This guide describes publications and other resources suitable for use in a nutrition-related health education program for migrant farmworkers and their families. Materials were selected to serve farmworker populations with low literacy levels or limited knowledge of English. Included are pamphlets, manuals, videos, fact sheets, and booklets produced by: migrant health centers; migrant Head Start programs; farmworker employment and training programs; cooperative extension offices; and federal, state, and private agencies. Each entry includes title and date; publisher and address; format; language (English, Spanish, Creole, Vietnamese, Chinese, Portuguese, Cambodian, Laotian, Hmong, Thai, and Filipino); target audience; price; distributor address and telephone number; and a summary. Materials are listed by the following subjects: (1) general nutrition, (2) pregnancy, (3) breastfeeding, (4) infant feeding, (5) feeding the young child, (6) cardiovascular-related issues, (7) food preparation and storage, (8) dental care, (9) diabetes, (10) cancer, (11) weight management, (12) alcohol and drugs, and (13) miscellaneous. A directory lists organizations in each state that can be contacted for additional information. Also included are two indexes that list materials by publisher and by language. (LP)
Farmworker Nutrition Education Resource Guide

MAY 1993

as prepared for The U.S. Department of Health and Human Services, Administration for Children and Families, Office of Community Services
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This publication was made possible through a grant from The U.S. Department of Health and Human Services, Administration for Children and Families, Office of Community Services.

Special Thanks
Jacqueline G. Lemire
Acting Director
Office of Community Services;
Thelma Woodland
Program Manager
Office of Community Services
Carolyn Plummer
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Photograph © Ken Light.

This publication is free.
FARMWORKER NUTRITION
EDUCATION RESOURCE
GUIDE
MAY 1993

Association of Farmworker
Opportunity Programs
Introduction

The Association of Farmworker Opportunity Programs is pleased to introduce the Farmworker Nutrition Education Resource Guide, dedicated to farmworker service providers who are often hard-pressed to serve a growing population of migrant and seasonal farmworkers. This is the first guide designed to answer the long-standing need to list and survey available nutrition-education resources suitable for farmworker communities. We hope that this publication will be an invaluable guide for farmworker service providers who wish to begin or to improve a nutrition-related health education program for farmworkers.

The Farmworker Nutrition Education Resource Guide could not have been completed without a generous grant from the U.S. Department of Health and Human Services, Administration for Children and Families at the Office of Community Services.

Need and Selection

Although farmworkers are among the most economically disadvantaged and isolated populations in this country, they use only a fraction of the health-related services for which they are eligible. Even when services are provided, there are often no readily available educational materials in the appropriate language, reading level, or on the needed nutrition topic.

Based upon the responses of a recent national survey conducted by AFOP of service providers, we have selected materials targeted for the "harder to serve" farmworker populations—people with low literacy levels, limited knowledge of English, who are economically disadvantaged, and predominately performing agricultural work. Those polled voiced an overwhelming need for culturally-specific nutrition education materials in languages other than English and on topics more varied than the four food groups. Given these findings regarding ethnic diversity, literacy levels, and varying nutritional needs, we have selected documents which we felt were the most appropriate for the majority of farmworker groups.

We have included materials received from migrant health centers, migrant head start programs, farmworker employment and training programs, cooperative extension offices, federal and state agencies, as well as for-profit and non-profit sources nationwide. We also have added a list of other organizations located in each state that can be contacted to obtain additional materials. These materials can be used to directly provide farmworkers or similarly disadvantaged populations with nutrition information.
Publications were reviewed according to the following criteria:
- appropriateness for use with farmworkers with limited knowledge of English;
- availability in other languages;
- clarity; and
- sensitivity to farmworkers' nutrition-related needs.

Other materials which we felt were more technical were listed under the "service provider" target group category. These materials will provide additional education to the staff of organizations working with farmworkers.

Many familiar brochures, fact sheets, and manuals which we know are being used could not be listed in the Farmworker Nutrition Education Resource Guide for several reasons. When verifying information for this guide, we found that the original distributor no longer had these publications in stock or too few remained on the shelves to be listed. In other instances, publishers of fact sheets and pamphlets failed to list the name and the address of the distributor. Nevertheless, this guide does provide a comprehensive list of the names and sources of materials that are currently available from the original distributor.

**Conclusion**

Realizing that the shelf-life of publications can be quite short, we have found that the lack of a central clearinghouse of nutrition education materials for low-income, low-literacy minorities (including farmworkers) has created a duplication of efforts from state to state. Often, helpful publications used in one state and targeted to the same group of people are overlooked, duplicated, or just not available in another state. Through the development of this guide, we hope to initiate the first steps of providing some coordination of resources as we collect materials for the creation of a farmworker resource library.

Although we have made every effort to be comprehensive, we cannot claim to have a definitive list. If we have overlooked an important resource, please let us know by completing the Reader Evaluation Form found in the back of this guide. We would welcome any possible additions for a future printing. We hope that you find the Farmworker Nutrition Education Resource Guide to be useful to your organization as you continue to serve and empower farmworkers.

Diane Mull, Executive Director  
Beth Outterson, Nutrition Project Manager  
Gay Moore, Project Assistant

May, 1993
HOW TO USE THIS RESOURCE GUIDE

This guide is divided into 2 main sections: publication listings, and Other Organizations. Copies of the materials in the publications listing can be ordered directly from the distributor, or organization from which we received the publication. Each entry includes the following information:

- Publication Title
- Publisher
- Publisher's Address
- Publication Date
- Format (Book, Pamphlet, Fact Sheet, Video, etc.)
- Language (English, Spanish, Creole, Vietnamese, etc.)
- Target Audience (Specific Ethnic and/or Age Group)
- Price
- Distributor
- Distributor's Address
- Distributor's Phone Number
- Summary

After having researched available farmworker-specific nutrition education materials, we grouped the publications in the following categories. Materials are cross-indexed by subject and may be listed more than once.

- General Nutrition
- Pregnancy
- Breastfeeding
- Infant Feeding
- Feeding the Young Child
- Cardiovascular-Related Issues
- Food Preparation and Storage
- Dental
- Diabetes
- Cancer
- Weight Management
- Alcohol and Drugs
- Other

The Other Organizations section of this resource guide includes an alphabetized listing of organizations in each state which may be contacted for additional information. Two indexes list materials by publisher/source and by language. On the final page is a Reader Evaluation Form asking for your comments. We would appreciate all readers taking the time to complete this brief form so that we may know how to improve the Farmworker Nutrition Education Resource Guide.
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10 Tips to Healthy Eating for Kids

International Food Information Council
1100 Connecticut Avenue, NW Suite 430
Washington, DC  20036

Not dated
Pamphlet
English
General, youth

Free single copy; order up to 100=$.50 each; order 101-500=$.45 each. Shipping and handling extra.

Distributor same as above
202/296-6540

Designed to appeal to kids, colorful pamphlet gives the ten tips to eating well, including eating a variety of foods, more fiber, importance of breakfast, setting healthy goals. Puzzle and nutrition quiz on the back.

About Good Nutrition (Spanish title: Sobre La Buena Nutrición)

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA  01373

1992
Booklet
English, Spanish
Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above
800/628-7733

Provides basic information about the five basic food groups. Includes calorie charts, suggested servings, weight charts, recommended calorie intake, nutritional needs of children, teenagers, women and the elderly. Well organized and illustrated.
General Nutrition

Anemia

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465
Not dated
Video
Spanish
Hispanics

$89.00
Distributor same as above
202/429-9506
Two doctors discuss the development and symptoms of anemia as it occurs in women, men, children, and pregnant women. Gives common causes along with symptoms and treatment. Gives factors for prevention, along with importance of a healthy diet.

Application and Certification, Massachusetts WIC Program
(Spanish title: Solicitud y Certificación, Programa WIC de Massachusetts)

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111
Not Dated
Fact Sheet
English, Spanish
Multiethnic population

Free single copy. Reproduce with permission.
Distributor same as above
617/727-6876
Provides a brief description of the application and certification process of the WIC Program. Simple step-by-step approach is effective. Clever illustrations. Some information specific to MA, format can be adapted. 9th grade reading level.

