

CHDP Obesity Prevention Resource List

Resources/name of the brochures	Description	Website/phone
1. Be Active	Physical activity, Nutrition and on-line Resources	http://www.rivco-buildhealth.org/resources.pdf Resource Directory- Riverside County
2. Weight Control Information Network (WIN) materials	Provides information on weight control, obesity, physical activity, and related nutritional issues— (at cost)	www.win.niddk.nih.gov/
3. My Pyramid Poster	Help for making healthier food choices- (print on-line FREE)	www.mypyramid.gov
4. Family Meals - pads (Eng/ Spa)	Healthy Family Meals— (FREE to order)	www.fns.usda.gov/fns/ USDA Food & Nutrition Svcs
5. Healthy Kids. Healthy Families.	Experience active family fun- (print on-line FREE)	www.cdc.gov/HealthyYouth/PhysicalActivity
6. Little changes. Big rewards.	Poster: get moving, eat smart— (FREE to order)	http://kp.org KAISER www.dhcs.ca.gov/services/chdp
7. Healthy Teens Everyday	Health education including healthy eating and fitness program for teens and their families in Riverside area. FREE	Riverside Medical Clinic Foundation (951) 682-2753 http://rivfound.org/healthy-teens.php
8. Family Service Association Cooking Classes	Cooking classes, including nutritional info & groceries for families who have at least one child age 5 and under. FREE	Family Service Association (951) 686-1096 http://fsaca.org/news/fsa-healthy-eating-classes-in-the-news/
9. Riverside Unified School District	PRIME TIME (Middle School) and HEARTS (Elementary School) after school programs to promote healthy eating and physical activities- FREE	http://www.rusd.k12.ca.us/service/ServiceIntro.aspx?cl=672&sub=a&pid=150 Riverside USD (951) 274-4213 ext 83026
10. Food on the Run (Eng/ Spa)	Busy schedule, smart eating- (FREE to order)	California Project Lean www.caprojectlean.org 916.552.9907
11. Wakeup Call Bookmarks (Eng only)	Physical activity for teens— (FREE to order)	California Project Lean www.caprojectlean.org 916.552.9907
12. Activity & Eating (parent guide), Making Meals Matter (6-12 years), Making Meals Matter (2-5 years), Pregnancy & Nutrition	Healthy eating for children, teens; physical activities, pregnancy & Nutrition-- (FREE to order)	Dairy Council of California 877-324-7901 www.dairycouncilofca.org 949.756.7892
13. Nick Jr. Portions Chart	Portion size chart for children 4-6 years- (print on-line FREE)	www.Nickjr.com