of Zika Virus Protection	Family	7/18/2017
Protect and Prevent Zika Virus Infection	Handout	DPH/WIC	Spanish	Other Core Messages/Prevention of Zika Virus Protection	Family	7/18/2017
Exercise can be fun- An Educational Coloring & Activity Book	Book	Gainesville District	English	Encourage Physical Activity/Ways to include physical activity	Children	7/18/2017
Cooking with you (Cocino Contigo)	Storybook	Scholastic	Bilingual Spanish		All Client Types	4/12/2017
Georgia Tobacco Quit Line prescription pad	Handout	DPH/Tobacco	English		All Client Types	3/2/2017
Make the Moove to low- fat Milk	Button - 3"	DPH/Georgia WIC	English		Outreach	12/1/2016

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Make the Moove to low-fat Milk	Button - 3"	DPH/Georgia WIC	Spanish		Outreach	12/1/2016
Nutrition Care Manual	Handout (s)		English	Guidance for Use - please assure any material provided is within the professional scope of practice of whomever is distributing the handout.	All Client Types	12/1/2016
Pediatric Nutrition Care Manual	Handout (s)		English	Guidance for Use - please assure any material provided is within the professional scope of practice of whomever is distributing the handout.	All Client Types	12/1/2016
Disaster Nutrition Assistance Programs	Handout	USDA	Englsh	Working to find out if available in Spanish	All	9/22/2016
Let's cook with Fruits and Vegetables	Cookbook	http://www.team4nutrition.com/books_fv.html	English/spanish	This requires a supporting Nutrition Education or Class outline.	All	9/22/2016
Hand Expression	Handout	Noodle Soup	English/Spanish	Hand Expression	Breastfeeding	9/22/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Breastfeeding the first few weeks	Booklet	Injoy Productions, Inc	English & Spanish	Consider the cost/benefit for your participants	Breastfeeding Dyad	9/22/2016
Thank You Mom!	Postcard	www.LearningzoneXpress.com	English	Okay without Spanish	Breastfeeding Moms for PC and Phone Center	9/22/2016
Chipper LeChef's Adventures in Healthy Living	Coloring & Activity Book	Coloringbook.com	English/spanish		Children	9/22/2016
Eat smart to play hard	Handout	USDA	English	Download for printing	Children	9/22/2016
Eat smart to play hard	Handout	USDA	Spanish	Download for printing	Children	9/22/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Healthy tips for active play	handout	USDA	English	Download for printing	Children	9/22/2016
Healthy tips for active play	handout	USDA	Spanish	Download for printing	Children	9/22/2016
Healthy Tips for Picky Eaters	Handout	https://wicworks.fns.usda.gov/wicworks/Topics/TipsPickyEaters.pdf	English		Children	9/22/2016
Healthy Tips for Picky Eaters	Handout	https://wicworks.fns.usda.gov/wicworks/Topics/TipsPickyEaters.pdf	Spanish		Children	9/22/2016
Infant Hunger Cues	Handout	Noodle Soup	English/Spanish		Infants	9/22/2016
Milestone Moments	Booklet	Georgia WIC	English		Infants & Children	9/22/2016
Milestone Moments	Booklet	Georgia WIC	Spanish		Infants & Children	9/22/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Track your Child's Developmental Milestones	Handout	Georgia WIC	Englsih		Infants & Children	9/22/2016
Track your Child's Developmental Milestones	Handout	Georgia WIC	Spanish		Infants& Children	9/22/2016
Finger Foods Bring Your Baby to the table	Recipe Book	Nutrition Matters	English	WIC Core Message: enjoy a colorful variety of WIC Foods; must have nutrition education class or outline attached to purchase	Infants/Toddlers	9/22/2016
Finger Foods Bring Your Baby to the table	Recipe Book	Nutrition Matters	Spanish	WIC Core Message: enjoy a colorful variety of WIC Foods; must have nutrition education class or outline attached to purchase	Infants/Toddlers	9/22/2016
Breastfeeding getting ready	Booklet	Injoy Productions, Inc	English & Spanish	Consider the cost/benefit for your participants	Prenatal	9/22/2016
Skin to Skin	Handout	Noodle Soup	English & Spanish	Lowest score possible to still pass	Prenatal and Breastfeeding Dyad	9/22/2016
Dad's play an important role	Handout	https://lovingsupport.fns.usda.gov/content/magical-bond-love	English	Download for printing	Breastfeeding	8/4/2016
Dad's play an important role	Handout	https://lovingsupport.fns.usda.gov/content/magical-bond-love	Spanish	Download for printing	Breastfeeding	8/4/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Encouragement/give a breastfeeding mom your loving support	Handout	https://lovingsupport.fns.usda.gov/content/campaign-materials	Spanish	Download for printing	Breastfeeding	8/4/2016
Encouragement/give a breastfeeding mom your loving support	Handout	https://lovingsupport.fns.usda.gov/content/campaign-materials	English	Download for printing	Breastfeeding	8/4/2016
Best Fast Food/Mothers Milk	Book	www.fitness4kidz.com/books/	English/Spanish	ISBN;978-0-9652736-7-1 WIC Core Message Breastfeeding - Normalizes Breastfeeding while providing family tips for helping breastfeeding. must have nutrition education class or outline attached to purchase	Children	8/4/2016