Ataque al Corazón

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030
Video
Spanish, English
Hispanics

$100.00
Distributor same as above
713/792-5017
Presents information on the causes of cardiovascular disease and the treatments, including a healthy diet and exercise. Discusses the contributions of smoking, and excessive alcohol consumption towards heart disease. Recommends regular medical visits.
<table>
<thead>
<tr>
<th>Title</th>
<th>Audience</th>
<th>Language</th>
<th>Cost</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Azúcar Anadida en Algunos Alimentos (por Porción)</strong></td>
<td>Hispanics</td>
<td>Spanish</td>
<td>Free</td>
<td>203/486-6271</td>
<td>A simple sheet that illustrates with little spoons the sugar content in some common foods and drinks.</td>
</tr>
<tr>
<td><strong>Bajos En Calorías, Altos en Calorías (Series of Four)</strong></td>
<td>Hispanics</td>
<td>Spanish</td>
<td>Free</td>
<td>203/486-6271</td>
<td>These four fact sheets cover the four food groups: Meats, Dairy, Fruits and Vegetables, and Starch. Each sheet shows on left hand side low calorie foods and on the right are the high calorie foods. Aside from title, no text. Very clear, low-literacy.</td>
</tr>
<tr>
<td><strong>Better Health Through Good Nutrition (revised)</strong></td>
<td>Multiethnic</td>
<td>English, Spanish</td>
<td>Free single copy. Reproduce with permission. Specify language.</td>
<td>617/727-6876</td>
<td>Describes WIC in Massachusetts, although format can be adapted for other use. WIC is never defined. Also, states that an applicant must have a medical form completed by a health professional, but not all states require this. 7th grade reading level.</td>
</tr>
</tbody>
</table>
Building a Better Diet

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302
1979
Booklet
English
General population
Free single copies. $.28 per 100 copies.
Order # PA-1181
Distributor same as above
703/305-2000
A photo-filled booklet colorfully illustrates nutritious foods for an ideal diet. Breaks down food groups into beneficial vitamins and minerals. Salt, Snack, Sweet, and Fat Fact sections included at the end.

Calcium and Osteoporosis (Spanish title: Calcio Y Osteoporosis)

San Diego Department of Health Services
P.O. Box 85222
San Diego, CA 92186-5222
1990
Fact Sheet
Spanish, English
Hispanics, general population
Single copy free. Reproduction available
Distributor same as above
619/236-2705
Promotes good diet and the importance of calcium to prevent osteoporosis. Defines the disease, gives calcium breakdowns certain foods, discusses calcium supplements and exercise.

Camp Health Aide Manual; Teaching Notes, Revised; Program Implementation Guide

Midwest Migrant Health Information Service
St. Mary Center
502 W. Elm Avenue
Monroe, MI 48161
1991
Manual
English, Spanish
Service providers
$25 per 50 of Manual; $25 per 50 of Notes; $15 per 75 of Guide
Distributor same as above
313/966-6890
Teaching Notes, in English, provide teaching guidelines to use Manual more effectively. Manual has basic lessons in sanitation, nutrition, hygiene, pregnancy, first aid, illness. Page-to-page English/Spanish.
Cancer: Reduce Your Risk; Taking Control: Want to Help Reduce Your Cancer Risk?

American Cancer Society, Inc.
1599 Clifton Road, NE
Atlanta, GA 30329-4251
*better to contact local state office
Not dated
Poster
English
General population

Free
Distributor same as above
main: 804/527-3770
Two colorful posters that show what foods you can eat to lower your risk of cancer. Taking Control poster shows people exercising, shunning cigarettes and fruit. Reducing Risks shows healthy fruits and vegetables.

Cereals

Central Vermont Community Action Council
15 Ayers Street
Barre, VT 05641
Not dated
Fact sheets
English
Service providers, general population

Free, extra cost shipping and handling.
Distributor same as above
802/479-1053
Focuses on the sugar content of popular breakfast cereals. Lists are broken down into highly recommended, acceptable, acceptable-only occasional use, not recommended, and not acceptable. Comprehensive.

Choose Snacks Wisely (Spanish title: Escoja sus Bocadillos Juiciosamente)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
Not dated
Pamphlet
English, Spanish
Multiethic population

Free single copy. $6.00 per 100 copies.
Reproduce with permission.
Distributor same as above
916/427-5500
Discusses the selection of healthy snack foods over those with high sugar and fat content. Suggests over 50 snack ideas. Has a special section of snacks to avoid for children. 5th grade reading level.
**General Nutrition**

**Conquer Anemia (Spanish title: Vencer la Anemia!)**

Colorado Department of Health
Nutrition Services
4210 East 11th Avenue
Denver, CO 80220
1979
Pamphlet
English, Spanish
Multiethnic population

Free single copy. $6.00 per 100 copies. Reproduce with permission.
Distributor same as above
303/692-2310
Briefly describes anemia and foods needed to supply iron in diet. Iron-rich foods listed.
Easy to understand definitions and explanations. WIC foods emphasized.
Spanish version food items more suitable to Central Americans. 6th grade reading level.

**Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum**

Clinical Nutrition Services
P.O. Box 133, Gurda Lane
Pine Island, NY 10969
Curriculum
English
Service providers

$20.00, including shipping and handling
Distributor same as above
914/344-8105
Contains 10 units to teach 3-8 year-olds about diet and nutrition. Teachers flexible to choose activities from any unit. Activities geared to Agricultural Day Care centers, Migrant Ed, classes and Head Start programs.

**Cross-Cultural Counseling: A Guide for Nutrition and Health Counselors**

U.S. Department of Agriculture
U.S. Department of Health and Human Services
Washington, DC
1986
Manual
English
Service providers
Free. Order #FNS-250

Human Nutrition Information Service
6505 Belcrest Road
Hyattsville, MD 20782
703/305-2000
Designed to assist staff in providing culturally appropriate counseling. Provides basic cultural information about various groups, including Asian and Pacific Americans, African Americans, Hispanic, and Native Americans. Gives references.
Developing Health Education Materials for Special Audiences: Low Literate Adults

American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995
1992
Manual
English
Service providers

$14.00 + $2.00 shipping and handling
Distributor same as above
312/899-0040
An accompanying manual to a taped presentation sold separately. Shows effective ways to communicate nutrition information to low-literacy adults, including how to choose meaningful illustrations, literacy evaluation, and effective lettering.

Diet, Nutrition & Cancer Prevention: The Good News

National Cancer Institute
Office of Cancer Communications
Public Inquiries Section
Building 31, Room 10A 24
9000 Rockville Pike
Bethesda, MD 20892
1987
Booklet
English

General population
Free, with special bulk rates.
Distributor same as above
800/4-CANCER
Provides information on how to protect yourself from cancer risks through diet. Encourages a low-fat diet rich in fiber. Gives nutritional breakdowns of common low-fat foods and high-fiber foods. Nicely presented, colorful.

Dietary Guidelines and Your Diet

U.S. Department of Agriculture
Washington, DC
1986
Pamphlets
English
General population
$4.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Contains seven Home and Garden Bulletins on nutrition and health enclosed in an envelope. Includes Eat a Variety of Foods, Maintain Desirable Weight, Avoid Too Much Fat, Saturated Fat and Cholesterol; Eat Foods With Adequate Starch and Fiber, etc.
General Nutrition

**Dietary Guidelines for Americans**

U.S. Department of Agriculture  
Washington, DC  
1989  
Poster  
English  
General population  
$3.75  

Superintendent of Documents  
Government Printing Office  
Washington, DC 20402  
202/783-3238  

Color poster depicting nutritious foods and listing the seven basic principles for a healthy diet. Nutrition tips, a nutrition quiz, and a list of additional U.S. Department of Agriculture also provided.

**Dietary Management of Hypertension: Chinese Style**

National Audiovisual Center  
Customer Services PG  
8700 Edgeworth Drive  
Capitol Heights, MD 20743-3701  
Video  
English, Spanish  

Hispanics  
$80.00, $12.00 for preview  
Distributor same as above  
301/763-1896  

Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

**Eating Better When Eating Out Using the Dietary Guidelines**

U.S. Department of Agriculture  
Washington, DC  
1988  
Booklet  
English  
General population  

Superintendent of Documents  
U.S. Government Printing Office  
Washington, DC 20402  
202/783-3238  

Contains information on ordering foods “your way”; menu reading clues; and diet fact and fiction about fast foods.
**Eating Healthy Foods**

American Diabetes Association  
1970 Chain Bridge Road  
McLean, VA 22109-0592  
1988  
Booklet  
English  
General population

$2.00  
Distributor same as above  
800/232-3472  
Provides daily food choices for breakfast, lunch, dinner, and snacks using the exchange lists. A simplified guide to meal planning that uses colorful illustrations.

**Eating for Life**

U.S. Department of  
Health and Human Services  
Washington, DC  
1988  
Booklet  
English  
General population

$1.00  
Superintendent of Documents  
U.S. Government Printing Office  
Washington, DC 20402  
202/783-3238  
Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.

**El Sodio...Piénselo Bien**

U.S. Department  
of Health and Human Services  
Public Health Service  
Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857  
1991  
Booklet  
Spanish  
Hispanics

Free  
Same as Above  
301/443-3170  
Provides general information on the effect of salt on health, salt found in common foods, how to lower sodium intake in the home. Also gives other information resources. Well designed.
Facts About the Food Stamp Program  
(Spanish title: El Programa de Cupones para Alimentos)  
U.S. Department of Agriculture, Food and Nutrition Service  
3101 Park Center Drive  
Alexandria, VA 22302  
1989  
Booklet  
English  
Service providers  
Free. Order #PA-1340  
Distributor same as above  
703/305-2000  
Gives general information about the food stamp program including application, eligibility, stamp use, reporting changes in economic circumstances.

