Participant Supplies and Materials

Unless otherwise noted, one of each item below is needed for each participant.

Lesson 1 – Let’s Begin

- Binders or notebooks
  Suggest a 3-ring 1” binder w/clear plastic sleeve cover to insert printed cover sheet on front and spine. Pocket folders are an option if you are doing single or a few sessions.

- Name tags (reusable)
  For example: Avery No. 5384 Clip-Style Name Badges Size 3” x 4”

- Plain envelopes (No. 10)

- Stretch bands. Many different suppliers can be found online. Latex-free bands are also available. Prices vary by supplier and quantity purchased. Cut one 60” piece per participant.

- Hershey Kisses (1 kiss per participant)

- Handouts 1:1 through 1:6, audience notes, and evaluations

Lesson 2 – Goals & Reflections

- Journals (spiral notebooks, pocket-size, about 5” x 4”)

- *Intuitive Eating* (paperback book)
  Evelyn Tribole and Elyse Resch
  ISBN: 0-312-32123-6
  Price: $7.00 to 12.00

- Labels for journals and *Intuitive Eating* books
  One journal cover label per journal – 2”x 4”, Avery 5163
  Two credit labels (journal and book) – 1.33”x 4”, Avery 5162
  Two sponsors labels (journal and book) – 2”x 4”, Avery 5163

- Optional: props for *How Full is Your Jar* activity, see list in script. Labels are 1”x 2.63”, Avery 5260.

- Handouts 2:1 through 2:4, audience notes, evaluations, and On Your Own Learning (*OYOL*) labels – 3.33”x 4”, Avery 5164
Lesson 3 – Honor Your Hunger

- *Fitting in Fitness* (paperback book)
  
  Author: American Heart Association  
  Price: $6.99 per book

- Labels for *Fitting in Fitness* books
  
  One credit label – 1.33”x 4”, Avery 5162  
  One sponsors label – 2”x 4”, Avery 5163

- Handouts 3:1 through 3:4, audience notes, evaluations, and On Your Own Learning (*OYOL*) labels – 3.33”x 4”, Avery 5164

Lesson 4 – Foods & Moods

- Handouts 4:1 through 4:2, audience notes, evaluations, and On Your Own Learning (*OYOL*) labels – 3.33”x 4”, Avery 5164

Lesson 5 – Gentle Nutrition

- *MyPlate* (1 per participant)
  
  Go to choosemyplate.gov. Click on “Print Materials.” Download and print *What’s on Your Plate?* for each participant.

- Labels for handouts from other sources
  
  Two credit labels (one for each handout) – 1.33”x 4”, Avery 5162

- Paper plates (2 per participant)

- Props for activities (re-use in future classes)
  
  How Big is BIG? Kit (See *Background Information* for Lesson 5)  
  Two cereal bowls of different sizes  
  Box of ready-to-eat cereal  
  Wax paper  
  Measuring cups  
  Food models, real food samples (see script in lesson 5)  
  Fiber Gram and Fiber Food cards (included in lesson 5)

- Handouts 5:1, audience notes, evaluations, and On Your Own Learning (*OYOL*) labels – 3.33”x 4”, Avery 5164

Lesson 6 – Make Peace with Food

- Paper lunch bags

- Handouts 6:1, 6:2, audience notes, evaluations, and On Your Own Learning (*OYOL*) labels – 3.33”x 4”, Avery 5164
Lesson 7 – Motivators to Move

- Handouts 7:1 through 7:2, audience notes, evaluations, and On Your Own Learning (OYOL) labels – 3.33” x 4”, Avery 5164

Lesson 8 – Fitness for Every Body

- Audience notes, evaluations, and On Your Own Learning (OYOL) labels – 3.33” x 4”, Avery 5164

Lesson 9 – Mind Over Media

- Participants’ sealed envelopes with their Appearance Assumption worksheets from Lesson 1
- Several popular fashion magazines (re-use in future classes)
  One magazine for each group of 2 to 3 people
- *Living in a Healthy Body*
  Order booklet from StayWell Krames Company
  Website: [www.krames.com](http://www.krames.com)
  Item: 1614 *Living in a Healthy Body*
  Price: $1.52 each
- Labels for handout from other source
  One credit label for each handout – 1.33” x 4”, Avery 5162
- Handouts 9:1 through 9:2, audience notes, evaluations, and On Your Own Learning (OYOL) labels – 3.33” x 4”, Avery 5164

Lesson 10 – You Are the Best YOU

- Whole fruit and toothpicks (for congratulation flags)
- Fruit snack including fresh fruit pieces, angel food cake cubes and dips (see lesson for recipes)
- Napkins, toothpicks and paper plates for the snack
- Handouts 10:1 through 10:3, audience notes, evaluations, and On Your Own Learning (OYOL) labels – 3.33” x 4”, Avery 5164

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