Best Milk	Book	www.bestmilkbook.com	English	WIC Core Message - Normalizes Breastfeeding; available in the following cultural identities: black, hispanic, white. must have nutrition education class or outline attached to purchase	Children	8/4/2016
Family Meals	Book	www.fitness4kidz.com/books/	English/Spanish	ISBN: 978-0-9652736-3-3 WIC Core Message Stress Free Feeding; must have nutrition education class or outline attached to purchase	Children	8/4/2016
Good for me! I Love fruits and veggies	Book	www.noodlesoup.com/	English	Vegetable and Fruit Core Message; Product #9878; must have nutrition education class or outline attached to purchase	children	8/4/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Good for me/What color are you eating	Book	www.noodlesoup.com/	English/Spanish	product # 9846, visually appealing F&V core message - comes in multiple paper weights; This requires a supporting Nutrition Education outline prior to purchase.	Children	8/4/2016
I can be healthy	Book	http://lapllc.com/childr en/	English/Spanish	Visually appealing, healthy messages; Core Messages: Less sweet drinks, physical activity, Family meal-time. Discussed with Oral Health (Carol & Dixianne) about the water bottle in the front - they are willing to approve only because it is water; they would prefer	Children	8/4/2016
I can help with our new baby	book	http://lapllc.com/childr en/	English/Spanish	Good Book for the older child; Talk-Read- Sing; Breastfeeding Friendly; must have nutrition education class or outline attached to purchase	Children	8/4/2016
I can move like the Animals	Book	http://lapllc.com/childr en/	English/Spanish	Physical Activity Core Message; visually appealing; must have nutrition education class or outline attached to purchase	Children	8/4/2016
Look at me	Book	www.fitness4kidz.com/ books/	English/Spanish	ISBN:978-0-9652736-2-6; WIC Core Message Moderation, Physical Activity; must have nutrition education class or outline attached to purchase	Children	8/4/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
The best me/choosing healthy food and drink for my plate	Book	www.fitness4kidz.com/ books/	English/Spanish	ISBN:978-0-9652736-6-4; WIC Core Message: Grow a healthy body and mind; must have nutrition education class or outline attached to purchase	Children	8/4/2016
Verduras/Vegetables	Book	www.saranderson.com	English	Vegetable & Fruit Core Message; comes in multiple weights; must have nutrition education class or outline attached to purchase	Children	8/4/2016
Way to Grow/Strong bones and teeth	Book	www.fitness4kidz.com/ books/	English/Spanish	ISBN:978-0-9652736-5-7 WIC Core Message Balanced Plate; physical activity; must have nutrition education class or outline attached to purchase	Children	8/4/2016
We like to move/exercise is fun	book	http://www.kalindipres s.com/index.html	English	Isbn:978-1-935826-02-6, good boook for physical activity class; diversity; core message physical activity; must have nutrition education class or outline attached to purchase	Children	8/4/2016
We like to move/exercise is fun	Book	http://www.kalindipres s.com/index.html	English/Spanish	Isbn:978-1-935826-08-8, good boook for physical activity class; diversity; core message physical activity; must have nutrition education class or outline attached to purchase	Children	8/4/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
We like to Nurse	Book	http://www.familyhealthseries.com/books.htm	English	ISBN:978-0-934252-45-4, diversity, core messages, may help mom comfortable with talking to a younger child (sibling) about breastfeeding.must have nutrition education class or outline attached to purchase	Children	8/4/2016
We like to Nurse	Book	http://www.familyhealthseries.com/books.htm	English/Spanish	ISBN:978-1-890772-94-9, diversity, core messages, may help mom be comfortable with talking to a younger child (sibling) about breastfeeding. must have nutrition education class or outline attached to purchase	Children	8/4/2016
We like to nurse too	Book	http://www.familyhealthseries.com/books.htm	English/Spanish	ISBN: 978-1-890772-98-7; Breastfeeding friendly; may help mom's with talking to sibling about breastfeeding; must have nutrition education class or outline attached to purchase	Children	8/4/2016
We like to nurse too	Book	http://www.familyhealthseries.com/books.htm	English/spanish	ISBN: 978-1-890772-99-4; Breastfeeding friendly; may help mom's with talking to sibling about breastfeeding; must have nutrition education class or outline	Children	8/4/2016
We nurse around the world	Book	http://lapllc.com/children/	English/Spanish	Diversity, core messages, may make mom comfortable with talking to a younger child (sibling) about breastfeeding.must have nutrition education class or outline attached to purchase	Children	8/4/2016