Feeling Good! Iron: Get the Most Every Day.  
Iowa Department of Public Health  
Nutrition Bureau  
3rd Floor, Lucas Building  
Des Moines, IA 50319-0075  
Not Dated  
Fact Sheet  
English  
General population  
Free single copy to WIC agencies. Include mailing label. Reproduce with permission.  
Distributor same as above  
515/281-4909  
Briefly describes importance of iron in the body and food sources of iron. Provides excellent list of iron-rich foods and meal ideas. Includes examples of ethnic foods.  
7th grade reading level.

Fiber  
Connecticut Cooperative Extension Service  
College of Agriculture and Natural Resources  
University of Connecticut  
1376 Storrs Road  
Storrs, CT 06269  
1991  
Fact sheet  
English  
General population  
Free  
Distributor same as above  
203/486-6271  
Provides illustrations of fiber-rich foods and explains what fiber is and how to add it to your diet. Sheet opens up to small poster with illustrations of food stacked according to its fiber content. Very clear and easy to read.
Food Guide Pyramid

U.S. Department of Agriculture, Human Nutrition Information Service
6505 Belcrest Road
Hyattsville, MD 20782
1992
Booklet
English
General population

Sold in quantities of 100 only, costing $65.00. Order # S/N 001-000-4587-3
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
Explains the pyramid method of a balanced diet. Triangle illustrates the ratios of ideal servings of each of the food groups. Gives calorie breakdown of popular American foods and gives healthier alternatives. Form provided for reader to analyze diet.

Fresh Fruit, Veggies & Water

North Dakota State Department of Health & Consolidated Laboratories
Division of Maternal & Child Health
600 E. Boulevard Avenue
Bismark, ND 58505-0200
1988
Pamphlet
English
General population

Free single copy with self addressed, stamped 9x12 envelope. Reproduce with permission.
Distributor same as above
701/224-2493
Discusses benefits of eating enough fresh fruit, vegetables, and water. Benefits covered are constipation prevention, bladder infection prevention, and weight control. Excellent list of high fiber foods and receipts given. 6th grade reading level.

Full Fields, Empty Cupboards: the Nutritional Status of Migrant Farmworkers in America

Public Voice for Food and Health Policy
1001 Connecticut Avenue, NW
Washington, DC 20036
1989
Report
English
Service providers

$10.00
Distributor same as above
202/659-5930
Discusses the nutritional status of farmworkers in the U.S. Based on a nutritional survey taken during the fall and winter of 1987-88. Reports of excessive rates of nutritional deficiencies and the effects of nutrition-linked disorders.
## Guide to USDA Programs for Native Americans

U.S. Department of Agriculture  
14th and Independence Avenue, SW  
Room 112A  
Administration Building  
Washington, DC 20250-1320  
1992  
Reference  
English  

**Service providers**

Free  
Distributor same as above  
202/720-6643  
Provides a reference for American Indian and Alaska Native tribal leaders, planners, community leaders, teachers, counselors and individuals for finding out more information about USDA program benefits and contacts. Has nutrition section.

## Health Harvest at Home: Eating for the Second 50 Years: It Does Make a Difference; Fat and Your Diet: It Does Make a Difference; Fiber and Your Health: It Does Make a Difference

North Dakota State University  
Extension Service Distribution Center  
Morrill Hall, P.O. Box 5655  
North Dakota State University  
Fargo, ND 58105-655  
1990  
3 Newsletters  
English  

**Service providers**

Free single copies.  
Distributor same as above  
701/237-7883  
Designed for use for adults over age 50 in rural settings, materials and guide were developed based on results of a pilot project conducted in 12 rural North Dakota communities. Materials include self-admin. quizzes, resource listing, shopping pad.

## Healthy Food Choices (Spanish title: Cómo Escoger Alimentos Saludables)

American Diabetes Association  
Diabetes Information Service Center  
1970 Chain Bridge Road  
McLean, VA 22109-0795  
1986  
Pamphlet  
English, Spanish  

**Service providers**

$.50 each for nonmembers; $.40 each for members. $8.00 for 25.  
Distributor same as above  
800/232-3472  
Explains what is a good diet, recommends daily servings. Guidelines include eating less fat, sugar, and salt while eating more high fiber foods. Provides blank space for nutritionist to suggest diet. Not diabetes-specific. 4th grade reading level.
**Healthy Snack Choices, Poor Snack Choices**

San Mateo County
Public Health Nutrition Program
225 N. 37th Avenue
San Mateo, CA 94403

Not Dated
Poster
English, Vietnamese, Thai, Chinese, Laotian
Multiethnic population

**How Much Fat?**

Connecticut Cooperative Extension Service
College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269-4066
1991
Pamphlet
English

**Iron Foods for Strong Blood**
(Spanish title: Alimentos con Hierro para Sangre Fuerte y Sana)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated
Pamphlet
English, Spanish
Multiethnic population
General Nutrition

**Iron for Good Health**
Colorado Department of Health
Nutrition Services
420 East 11th Avenue
Denver, CO 80220
1986
Pamphlet
English
General population

Free single copy. Reproduce with permission.
Distributor same as above
303/692-2310
Gives excellent information about iron foods and iron absorption. Foods represented in lists are multicultural. Explains why iron is important. Space for reader to write in personal dietary goals to increase iron. 5th grade reading level.

**La Buena Nutrición Promueve La Salud**
Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314
1992
Video
Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population
Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417
Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.

**Make Your Food Dollars Count series**
(*Spanish title: Sáquele el Mayor Provecho a Sus Dólares*)
U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302
1986
Pamphlet
English, Spanish
Hispanics

Free. Order as Pamphlet Series II.
Distributor same as above
703/305-2000
A series of 4 pamphlets (8 total in both languages) that give clear and colorful buying and food preparation tips for vegetables, fruits, and beans (legumes). Stresses importance of using less sugar, salt, and fat.
**Make-a-Meal Planner**

Iowa Department of Public Health
Nutrition Bureau
3rd Floor, Lucas Building
Des Moines, IA 50319-0075

Not Dated
Fact Sheet
English
General population

Free single copy to WIC agencies. Include mailing label. Reproduce with permission.
Distributor same as above
515/281-4909

A meal-planner tool with endless possibilities. Shows food groups and their uses in various menus. Could be used to introduce solid foods, ways to increase fiber, vegetables, or variety in the diet, or a step in composing a grocery list. 1st grade reading level.

---

**Nutrition Awareness: Good Food Choices for Women in Their Child-Bearing Years**

San Diego Department of Health Services
Public Health Services
P.O. Box 85222
San Diego, CA 92186-5222

1991
Pamphlet
English
General population

Free
Distributor same as above
619/236-2705

Briefly divides healthy foods into 6 food groups, discusses some nutrition needs when using the pill or IUD, and includes food sources of folic acid, Vitamin B6, and zinc.

---

**Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions**

Illinois Department of Public Health
Nutrition Services Section
Div. of Health Promotion & Screening
535 W. Jefferson
Springfield, IL 62761

1984
Curriculum
English
General population

Free for less than 10 copies.
Distributor same as above
217/785-2060

A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.
**General Nutrition**

**Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs**

U.S. Department of Agriculture  
Food and Nutrition Service-SFPD  
3101 Park Center Drive, Room 540  
Alexandria, VA 22302  
1982  
Reference  
English

Service providers  
Free in limited quantities. Order #94  
Distributor same as above  
703/305-2000  
Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

**Nutrition Education for Native Americans: A Guide for Nutrition Educators**

U.S. Department of Agriculture  
Food and Nutrition Service  
3101 Park Center Drive  
Alexandria, VA 22302  
Not Dated  
Manual  
English

Native Americans  
Free. Order #FNS-249  
Distributor same as above  
703/305-2000  
A collection of photocopied sheets providing information designed to help nutrition educators better understand the nutritional needs of Native Americans.

**Nutrition Primer**

Alabama Cooperative Extension Service  
Auburn University  
Auburn, AL 36849  
Not dated  
Booklet  
English

Service providers  
Free single copy.  
Distributor same as above  
205/844-2224  
Using a unique format, this brochure discusses general nutrition, covering carbohydrates, fats, proteins, vitamins and minerals, and water. The last section combines all information with a daily food guide. Clear and well-designed.
Nutrition and Your Health: Dietary Guidelines for Americans
(Spanish title: La Nutrición y Su Salud: Guías para su Dieta)

U.S. Department of Agriculture
Human Nutrition Information Service
650 Belcrest Road
Hyattsville, MD 20782
1990
Booklet
English, Spanish
I hispanics
Sold in quantities of 100 only, costing $44.00
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
Gives basic nutrition guidelines for better health, covering weight management, moderation of fatty foods, salt, sugar, and alcohol, benefits of fruits, vegetables, and grains. Includes food and weight guides. Specifies “for Americans”. Colorful, clearly designed.

Nutritive Value of USDA-Donated Foods for Schools and Institutions

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302
1991
Booklet
English
General population
Free. FNS-255
Distributor same as above
703/305-2000
Gives the nutritional breakdown of foods part of the School Lunch Program. Bulk of booklet consists of nutritional tables of meat and meat alternatives, vegetables and fruits, bread and bread alternatives, and other foods.

