

Order Form



UNIVERSITY OF WYOMING
Cooperative Extension Service

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The resources on this form reflect one or more aspects of educating people to respect body-size diversity and to enjoy the benefits of active living, pleasurable and healthful eating, and positive self-image.



Family and Consumer Sciences
Cent\$ible Nutrition Program
Helping Families Eat Better for Less

adult

		Price	Quantity	Total Cost
CENT\$IBLE NUTRITION COOKBOOKS				
Cent\$ible Nutrition Cookbook – English	30C01	\$25		
Cent\$ible Nutrition Cookbook – Spanish	30C02	\$25		
Contains quick, low-cost recipes and menus. Also has valuable information about nutrition and cooking. Divided into seven sections: information, basic mixes, grains, milk, meat, fruits and vegetables, and snacks. Most recipes include a "Nutrition Facts" label, use a few low-cost ingredients, and involve simple preparation steps.				
Cooking for You or 2 Cookbook	30C03	\$20		
Quick, healthy, and delicious, money-saving recipes from the Cent\$ible Nutrition Cookbook scaled down for smaller households.				
A NEW YOU: HEALTH FOR EVERY BODY				
Educator's CD*	10W01	\$25		
10-session curriculum. Creates a framework to move people away from diets and tedious exercise to a gentler, non-diet approach to active living in a healthy body. Includes scripts, slides, handouts, newsletters, and additional organizing documents. Includes My Pyramid updates.				
SMALL VICTORIES				
Educator's CD*	10W02	Free download		
Eight mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. Includes lesson scripts, handouts, news releases, and evaluation tools. Available for free download at www.uwyo.edu/winwyoming/projects.html				
VIDEOS OF LARRY KIRKWOOD'S WORK				
Artist and culture critic Larry Kirkwood makes body casts of men and women to encourage artistic appreciation of all human bodies in terms of shapes and forms instead of comparison to unreal media images. Two videos developed from the artist's 2002 exhibit, lecture, and interview at University of Wyoming.				
Search for the Real*	10W03	VHS \$20		
12-minute video or DVD lesson • Target audience: Adults		DVD \$25		
Glimpses (of Larry Kirkwood's Body Image Project)	10W04	VHS \$30		
47-minute video and discussion questions • Target audience: Educators and health professionals		DVD \$35		
WIN STEPS				
Facilitator's CD*	10W05	\$20		
Collection of materials for planning, promoting, coordinating, and evaluating community-based pedometer walking programs. Lessons learned and creative ideas (e.g. state capitols walking routes) are shared through scripts, slides, handouts, log sheets, and more. Includes youth pedometer handbook and teacher's guide.				
			Total cost this side:	



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		Price	Quantity	Total cost
BREAKING SIZE PREJUDICE				
Video or DVD and Educator's Guide	10W06	VHS \$30		
23-minute educational video to promote body-size acceptance • Target audience: 11-17 year-olds 21-page educator's guide on CD describes additional activities and projects to promote body-size acceptance		DVD \$35		
GRAZIN' WITH MARTY MOOSE				
Nutrition curriculum for 2nd and 3rd graders on CD	10C04	\$25		
In this curriculum, a friendly moose leads second or third grade students through MyPyramid. In addition to learning about the food pyramid, Marty helps students identify and value difference - not only in food, but in each other. Students also learn about food safety, the importance of eating breakfast, and the rewards from being physically active.				
WIN KIDS				
Educational lessons* on CD	10W07	\$20		
Set of 13 interactive lessons. Each includes a lesson plan, handouts, take-home activities and ideas for community projects. • Target audience: 5th/6th graders (10 to 13 year-olds) in classroom and community settings. Includes MyPyramid updates.				
WIN KIDS Educational Videos or DVDs (for 3 of the 13 lessons listed above)				
Each video or DVD is approximately 10 minutes long. Accompany lesson is included on a CD.				
As If*	10W08	VHS \$20		
Uncovers some of the myths of body-image messages and their unrealistic portrayal of perfection.		DVD \$25		
Choose to Move*	10W09	VHS \$20		
Features kids enjoying a variety of physical activities, including sports, chores, and hobbies.		DVD \$25		
Portion Investigators*	10W10	VHS \$20		
Illustrates how super-sized portions can contribute to overeating. Students discover ways to order, select and/or serve appropriate portions in response to hunger cues.		DVD \$25		
Jeopardy CD*	10W11	\$20		
Slide show/interactive game. Designed to reinforce WIN Kids lessons but can also be used on its own. Target audience: 5th/6th graders (10 to 13 year-olds) in classroom and community settings.				
Fun Days CD*	10W12	\$20		
Collection of over 40 hands-on activities • Target audience: Youth 8 years and older in after-school or camp settings.				
			Total amount due:	

*Developed by the WIN the Rockies and, other than videos, available at www.uwyo.edu/wintherockies

Please make checks payable to UW Family and Consumer Sciences.

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Shipping for international order calculated separately.

\$5 restocking fee per item on all returns.

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