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Keep your family healthy with these tips	Handout	http://www.noodlesoup.com/search.aspx?find=1528	English/Spanish		Exit Counseling	8/4/2016
Born to move	Book	www.fitness4kidz.com/books/	English/Spanish	ISBN:978-0-9652736-4-0; Core Message = Physical Activity; must have nutrition education class or outline attached to purchase	Infants & Children	8/4/2016
Ready..set..baby/a guide for welcoming your new family member	Handout	http://breastfeeding.sph.unc.edu/prenatal-bf-education-copyright-agreement/	English	When you go to the link you can receive the material that you can have your printer print for you. Okay for not in spanish	Prenatal & Breastfeeding	8/4/2016
Understanding Breastfeeding, your guide to a healthy start	Booklet	http://injoyvideos.com/products/breastfeeding/understanding-breastfeeding-see-what-you-read-booklet-website-guide.html	Spanish	Great material for CPA's & Peer great links for video's for each topic, great visuals, Recommendations, only PN that want to BF and moms that BF that want more info. For CPA & Peer Education Class & Referrals with Discretion	Prenatal & Breastfeeding	8/4/2016

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Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Understanding Breastfeeding, your guide to a healthy start	Booklet	http://injoyvideos.com/products/breastfeeding/understanding-breastfeeding-see-what-you-read-booklet-website-guide.html	English	Great material for CPA's & Peer great links for video's for each topic, great visuals, Recommendations, only PN that want to BF and moms that BF that want more info. For CPA & Peer Education Class & Referrals with Discretion	Prenatal & Breastfeeding	8/4/2016
Iron Foods for Women	Handout	http://stores.numatters.com/iron-foods-for-women/	English		Women	8/4/2016
Iron Foods for Women	Handout	http://stores.numatters.com/iron-foods-for-women/	Spanish		Women	8/4/2016
Breastfeeding twins	handout	http://www.childbirthgraphics.com/52744-Breastfeeding-Twins-Tear-Pad-English-Spanish	English/Spanish		Breastfeeding Dyad	8/4/2016