Outsmarting the Cookie Monster

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824
1990
Pamphlet
English
General population
Free
Distributor same as above
603/862-2346
Provides guidelines to planning healthy snacks for kids and promotes healthy snacking for children as well as for adults. Also shows that nutritious snacks are less expensive than junk foods.
**Patient Education Materials: A Resource Guide**

National Maternal and Child Health Clearinghouse  
8201 Greensboro Drive  
McLean, VA 22102  
1991  
Reference  
English  
Service providers  

Single copies free.  
Distributor same as above  
703/821-8955 x254  
Lists materials on maternal and child care topics. Topics include women and infant health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

**Pintame de Colores: Con Comidas Mexicanas Ricas en Vitamina A**

California Department Health Services  
Primary Care and Family Health  
Primary Health Services Development Program  
714 P Street  
Sacramento, CA 95814  
Not dated  
Cookbook  
Spanish  

Hispanics  
Distributor same as above  
916/657-1347  
A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates vitamin A content. Colorful.

**Planificación de Comidas con Alimentos Mexicanoamericanos**

American Dietetic Association  
216 West Jackson Boulevard  
Chicago, IL 60606-6995  
1990  
Booklet  
Spanish  
Hispanics  
Distributor same as above  
312/899-0040  
Recommends healthy Mexican-American meals for Mexican-American diabetics. Promotes baking over frying; vegetable oil over lard; limiting fatty foods. Food exchanges are within the Mexican-American traditional diet.
Preparing Foods and Planning Menus Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC
1989
Booklet
English
General population

$2.50
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238

Contains tips for cooking with less sugar, fat, and sodium, a daily guide to food choices. Also provides menu ideas and 10 recipe ideas.

Preventing Anemia for the Adolescent and Adult
(Spanish title: Previendo la Anemia en Jóvenes y Adultos)

Michigan Department of Public Health
3423 N. Logan, P. O. Box 30195
Lansing, MI 48909
1985
Fact sheet
English, Spanish
Multiethnic population

Send request on letterhead, giving form number (H-816) and quantity.
Distributor same as above
517/335-8024

Describes eating behaviors that will prevent anemia in teens and adults. Suggests eating foods high in iron, vitamin C, and taking iron supplements if recommended by health care provider. List of foods limited. Space for iron readings. 9th grade reading level.

Pro Salud: Prevention Is a Family Affair: Wellness
(Spanish title: La Prevención Es un Asunto de la Familia: La Salud)

Asociacion Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
Not dated
Booklet
English, Spanish
Hispanics

One of a set of 5 part information packet costing $3.00. Quantity discounts available.
Distributor same as above
213/487-1922

Follows main character Felicidad through her path to health awareness, learning about how nutritious food choices low in fat and salt and high in fiber can promote better health in her family. Also promotes exercise and quitting smoking.
### Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines

<table>
<thead>
<tr>
<th>Title</th>
<th>Publisher</th>
<th>Price</th>
<th>Ordering Information</th>
<th>Description</th>
</tr>
</thead>
</table>
| Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines | U. S. Department of Agriculture | $3.00 | Superintendent of Documents  
U.S. Government Printing Office  
Washington, DC 20402  
202/783-3238 | Contains quick meal hints, tips on reading food labels, aisle-by-aisle shopping guide, and 18 timesaving recipe ideas. |

### Sodium Content of Your Food

<table>
<thead>
<tr>
<th>Title</th>
<th>Publisher</th>
<th>Price</th>
<th>Ordering Information</th>
<th>Description</th>
</tr>
</thead>
</table>
| Sodium Content of Your Food | U.S. Department of Agriculture | $2.25 | Superintendent of Documents  
U.S. Government Printing Office  
Washington, DC 20402  
202/783-3238 | Contains a list of foods and selected nonprescription drugs with their sodium content. |

### Sources of Free or Low-Cost Food and Nutrition Materials

<table>
<thead>
<tr>
<th>Title</th>
<th>Publisher</th>
<th>Availability</th>
<th>Ordering Information</th>
<th>Description</th>
</tr>
</thead>
</table>
| Sources of Free or Low-Cost Food and Nutrition Materials | U.S. Department of Agriculture  
Food and Nutrition Information Center  
10301 Baltimore Boulevard  
Room 304  
Beltsville, MD 20705-2351 | Free | Free  
Distributor same as above  
301/504-5719 | Consists of a list of organizations that provide free or low-cost food and nutrition information for consumers. Three sections include: Nutrition, Medical, Health Organizations, Food-Related Associations, Food Companies. Multi-lingual publications noted. |
### Stretch Your Food Dollars (Spanish title: Economize su Dinero)

- **Massachusetts WIC Program**
  - 150 Tremont St., 3rd Floor
  - Boston, MA 02111
  - 1989
  - Pamphlet
  - English, Spanish
  - Multiethnic population

Free single copy. Reproduce with permission. Specify language
Distributor same as above
617/727-6876
Publicizes WIC, reads like an advertisement. Gives benefits and activities, and notifies those eligible how to contact the WIC office to apply for the program. MA incomes and phone numbers used, but format can be adapted for other states. 10th grade reading level.

### Vitamin C

- **WIC Supplemental Food Branch**
  - 1103 North B Street
  - Sacramento, CA 95814
  - Not Dated
  - Pamphlet
  - English
  - General population

Free single copy. $6.00 per 100 copies. Reproduce with permission.
Distributor same as above
916/427-5500
Discusses vitamin C requirements and food sources. Food preparation and cooking to retain vitamin C presented along with recipes. Good explanation of vitamin C foods. 8th grade reading level.

### WIC Competent Professional Authority Training

- **Michigan Department of Public Health WIC Program**
  - 3500 N. Logan St., Box 30035
  - Lansing, MI 48909
  - 1984
  - Manual
  - English

Service providers
Free
Distributor same as above
517/335-8979
Provides procedures and list of required materials to use for a 2-day WIC training session.
**WIC Exchange: Ideas to Help Nutrition Educators Help Clients**

U.S. Department of Agriculture  
Food and Nutrition Service  
3101 Park Center Drive  
Alexandria, VA 22302

1990  
Manual  
English  
Service providers

Free. Order # FNS-267  
Distributor same as above  
703/305-2000

Designed to help nutrition facilitators to plan, implement, and evaluate nutrition education. Includes examples of other nutrition services from WIC programs. Has a suggested reading list. Clearly designed.

**What Is a WIC Fair Hearing?**

Massachusetts WIC Program  
150 Tremont St., 3rd Floor  
Boston, MA 02111

1983  
Fact Sheet  
English, Cambodian, Chinese, Portuguese, Laotian, Spanish, Vietnamese  
Multiethnic population

Free single sheet. Reproduce with permission. Specify language.  
Distributor same as above  
617/727-6876

Explains the concept of WIC fair hearing, which is used to challenge the withdrawal or denial of WIC benefits. Lengthy text, few illustrations, small print, and few headings. Personal and positive writing approach. 7th grade reading level.
**Pregnancy**

---

**A Love Story for My Unborn Child**

Universal Health Associates  
1701 K Street, Suite 600  
Washington, DC  20035-5465  
Video  
English, Spanish  
Hispanics  
$95.00

Distributor same as above  
202/429-9506

Uses a multiethnic/multicultural approach to describe the risks of fetal development caused by alcohol, drugs, medication, or smoking during pregnancy. Explains that stopping anytime during pregnancy can increase the chances of having a healthy baby.

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**A Pregnant Woman Never Drinks Alone**

Universal Health Associates  
1701 K Street, NW, Suite 600  
Washington, DC  20035-5465  
Video  
English  
General population  

$95.00

Distributor same as above  
202/429-9506

Details the risks of alcohol consumption to fetal development. Fetal Alcohol Syndrome is described in a direct, understandable way, and suggestions are made to help women stop drinking.
**Be Good to Your Baby Before It Is Born**  
*(Spanish title: Cuide Bien a Su Bebé antes de que Nazca)*  

<table>
<thead>
<tr>
<th>Publisher</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>March of Dimes</td>
<td>Free single copies. $3.50 for 50 copies. Distributor same as above</td>
<td></td>
</tr>
<tr>
<td>1988</td>
<td>Pamphlet</td>
<td></td>
</tr>
<tr>
<td>English, Spanish</td>
<td>Before the Baby</td>
<td></td>
</tr>
<tr>
<td>Hispanics</td>
<td>An introductory guide serves as a supplement. Emphasizes early prenatal care. Includes nutritional needs, weight gain, common problems, and warning signals. Good visuals, multiethnic photographs. 7th grade reading level.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Publisher</th>
<th>Description</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Universal Health Associates, Inc.</td>
<td>$69</td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>Video</td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>Camp Health Aide Manual; Teaching Notes, Revised; Program Implementation Guide</td>
<td></td>
</tr>
<tr>
<td>General population</td>
<td>Educates women on the importance of adequate prenatal care during pregnancy, encourages regular medical visits, healthy diet, and avoiding smoking, alcohol consumption, drugs.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Publisher</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midwest Migrant Health Information Service</td>
<td>$25 per 50 of Manual; $25 per 50 of Notes; $15 per 75 of Guide</td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>Manual</td>
<td></td>
</tr>
<tr>
<td>English, Spanish</td>
<td>Service providers</td>
<td></td>
</tr>
<tr>
<td>St. Mary Center</td>
<td>Teaching Notes, in English, provide teaching guidelines to use Manual more effectively. Manual has basic lessons in sanitation, nutrition, hygiene, pregnancy, first aid, illness. Page-to-page English/Spanish.</td>
<td></td>
</tr>
<tr>
<td>502 W. Elm Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monroe, MI 48161</td>
<td></td>
<td></td>
</tr>
<tr>
<td>313/966-6890</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Diabetes and Pregnancy: What to Expect**

American Diabetes Association  
1970 Chain Bridge Road  
McLean, VA 22109  
1989  
Booklet  
English  
General population, diabetics

$7.25  
Distributor same as above  
800/232-3472  
Focusing on women with type I diabetes, this guide covers the stages of embryonic development, tests to expect, labor and delivery, birth control.

---

**Drugs—Bad for You, Worse for Your Baby (Spanish title: Las Drogas—Malas Para Usted, Peores Para Su Bebe)**

Channing L. Bete, Co., Inc.  
200 State Road  
South Deefield, MA 01373  
1992  
Booklet  
English, Spanish  
Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.  
Distributor same as above  
800/628-7733  
Discusses the implications of pregnant women taking drugs or alcohol and how it affects the baby. Encourages good diet, moderate exercise, regular medical visits, and quitting smoking. Good illustrations, well designed.
Eres Lo Que Comes (English title: You Are What You Eat)

Novela Health Foundation
2524 Sixteenth Avenue, South
Seattle, WA 98144

1987
Video, VHS, BETA
Spanish, English
Hispanics

$190.00 each + $3.00 shipping and handling for each program; $15.00 preview available.
Distributor same as above
206/325-9897

In Spanish, English dubbing available, this video follows story of Juanita, an unmarried teenager pregnant for the first time. Deals with nutritional changes she makes before and after a visit the nutritionist, before and after birth.

Food for a Healthy Mother and Baby
(Spanish title: Alimentos para una Madre y un Bebé Saludable)

Florida Department of Health and Rehabilitative Services
1323 Winewood Boulevard
Tallahassee, FL 32399-0700

1990
Pamphlet
English, Spanish
Hispanics

Free copy. Reprint with permission.
Distributor same as above
904/488-8985

A pamphlet that opens up to a full page, color photos within a chart vividly offer suggested servings for pregnant mothers. Also gives guidelines for weight gain.

Healthy Foods, Healthy Baby: A Story About How to Eat Right When You Are Pregnant
(Spanish title: Alimentos Saludables, Bebé Saludable: Un Cuento Sobre Como Comer Bien Cuando Estás Embarazada)

Philadelphia Department of Public Health Maternal and Child Health
500 S. Broad Street
Philadelphia, PA 19146

1990
Booklet
English, Spanish
Teens, young adults

Less than 250 copies $.60 each, more than 250 copies $.50 each.
Distributor same as above
717/787-7192

Proper nutrition discussed through dialogue of two teens meeting at a health clinic. Effective tone respects concerns of teens. Has a weight grid to complete at clinic visits. 4th grade reading level.
Hey Baby!

University of Minnesota
Public Health Nutrition
420 Delaware Street, SE
Minneapolis, MN 55455
1988
Video
English
Multiethnic population

$30.00 with $5.00 discount on 10 or more copies.

Video magazine uses clever songs and personal testimonies give insight into the concerns of the pregnant woman. Covers variety of related subjects, including weight reduction during pregnancy, exercise, and proper nutrition. Discusses breastfeeding.

Learning English and Improving Your Family’s Health Series:
Smoking, Pregnancy, and Your Children’s Health

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003
1988
Brochure
English, Creole
Haitian-Americans

$2.00 for complete series of three booklets.

Tries to convince the pregnant mother to quit smoking by giving basic information on the repercussions of nicotine and carbon monoxide intake once the child is born. Translations and vocabulary list of key words on each page. One of three in a series.

Learning English and Improving Your Family’s Health Series:
The Importance of Prenatal Care and Breastfeeding

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003
1986
Booklet
English, Creole
Haitian-Americans

$2.00 for complete series of three booklets.

Provides basic health information for pregnant women before, during, and after pregnancy. Translations and vocabulary list of key words on each page. Promotes breastfeeding, regular medical visits, proper diet.
Learning English and Improving Your Family’s Health:  
Planning a Happy Family

American Friends Service Committee  
New York Metropolitan Region  
15 Rutherford Place  
New York, NY 10003

1986  
Brochure  
English, Creole  
Haitian-Americans

$2.00 for complete series of three booklets.  
Distributor same as above  
212/598-0972

Provides basic information on the various methods of birth control for both men and women and encourages family planning. Translations and vocabulary list of key words on each page. One of three in a series.

Leche de Mama

La Leche League International  
9616 Minneapolis Avenue, P.O. Box 1209  
Franklin Park, IL 60131-8209

Not dated  
Brochure  
Spanish  
Mexican-Americans

$.75. Order #95 SP  
Distributor same as above  
708/455-7730 x250

Shows how to breastfeed properly, discourages bottle feeding, and describes when to introduce whole foods. Well designed, color photos taken of Hispanic mothers, very graphic with few words, clearly gets message across.

More of Mom’s Baby Foods: To Help You Gain What It Takes

University of Minnesota  
Healthy Infant Outcome Project  
420 Delaware Street, SE  
Minneapolis, MN 55455

1988  
Pamphlet  
English  
General population

$4.00. Can reproduce with permission.  
Distributor same as above  
612/626-8604

Suggest proper diet, serving sizes during pregnancy to insure that the proper amount of weight is gained. Effective in involving both nutritionist and reader in weight planning. Food lists include fast foods, ethnic foods. 6th grade reading level.
Nutrición Durante el Embarazo

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics


Two doctors discuss the crucial importance of appropriate weight gain and healthy diet during pregnancy. Using colorful graphics and photography, shows foods high in needed nutrients, suggested weight gain, and fetal development.

Nutrition Awareness: Good Food Choices for Women in Their Child-Bearing Years

San Diego Department of Health Services
Public Health Services
P.O. Box 85222
San Diego, CA 92186-5222

1991

Pamphlet

English

General population

Briefly divides healthy foods into 6 food groups; discusses some nutrition needs when using the pill or IUD; and includes food sources of folic acid, vitamin B6, and zinc.

Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions

Illinois Department of Public Health,
Nutrition Services Section
Div. of Health Promotion & Screening
535 W. Jefferson
Springfield, IL 62761

1984

Curriculum

English

General population

A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.
Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302
1982
Reference
English

Service providers
Free in limited quantities. Order #94
Distributor same as above
703/305-2000
Provides a listing of WIC and CSF programs in the following areas: Teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102
1991
Reference
English
Service providers
Single copies free.
Distributor same as above
703/821-8955 x254,
Lists materials on maternal and child care topics. Topics include women and infants’ health, child and adolescent health, nutrition, chronic illnesses and disabling conditions. Has a directory of organizations and federal clearinghouses.

Pregnancy and Your Weight

Oklahoma City Area, Indian Health Center
215 Dean A. McGee Street, NW
Room 409
Oklahoma city, OK 73102
1984
Pamphlet
English
Native Americans
Free single copies. Can reproduce with permission.
Distributor same as above
Stresses the importance of proper weight gain during pregnancy, timing of weight gain, proper diet, and how to get back into shape following childbirth. Patterned after materials produced by the state of California. 6th grade reading level.
**Pregnant? Don’t Smoke** *(Spanish title: ¿Encinta? ¡No Fume!)*

Channing L. Bete, Co., Inc.
200 State Road
South Deerfield, MA 01373

1992
Booklet
English, Spanish
Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 99-499=$.51 each. Shipping and handling extra.

Distributor same as above
800/628-7733

Tries to convince the pregnant mother to stop smoking, listing possible complications during pregnancy and infant development as reasons. Suggests ways to quit, including finding support.

**Premature Parents: A Module on Nutrition and Teenage Pregnancy**

Curriculum Research and Development Group
College of Education
University of Hawaii
Castle Memorial Annex
1776 University Avenue
Honolulu, HI 96822

1984
Curriculum
English

Teens, young adults
$6.50 + 10% shipping and handling
Distributor same as above

Includes a student worksheet and a teacher’s guide. Deals with nutrition-related health guides related to pregnancy. Multiethnic focus, but attention given to Hawaiian culture. Last “activity” addresses prevention. 5th grade reading level.