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Breastfeeding, the first few weeks	Booklet	http://injoyvideos.com/ products/breastfeeding/ breastfeeding-basics- easy-read-guides-with- text4video.html	English		Breastfeeding Dyad	8/4/2016
Breastfeeding/Getting Ready	Booklet	http://injoyvideos.com/ products/breastfeeding/ breastfeeding-basics- easy-read-guides-with- text4video.html	English		Breastfeeding Dyad	8/4/2016
Fruit and Veggie ABC's: Won't you read along with me.	Book	www.noodlesoup.com/	English	Vegetable & Fruit Core Message; must have nutrition education class or outline attached to purchase	Breastfeeding Kyok	8/4/2016
Time to feed your baby/breastfeeding positions and tips	Handout	https://babygooroo.co m/	English		Breastfeeding Dyad	8/4/2016
Moms Helping Moms	Handout	USDA	English	https://lovingsupport.fns.usda.gov/conte nt/moms-helping-moms-meet-your-wic- breastfeeding-peer-counselor	Breastfeeding Dyad	6/9/2016
Moms Helping Moms	Handout	USDA	Spanish	https://lovingsupport.fns.usda.gov/conte nt/moms-helping-moms-meet-your-wic- breastfeeding-peer-counselor	Breastfeeding Dyad	6/9/2016
Positioning	Bookmark	Baby Gooroo	English	http://babygooroo.com/store/bookmark s	Breastfeeding Dyad	6/9/2016
Positioning	Bookmark	Baby Gooroo	Spanish	http://babygooroo.com/store/bookmark s	Breastfeeding Dyad	6/9/2016

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Positioning	Bookmark	Baby Gooroo	Chinese	http://babygooroo.com/store/bookmarks	Breastfeeding Dyad	6/9/2016
Positioning	Bookmark	Baby Gooroo	Russian	http://babygooroo.com/store/bookmarks	Breastfeeding Dyad	6/9/2016
Baby Bellies	Handout	Childbirth Graphics	English/Spanish	http://www.childbirthgraphics.com/52069-Baby-Bellies-Tear-Pad-English-Spanish	Breastfeeding Dyad & Prenatal	6/9/2016
Why Babies Breastfeed Often	Booklet	Injoy Productions, Inc	English/Spanish	http://injoyvideos.com/products/breastfeeding/breastfeeding-basics-tear-pads-with-text4video.html	Breastfeeding Dyad & Prenatal	6/9/2016
MyPlate/Activity Placemat (Item#13509E)	Placemat	Fresh Baby	English		Children	6/9/2016
MyPlate/Activity Placemat (Item#13509S)	Placemat	Fresh Baby	Spanish		Children	6/9/2016
Spriggles Motivational Books for Children Activity & Exercise	Storybook	http://www.spriggles.com/ordering.htm	Only English	Consider carefully if appropriate for you whole population; This requires a supporting Nutrition Class outline prior to purchase.	Children	6/9/2016
Spriggles Motivational Books for Children Health & Nutrition	Storybook	http://www.spriggles.com/ordering.htm	Only English	Consider carefully if appropriate for you whole population; This requires a supporting Nutrition Class outline prior to purchase.	Children	6/9/2016
Veggie Strong	Coloring & Activity Book	www.ColoringBook.com	English/Spanish	Must have nutrition education or outline prior to purchase.	Children	6/9/2016