**Prenatal Care**

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated
Video
English, Spanish, Portuguese, Cambodian, Hmong, Laotian, Vietnamese
Multiethnic population

$69.00 (Portuguese, Cambodian, Hmong, Laotian, and Vietnamese available through special order)
Distributor same as above
202/429-9506

Helps new mothers understand that taking care of a baby begins as soon as pregnancy is diagnosed. Stresses importance of regular prenatal care and gives an overview of common tests. Highlights problems specific to ethnic groups.
Sound Nutrition For Your Pregnancy

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009
1987
Booklet
English
General population, service provider

Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary provided.

Working with the Pregnant Teenager: A Guide for Nutrition Educators

U.S. Department of Agriculture
U.S. Department of Health and Human Services
March of Dimes Birth Defects Foundation
Washington, DC
1981
Manual
English
Service providers

Explains why pregnant teenagers (age 17 and below) are at a greater risk for poor pregnancy. Identifies cultural strategies and provides sample lesson plans. References and suggested reading given at end of first 3 sections.
Breastfeeding

A Mother's Handbook: Combining Breastfeeding with Work or School (Spanish title: Manual para una Madre, Combinando Dar el Pecho con el Trabajo o el Estudio), 2nd edition

Wisconsin Nutrition Project
1045 E. Dayton Street, Room 204
Madison, WI 53703
1983
Brochure
English, Spanish
General population

$.50 per copy for 1-9 copies. $.45 per copy for 10+ copies.

Distributor same as above

Practical, comprehensive booklet on how to prepare mother and baby for the return to work and school while breastfeeding. Has answers to commonly asked questions, dietary needs, and how to handle more common problems. 10th grade reading level.

An Easy Diet for Breastfeeding Mothers

Health Education Associates
6 San Sebastian Way
Sandwich, MA 02563
1988
Pamphlet
English
General population

$.50 per copy. Send self addressed stamped envelope. Discounts available for multiple copies.

Distributor same as above

508/888-8044

Provides information about proper diet and nutrition for nursing mothers. Focuses on reviewing foods and beverages that may or may not upset the baby's digestive tract. Stresses balance of four food groups. 4th grade reading level.
Breastfeeding

Breastfeeding, revised edition
Professional Research Inc.
930 Pitner Avenue
Evanston, IL 60202
1984
Video, VHS
English, Spanish
Multiethnic population

$295.00
Distributor same as above
708/328-6700
Provides practical instructions for prenatal
breast preparation, feeding techniques and
scheduling. Addresses advantages and
disadvantages of breastfeeding. Has some
controversial advice, some social issues not
discussed. Spanish edition has English
diagram.

Breastfeeding—Getting Started Together
(Spanish Title: Dar Pecho: Comenzando Juntos)
International Childbirth Education
Association, Inc.
P.O. Box 20048
Minneapolis, MN 55420-0048
1986
Video, VHS
English, Spanish

Multiethnic population
$25.00 + $4.00 shipping and handling
Distributor same as above
Teaches mothers about the nutritional
benefits of breastfeeding as well as how to
breastfeed. Multiple discussions about
maintaining the nutrition of mother as well
as infant during breastfeeding. Good
presentation of lactation. Script is included.

Eres Lo Que Comes (English title: You Are What You Eat)
Novela Health Foundation
2524 Sixteenth Avenue, South
Seattle, WA 98144
1987
Video, VHS, BETA
Spanish, English
Hispanics

$190.00 each + $3.00 shipping and
handling for each program; $15.00 Preview
only available
Distributor same as above
206/325-9897
In Spanish, English dubbing available, this
video follows story of Juanita, an unmarried
pregnant teenager pregnant for the first
time. Deals with nutritional changes she
makes before and after a visit to the
nutritionist, before and after birth.
Health Status of Minorities and Low-Income Groups

Department of Health and Human Services
Washington, DC
1991
Manual
English
Service providers
$18.00, order # S/N 017-000-00257-1

Helpful Hints for the Nursing Mother

Ohio State University
Breastfeeding Promotion Project
456 W. 10th Avenue
Columbus, OH 43210-1228
1986
Pamphlet
English

Hey Baby!

University of Minnesota
Public Health Nutrition
420 Delaware Street, SE
Minneapolis, MN 55455
1988
Video
English
Multiethnic population

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans, use of health services.

Multiethnic population
Single copies free. $20 for 100 copies.
Distributor same as above

This folded sheet provides basic information for nursing mothers. Has useful ideas and answers to common questions. Has good factual information. Varied ethnic groups are represented in the line drawing illustrations. 5th grade reading level.

$30.00 with $5.00 discount on 10 or more copies.
Distributor same as above
612/626-8604

Video magazine uses clever songs and personal testimonies give insight to the concerns of the pregnant woman. Covers variety of related subjects including weight reduction during pregnancy, exercise, and proper nutrition. Discusses breastfeeding.
Breastfeeding

La Lactancia al Pecho: Alimentando a Su Bebé con “El Método Natural”

Ross Laboratories
Educational Services
Department 441
625 Cleveland Avenue
Columbus, OH 43215
1989
Booklet
Spanish
Hispanics, service providers

Sold in packages of 25 for $25.00.
Order #G705
Distributor same as above
800/227-5767
Promotes breastfeeding as the “natural way” to feeding infants. Includes breast milk extraction and storage, supplementary feeding, maternal dietary needs, recognizing potential problems. Offers very complete information, multiethnic color photos.

Leche de Mama

La Leche League International
9616 Minneapolis Avenue, P.O. Box 1209
Franklin Park, IL 60131-8209
Not dated
Brochure
Spanish
Mexican-Americans

$.75. Order #95 SP
Distributor same as above
708/455-7730 x250
Shows how to breastfeed properly, discourages bottle feeding, and describes when to introduce whole foods. Well-designed, color photos taken of Hispanic mothers, very graphic with few words, clearly gets message across.

Mothers & Fathers, Have You Thought About Breastfeeding?

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
Not Dated
Pamphlet
English, Chinese, Vietnamese, Spanish
Multiethnic population

Free single copy with self-addressed, stamped envelope. Reproduce with permission.
Distributor same as above
916/427-5500
Encourages breastfeeding and explains why it is desirable. Answers common questions. Serves as a quick and easy introduction. Message is conveyed by pictures as with words. Several ethnic groups represented. 5th grade reading level.
Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions

Illinois Department of Public Health, Nutrition Services Section, Div. of Health Promotion & Screening
535 W. Jefferson
Springfield, IL 62761
1984
Curriculum
English
General population

Free for less than 10 copies.
Distributor same as above
217/785-2060
A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.

Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302
1982
Reference
English

Service providers
Free in limited quantities. Order #94
Distributor same as above
703/305-2000
Provides a listing of WIC and CSF programs in the following areas: Teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102
1991
Reference
English
Service providers

Single copies free.
Distributor same as above
703/821-8955 x254,
Lists materials on maternal and child care topics. Topics include women and infants’ health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.
Breastfeeding

**Prevent Baby Bottle Tooth Decay**

National Institute of Dental Research  
9000 Rockville Pike  31/2C35  
Bethesda, MD  20892

Not dated  
Pamphlet  
English  
General population  

Free  
Distributor same as above  
301/496-4261

Discusses the prevention of baby bottle tooth decay by taking baby bottles out at night, cleaning the pacifier and never dipping it into sugary substances, brushing baby teeth with flouride at age 2 months, weaning. Multiethnic illustrations, clearly designed.

**Promoting Breastfeeding: A Guide for Health Professionals Working in the WIC and CSF Programs**

U.S. Department of Agriculture  
Food and Nutrition Service  
3101 Park Center Drive  
Alexandria, VA  22302

1984  
Manual  
English  
Service providers

Free. Order # FNS-257  
Distributor same as above  
703/305-2000

Promotes breastfeeding among low-income women by providing advantages and techniques. Gives comprehensive listing of resources for health, special health situations, books for nursing mothers, audiovisuals, and breastfeeding aids and devices.

**Sound Nutrition For Your Pregnancy**

American Institute for Cancer Research Coordinator  
Publications Department  
1759 R Street, NW  
Washington, DC  20009

1987  
Booklet  
English  
General population, service providers

2 copies free, larger orders $.30 per copy.  
Distributor same as above  
202/328-7744

Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary included.
**Thinking About Breastfeeding?**

Massachusetts WIC Program  
150 Tremont Street, 3rd Floor  
Boston, MA 02111  
1988  
Pamphlet  
English, Spanish, Portuguese, Cambodian  
Multiethnic population  

Free single copy. Reproduce with permission. Specify language.  
Distributor same as above  
617/727-6876  
Answers common questions about breastfeeding and lists advantages to the baby and the breastfeeding mother. Has baby asking mother to consider breastfeeding. Question and answer format and daily food guide. Reading level 5th grade reading level.

**WIC Cares for the Good of Our Children: Feed Your Baby the Traditional Way: Breastfeeding Help Book**

Cherokee Nation, WIC Program  
P. O. Box 948  
Tahlequah, OK 74465  
1989  
Flipchart  
English  
Native Americans  

$16.00 + $2.00 shipping and handling  
Distributor same as above  
This “help book” encourages breastfeeding with illustrations and full color photographs. Photos and text instruct new mothers how to breastfeed, making sure the baby is ready. Appropriate for other ethnic groups. 4th grade reading level.