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Colostrum (Sammie #3098)	Handout	Noodle Soup	English/Spanish		Prenatals	6/9/2016
Nutrient Needs during Pregnancy	Handout	Learning Zone	Only English		Prenatals	6/9/2016
small frequent meals	Handout	Nutrition Matters	English		Prenatals	6/9/2016
small frequent meals	Handout	Nutrition Matters	Spanish		Prenatals	6/9/2016
Tips for Pregnant Moms	Handout	USDA	English	https://wicworks.fns.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf	Prenatals	6/9/2016
Tips for Pregnant Moms	Handout	USDA	Spanish	https://wicworks.fns.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf	Prenatals	6/9/2016
Farmer's Market Fun (Item #44017E)	Tipcard	Fresh Baby	English	Needs justification for reasonable and necessary cost	WIC Participants & Farmer's Market	6/9/2016
Farmer's Market Fun (Item #44017S)	Tipcard	Fresh Baby	Spanish		WIC Participants & Farmer's Market	6/9/2016
Toddler Fruits	Handouts	Nutrition Matters	English		1-2 year old	4/28/2016
Toddler Fruits	Handouts	Nutrition Matters	Spanish		1-2 year old	4/28/2016
Toddler Veggies	Handout	Nutrition Matters	English		1-2 year old	4/28/2016
Toddler Veggies	Handout	Nutrition Matters	Spanish		1-2 year old	4/28/2016

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Start Early with Whole Grains	Handouts	Nutrition Matters	Spanish		2-5 year olds	4/28/2016
Start Early with Whole Grains	Handouts	Nutrition Matters	English		2-5 year olds	4/28/2016
Healthy Eating for preschooler	Hanout	USDA	English		3-5 year old	4/28/2016
Healthy Eating for preschooler	Handout	USDA	Spanish		3-5 year old	4/28/2016
Iron foods for children	Handout	http://stores.numatters.com/iron-foods-for-children/	English	Not for infants	Children	4/28/2016
Iron Foods For Children	Handout	http://stores.numatters.com/iron-foods-for-children/	Spanish	Not for infants	Children	4/28/2016
play inside	Handout	Nutrition Matters	Englsih		Children	4/28/2016
play inside	Handout	Nutrition Matters	Spanish		Children	4/28/2016
Play Outside	Handout	Nutrition Matters	Spanish		Children	4/28/2016
Play Outside	Handout	Nutrition Matters	English		Children	4/28/2016

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serve at every meal	Handout	Nutrition Matters	English	Please note frequent use of corn as a named vegetable; consider other vegetable names for examples to increase exposure,	Children	4/28/2016
serve at every meal	Handout	Nutrition Matters	Spanish	Please note frequent use of corn as a named vegetable; consider other vegetable names for examples to increase exposure,	Children	4/28/2016
Farmers Market	Recipe Book	Nutrition Matters	English	This requires a supporting Nutrition Class outline prior to purchase.	Farmer's Market or Class	4/28/2016
Farmers Market	Recipe Book	Nutrition Matters	Spanish	This requires a supporting Nutrition Class outline prior to purchase.	Farmer's Market or Class	4/28/2016
For Moms - Eating for a Healthy Baby	Handout	Learning Zone Xpress	English		Prenatals	4/28/2016
For Moms - Eating for a Healthy Baby	Handout	Learning Zone Xpress	Spanish		Prenatals	4/28/2016
NCES Foundation for a Healthy Start	Handout	NCES	English		Prenatals	4/28/2016
NCES Foundation for a Healthy Start	Handout	NCES	Spanish		Prenatals	4/28/2016
watch less tv	Handout	Nutrition Matters	English		WIC Families	4/28/2016

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watch less tv	Handout	Nutrition Matters	Spanish		WIC Families	4/28/2016
Eat a variety of Vegetables	Handout	Nutrition Matters	English		WIC Participants	4/28/2016
Eat a variety of Vegetables	Handout	Nutrition Matters	Spanish		WIC Participants	4/28/2016
Enjoy Family Meals	Handout	Nutrition Matters	English		WIC Participants	4/28/2016
Enjoy Family Meals	Handout	Nutrition Matters	Spanish		WIC Participants	4/28/2016
Enjoy Meals with your Family	Handouts	Nutrition Matters	English		WIC Participants	4/28/2016
Enjoy Meals with your Family	Handouts	Nutrition Matters	Spanish		WIC Participants	4/28/2016
Grab and Eat Snacks	Handout	Nutrition Matters	English		WIC Participants	4/28/2016
Grab and Eat Snacks	Handout	Nutrition Matters	Spanish		WIC Participants	4/28/2016
MyPlate Do it Your Way	Handout	Journeyworks	English		WIC Participants	4/28/2016
MyPlate Do it Your Way	Handout	Journeyworks	Spanish		WIC Participants	4/28/2016
Seven Ways to eat Frozen Fruits and Vegetables	Handout	Nutrition Matters	English		WIC Participants	4/28/2016

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Seven Ways to eat Frozen Fruits and Vegetables	Handout	Nutrition Matters	Spanish		WIC Participants	4/28/2016
Freeze Veggies	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Freeze Veggies	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Leafy Greens	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Leafy Greens	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Oranges, Grapefruit, Clementines and Tangerines	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Oranges, Grapefruit, Clementines and Tangerines	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Pea Pods	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Pea Pods	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Potatoes	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Potatoes	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Roast Veggies	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Roast Veggies	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016

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Squash	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Squash	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Summer Berries	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Summer Berries	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Sweet Peppers	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Sweet Peppers	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Tomatoes	Handout	Nutrition Matters	English		WIC Participants/Food Package/Farmer's Market	4/28/2016
Tomatoes	Handout	Nutrition Matters	Spanish		WIC Participants/Food Package/Farmer's Market	4/28/2016
Meat and Beans	Handout	Nutrition Matters	English		Women/Children 2-5 year old	4/28/2016
Meat and Beans	Handout	Nutrition Matters	Spanish		Women/Children 2-5 year old	4/28/2016
My Little Helper	Cookbook	Nutrition Matters	Spanish	This requires a supporting Nutrition Class outline prior to purchase.	WIC Class/Farmer's Market Class/ Cooking Demo/Consider for Outreach /Children	3/17/2016
My Little Helper	Cookbook	Nutrition Matters	English	This requires a supporting Nutrition Class outline.	WIC Class/Farmer's Market Class/ Cooking Demo/Consider for Outreach/Children	3/17/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Veggies for Kids	Cookbook	Nutrition Matters	English	This requires a supporting Nutrition Class outline prior to purchase.	WIC Class/Farmer's Market Class/ Cooking Demo/Consider for Outreach/Children	3/17/2016
Make half your plate fruits and vegetables	Handout	Nutrition Matters	English		WIC Families	3/17/2016
Make half your plate fruits and vegetables	Handout	Nutrition Matters	Spanish		WIC Families	3/17/2016
Seven ways to eat brown rice	Handout	Nutrition Matters	English		Women/Children	3/17/2016
Seven ways to eat brown rice	Handout	Nutrition Matters	Spanish		Women/Children	3/17/2016
Be a Water Warrior	Poster - 18 x 24	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Be a Water Warrior	Poster - 18 x 24	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Be a Water Warrior	Poster - 24 x 36	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Be a Water Warrior	Poster - 24 x 36	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Is Your Child's Weight Healthy	Poster - 11 x 17	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Is Your Child's Weight Healthy	Poster - 18 x 24	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Is Your Child's Weight Healthy	Poster - 18 x 24	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Make half your plate veggies and fruits	Poster - 24 x 18	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Make half your plate veggies and fruits	Poster - 24 x 18	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Make half your plate veggies and fruits	Poster - 36 x 24	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Make half your plate veggies and fruits	Poster - 36 x 24	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Strong 4 Life Goal Sheet	Goal Sheet	Georgia SHAPE/Georgia WIC/S4L	English/Spanish		2-5 year olds	3/15/2016
Strong 4 Life Healthy Habits	Poster - 24 x 18	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Strong 4 Life Healthy Habits	Poster - 24 x 18	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Strong 4 Life Healthy Habits	Poster - 36 x 24	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Strong 4 Life Healthy Habits	Poster - 36 x 24	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Strong 4 Life Healthy Habits for Healthy Kids	Handout	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
Strong 4 Life Healthy Habits for Healthy Kids	Handout	Georgia SHAPE/Georgia WIC/S4L	Spanish		2-5 year olds	3/15/2016
Strong 4 Life/Georgia WIC Program	Lesson Plans	Georgia SHAPE/Georgia WIC/S4L	English		2-5 year olds	3/15/2016
WIC's Circle of Care for Breastfeeding Mothers How Peer Counselors Help	Handout	USDA	English		Breastfeeding and Prenatal	3/15/2016
Breastmilk as good as it gets	Handout	Noodle Soup	English & Spanish		Breastfeeding Moms and Prenatals	3/15/2016
Healthy Foods A to Z	Hardback Book	Moonstone Press LLC	English/Spanish	See Action Memo 16-04	Children	3/15/2016
Help me be healthy from 1-5 year olds	Handouts	Crabtree & Company	English & Spanish		Children	3/15/2016