**Yes, I Want To Breastfeed! (Spanish title: Sí, Yo Quiero Lactar a Mi Bebé!**)  

WIC Supplemental Food Branch  
1103 North B Street  
Sacramento, CA 95814  
Not Dated  
Pamphlet  
English, Spanish  
Multiethnic population  

Free single copy. $6.00 per 100 copies. Reproduce with permission.  
Distributor same as above  
916/427-5500  
This folded sheet reviews steps to take in preparation of breastfeeding—before birth as well as at the beginning of breastfeeding. Includes space for name and phone number of a support person. 5th grade reading level.
You Can Breastfeed Your Preterm Baby

Health Sciences Center for Educational Resources
Distribution Center
SB-56 University of Washington
Seattle, WA  98195

1988

Video, VHS

English

General population

$200 includes 3 videotapes, 3 brochures and 1 poster

Distributor same as above

Tape one aids parents in making the choice to breastfeed. Tape two shows mothers how to express breastmilk, maintain milk supply and store milk. Tape three teaches parents the process of learning to nurse. Excellent video instructions, effective brochure.
Infant Feeding

Feeding Your Baby Six to Twelve Months
(Spanish title: Alimentando a Su Bebé Entre los Seis y los Doce Meses)

Texas Department of Health
Bureau of Maternal and Child Health
Public Health Nutrition
1100 West 49th Street
Austin, TX 78756
1992
Pamphlet
English, Spanish
Hispanics

First copy free. Reprint with permission.
Order # 1-201, 1-201A (Spanish)
Distributor same as above
512/450-3011
Gives basic and visual instructions on feeding infants age 9 mos-12 mos. Warns against over-feeding, feeding sweets and milk. Also offers more tips on food presentation. Back page blanks for counselor name, phone number, and instructions.

Food for Baby’s First Year: A Guide to Infant Feeding

Hawaii WIC Program
Ala Moana Health Center
591 Ala Moana Boulevard, Suite 233
Honolulu, HI 96813
1984
Pamphlet
English
General population

Free single copy. Reproduce with permission.
Distributor same as above
Well organized, colorful sheet gives suggestions about when to start feeding certain foods to infants less than 1 year old. Also discusses baby teeth, sweets, choking, and finger foods. Diet suggestions include Hawaiian foods. 5th grade reading level.
Infant Feeding

Happy Teeth for Healthy Smiles
(Spanish title: Dientes Sanos Para Sonrisas Felices)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
1985
Pamphlet
Spanish, Chinese, Vietnamese, English, Cambodian
Multiethnic population
Free single copy. $8.00 per 100 copies.
Reproduce with permission.
Distributor same as above
916/427-5500
Discusses importance of baby teeth and dental health. Also discusses nursing bottle mouth, teaching infant to drink from a cup, good nutrition for healthy teeth. Thorough coverage, well organized format and illustrations. 5th grade reading level.

Helping Baby Grow: Foods in the First Year

Wisconsin Department of Health and Social Services
Division of Health
P.O. Box 309, 1 West Wilson
Madison, WI 53701
1986
Pamphlet
English
General population
Single copy free. Reproduce with permission. Order #POH 4029
Distributor same as above
608/266-1511
Gives dietary suggestions for first year infants. Gives tips for watching for signs of readiness for solid foods, skill development, and teaching to drink from a cup. Does not include tips for serving amounts. Good illustrations. 6th grade reading level.

How to Prepare Powdered Formula

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111
1983
Fact sheet
English, Spanish, Portuguese, Cambodian
Multiethnic population
Free single copy. Reproduce with permission. Specify language.
Distributor same as above
617/727-6876
Clearly illustrated instruction for preparing powdered and concentrated baby formula. Simple instructions clearly presented. No information on washing or sterilizing bottles. Minimal text excellent for low-level or non-readers.
Infant Feeding Guide

Texas Department of Health
Bureau of Maternal and Child Health
Public Health Nutrition
1100 West 49th Street
Austin, TX 78756
1990
Pamphlet
English, Spanish
Hispanics

Free. Reprint with permission. Order #13-1
Distributor same as above
512/450-3011

A useful model for child care offices, features a feeding guide in both languages for infants birth to four months, four months, and five months of age. Spaces for special instructions to the mother and tips are given on the back page.

Is a Chubby Baby a Healthy Baby?

Mississippi Department of Health
WIC Nutrition Program Coordinator
P. O. Box 1700
Jackson, MS 39215-1700
1986
Fact sheet
English
General population

Free single copies to public health agencies and WIC programs. Reproduce with permission.
Distributor same as above
601/960-7829

Discusses reasons and tips to prevent infants from becoming overweight. Simple concepts presented clearly with effective illustrations. Positive writing style. 4th grade reading level.

La Buena Nutrición Promueve La Salud

Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314
1992
Video
Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population

Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417

Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.
## Infant Feeding

**Los Primeros Doce Meses: Guía de Alimentación Infantil**

California Department of Health Services  
Maternal and Child Health Branch  
714 P Street  
Sacramento, CA 95814  
Not dated  
Pamphlet  
Spanish  

<table>
<thead>
<tr>
<th>Hispanics</th>
<th>Distributor same as above</th>
<th>916/657-1347</th>
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<tr>
<td>Consists of a chart showing suggested foods and 3-month breakdowns of infant growth spanning birth to one year. Intended as a supplementary guide, suggests regular medical visits. Feeding tips are on the back.</td>
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**Making Your Own Baby Food**

WIC Supplemental Food Branch  
1103 North B Street  
Sacramento, CA 95814  
Not Dated  
Pamphlet  
English, Spanish  
General population  

Free single copy. $6.00 per 100 copies. Reproduce with permission.  
Distributor same as above  
916/427-5500  
Provides instructions for making and storing baby foods using common equipment. Spanish suitable for all Hispanics, few mistakes in translation. 4th grade reading level.  

**Maternal and Infant Nutrition**

Rhode Island Cooperative Extension Service  
Expanded Food and Nutrition Education Program  
URI Building, Room 213  
199 Promenade Street  
Providence, RI 02908  
1988  
Video  
English  

<table>
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<th>Multiethnic population</th>
<th>Distributor same as above</th>
<th>401/277-3984</th>
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</thead>
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<tr>
<td>Provides nutrition guidance for expectant mothers and mothers of babies up to age one. Mothers are shown introducing their babies to new tastes while learning to carefully plan for a good diet.</td>
<td></td>
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</tr>
</tbody>
</table>
Infant Feeding

Now That Your Child is Over One Year, It's Time to Kick the Bottle Habit

Massachusetts WIC Program
150 Tremont Avenue, 3rd Floor
Boston, MA 02111
1986
Pamphlet
English, Spanish, Portuguese, Cambodian, Laotian
Multiethnic population

Free single copy. Reproduce with permission. Specify language.
Distributor same as above
617/727-6876
Provides reasons why parents should train their infants to use a cup over a bottle as early as possible—by age one. Suggestions for weaning given. Spanish appropriate for those from Puerto Rico. 6th grade reading level.

Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302
1982
Reference
English

Service providers
Free in limited quantities. Order #94
Distributor same as above
703/305-2000
Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102
1991
Reference
English
Service providers

Single copies free.
Distributor same as above
703/821-8955 x254,
Lists materials on maternal and child care topics. Topics include women and infants’ health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.
Infant Feeding

**Preventing Nursing Bottle Mouth**

Nebraska Department of Health
Nutrition Division
301 Centennial Mall South
Lincoln, NE 68509

Not Dated
Pamphlet
English, Spanish
General population

Free single copy with self addressed, stamped envelope. Reproduce with permission
Distributor same as above
401/471-2781
Discusses causes, treatment, and prevention of nursing bottle mouth. Tips on cleaning baby’s mouth, caring for primary teeth, and positive aspects of using fluoride. Good graphic illustrations, clear summaries. 8th grade reading level.

**Protect Your Child’s Teeth: Put Your Baby to Bed With Love, Not With a Bottle**

Dental Health Foundation
4286 Redwood Hwy., #261
San Rafael, CA 94903

Not Dated
Pamphlet
English, Chinese, Thai, Cambodian, Laotian, Spanish
Multiethnic population

$.10-$1.15 depending on quality. Contact source for sample and order form.
Distributor same as above
Describes the causes of baby bottle tooth decay and tooth protection. Excellent presentation, large and easy to read. Various ethnic groups represented in illustrations. Appropriate for a class handout. 4th grade reading level.