**Georgia WIC Program
Nutrition Education Materials**

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Let's Cook with Kids	Cookbook	Team 4 Nutrition	English/Spanish	Need to assure upon ordering that it has the year of purchasing's non-discrimination clause; stickers are fine; Requires a supporting Nutrition Class Outline; Recommended for use in classes or cooking with WIC foods demonstrations	Children	3/15/2016
Colors	Board Book	Sara Anderson	English	Class on Fruits and Vegetables	Infant/Children	3/15/2016
Fruit/Frutas	Board Book	http://www.milet.com/index.php?p=Products&q_field_active=0&q_fiel d=&q=fruit&search.x=0&search.y=0	Bilingual multiple languages	Vegetable & Fruit Core Message; must have nutrition education class or outline attached to purchase	Infant/Children	3/15/2016
Frutas/Fruit	Board Book & Soft Cover	http://www.saranderso n.com/	English	Vegetable & Fruit Core Message; comes in multiple paper weights; must have nutrition education class or outline attached to purchase	Infant/Children	3/15/2016
My Food Mi Comida	Board Book	Rebecca Emberley	English/Spanish	Class on Fruits and Vegetables	Infant/Children	3/15/2016
Choose Well Live Well	Handout	National Dairy Council	English		Low-fat Milk Education - Women & 2-5 year olds	3/15/2016
Choose Well Live Well	Handout	National Dairy Council	Spanish		Low-fat Milk Education - Women & 2-5 year olds	3/15/2016
5 ways to keep reading fun!	Bookmark	DPH/Georgia WIC/TWYB	English/Spanish		WIC Families	3/15/2016

Georgia WIC Program
Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Approved Foods List	Handout	DPH/Georgia WIC	English		WIC Families	3/15/2016
Approved Foods List	Handout	DPH/Georgia WIC	Spanish		WIC Families	3/15/2016
Georgia WIC offering Yummy Healthy Food and More	Handout	DPH/Georgia WIC	English/Spanish		WIC Families	3/15/2016
Georgia WIC Program Your Recipe for choosing Healthy Foods	Poster - 24 x 18	DPH/Georgia WIC	English		WIC Families	3/15/2016
Georgia WIC Program Your Recipe for choosing Healthy Foods	Poster 24 x 18	DPH/Georgia WIC	Spanish		WIC Families	3/15/2016
Language development from birth	Buckslip	DPH/Georgia WIC/TWYB	English/Spanish		WIC Families	3/15/2016
Healthy Eating Plate	Handout	DPH Worksite Wellness	English		Women/Children	3/15/2016
Which Foods have calcium?	Handout	Nutrition Matters	English & Spanish	Calcium - WIC Families - This material has excessive content for a reinforcement material; however, it is the best material we could identify that provides reinforcement for general Calcium Education	Women/Children	3/15/2016