**Sound Nutrition For Your Pregnancy**

American Institute for Cancer Research Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009

1987
Booklet
English
General population, service providers

2 copies free, larger orders $.30 per copy
Distributor same as above
202/328-7744
Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary provided.
The First Twelve Months: a Guide to Infant Feeding
(Spanish title: Los Primeros Doce Meses: Guía de Alimentos Para el Bebé)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
Not Dated
Pamphlet
English, Spanish
Hispanic population

Free single copy. $8.00 per 100 copies.
Distributor same as above
916/427-5500
Comprehensive guide describes foods to be fed to an infant, and the stages such foods should be introduced. Coordinated time line of infant age, development, and suggested diet. Shows various lifestyles, ethnic groups.
5th grade reading level.

"Thumbs Up" Food for "Thumbs Up" Babies, Safe or Sorry Series

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center, 12B Forest Park
Durham, NH 03824
1990
Pamphlet
English
General population

Free
Distributor same as above
603/862-2346
Gives suggestions for food preparation to help infants to avoid illness from germs. Stresses general hygiene, proper buying and preparation of baby formula and baby food, breast milk storage. Clearly designed with illustrations. Easy to read.

Weaning Your Infant

Iowa Department of Public Health
Nutrition Bureau
3rd Floor, Lucas Building
Des Moines, IA 50319-0075
Not Dated
Pamphlet
English, Cambodian, Hmong, Laotian, Vietnamese
Multiethnic population

$.11 each. Include mailing label.
Distributor same as above
515/281-4909
Explains how and when to wean infant and train to drink from a cup. Tips given for smooth transition. Has "Weaning Guide" chart. Several ethnic groups in illustrations.
6th grade reading level.
Infant Feeding

Weaning the Baby from the Bottle

Cherokee Nation WIC Program
P. O. Box 948
Tahlequah, OK 74465
1984
Fact sheet
English
Native Americans

Free single copy. Reproduce with permission.
Distributor same as above

Instructs Native American mother on how to wean the baby from the bottle by age one. Tips on when to start, how to do it. Well-organized text and well-drawn illustrations (Native Americans). 5th grade reading level.
Feeding the Young Child

10 Tips to Healthy Eating for Kids

International Food Information Council
1100 Connecticut Avenue, NW Suite 430 Washington, DC 20036
Not dated
Pamphlet
English
General, youth populations

Single copy free; Order up to 100=$.50 each; order 101-500=$.45 each. Shipping and handling extra.
Distributor same as above
202/296-6540
Designed to appeal to kids, vibrant pamphlet gives the ten tips to eating well, including eating a variety of foods, more fiber, importance of breakfast, set healthy goals. Puzzle and nutrition quiz on the back.

A Food Guide for the First Five Years: Tips for Feeding Children One Through Five

Education Department
National Live Stock and Meat Board
444 North Michigan Ave.
Chicago, IL 60611
1983
Booklet
English
Service providers

Free. Written requests only. No phone calls accepted.
Distributor same as above
Covers such subjects as maintaining a child’s good health, assessing normal growth, feeding tips for young children, understanding weight control, and serving nutritious snacks and beverages. Clearly laid out, multiethnic photos.
Adding Calories Nutritiously: For Women and Children

Tri-County Health Department
Nutrition Division
7000 E. Bellevue, Suite 301
Englewood, CO 80111
Not Dated
Pamphlet
English

General population
$.50 per copy or $.25 per copy with self addressed, stamped envelope. $1.50 per 100 copies.
Distributor same as above
Provides ways to gain weight with nutritious foods. Includes lists of snacks and receipts. Good variety presented. 4th grade reading level.

Choose Snacks Wisely
(Spanish title: Escoja sus Bocadillos Juiciosamente)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
Not dated
Pamphlet
English, Spanish
Multiethnic population

Free single copy, $6.00 per 100 copies.
Reproduce with permission.
Distributor same as above
916/427-5500
Discusses the selection of healthy snack foods over those with high sugar and fat content. Suggests over 50 snack ideas. Has a special section of snacks to avoid for children. 5th grade reading level.

Feeding the Fussy Eater

Maine WIC Program
151 Capital Street
August, ME 04333
1987
Pamphlet
English
General population

Free single copy, more $.10 each.
Reproduce with permission.
Distributor same as above
207/287-5341
Explains how to respond to unusual eating behavior such as poor appetite, refusal to eat, and food dislikes. Presents good suggestions and includes nutrition-rich recipes. 7th grade reading level.
**Foods for Young Children: A Guide for Feeding the 1-5 Year Old**

Colorado Department of Health
Nutrition Services
4210 East 11th Avenue
Denver, CO 80220
1985
Pamphlet
English, Spanish
Multiethnic population

Free single copy. Specify English (#360) or Spanish (#362). Reproduce with permission.
Distributor same as above
303/692-2310

Describes types and quantities of foods to feed a child and how to encourage healthy eating habits in children. Sample meal pattern and healthy snacks discussed. Colorful and comprehensive. Spanish version in one color only. 7th grade reading level.

**Foods to Grow on: Helping Your Child to Gain Weight**

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111
1989
Pamphlet
English
General population

Free single copy. Reproduce with permission.
Distributor same as above
617/727-6876

Presents ideas for helping a child gain weight nutritiously. Six recipes and sample menus given that use WIC foods. Menus offer fruits and vegetables, depending on types of snacks provided. 3rd grade reading level.

**Happiness Is Good Snacks**

Mississippi Department of Health
WIC Nutrition Education Program Coordinator
P. O. Box 1700
Jackson, MS 39215-1700
1983
Pamphlet
English
General population

Free single copy to public health agencies and WIC programs. Reproduce with permission.
Distributor same as above
601/960-7829

Recommends foods as healthy snacks that promote dental health and are fun to eat. Presents a variety of foods. Categorizes foods into categories such as texture, taste, color, temperature. 4th grade reading level.
Feeding the Young Child

**Healthy Foods for Happy Kids 1-2 Years**  
_*Comidas Saludables para Niños Felices de 1-2 Años_*

Texas Department of Health  
Public Health Nutrition  
Bureau of Maternal and Child Health  
1100 West 49th Street  
Austin, TX 78756  
1992  
Pamphlet  
English, Spanish  
Hispanics

Free. Reprint with permission. Order # 1-47, 1-47A (Spanish)  
Distributor same as above  
512/450-3011

Gives basic information on nutritious diets for children age 1-2 years, stresses importance of healthy snacks, exercise, weaning. Also provides suggested servings and meal plans. Spanish pamphlet has Spanish foods.

**Healthy Foods for Happy Kids 3-5 Years**  
_*Comidas Saludables para Niños Felices de 3-5 Años_*

Texas Department of Health  
Public Health Nutrition  
Bureau of Maternal and Child Health  
1100 West 49th Street  
Austin, TX 78756  
1992  
Pamphlet  
English, Spanish  
Hispanics

Free. Reprint with permission. Order # 1-29, 1-29A (Spanish)  
Distributor same as above  
512/450-3011

Provides basic dietary information for children 3-5 years of age, including importance of healthy snacks, Vitamins A and C, exercise. Offers daily food guide and sample meal plans. Spanish version gives Spanish foods.

**Help Your Child Be Heart Healthy**

Vermont Department of Health  
1193 North Avenue, P. O. Box 70  
Burlington, VT 05402  
1986  
Fact Sheet  
English  
General population

Free single copy. Reproduce with permission.  
Distributor same as above  
802/863-7280

Describes health habits to teach children in order to lower risk of heart disease as adults. Gives test to examine eating habits. Geared to needs of children. Emphasizes working together as a family. 6th grade reading level.
Is There a Fussy Eater at Your House?
Hints to Make Mealtime More Fun For All

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824
1990
Pamphlet
English

General population
Free
Distributor same as above
603/862-2346

Suggests ways to have children enjoy mealtimes more by letting the child participate in meal planning, offering healthy snacks, and letting the child decide how much to eat.

Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302
1982
Reference
English

Service providers
Free in limited quantities. Order #94
Distributor same as above
703/305-2000

Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

Outsmarting the Cookie Monster

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824
1990
Pamphlet
English

General population
Free
Distributor same as above
603/862-2346

Provides guidelines to planning healthy snacks for kids and promotes healthy snacking for children as well as for adults. Also shows that nutritious snacks are less expensive than junk foods.
Feeding the Young Child

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102
1991
Reference
English
Service providers

Single copies free.
Distributor same as above
703/821-8955 x254,
Lists materials on maternal and child care topics. Topics include women and infants’ health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

Snacks for Healthy Bodies

Alabama Department of Public Health
WIC Division
434 Monroe Street
Montgomery, AL 36130
1989
Pamphlet
English
General population

Free single copy with self addressed, stamped envelope. Reproduce with permission.
Distributor same as above
205/242-5673
Describes foods for healthy snacks for children. Offers unique snacks as well as foods to be avoided by young children. Suggestions helpful. Small print and size. 5th grade reading level.

Un Plan de Alimento Para Su Bebe

Division of Maternal and Child Health
Texas Department of Health
1100 West 49th Street
Austin, TX 78756
1987
Booklet
Spanish
Hispanics

Free. Reprint with permission.
Distributor same as above
512/458-7700
Provides dietary guidelines for infants, including suitable infant foods, formulas, and the introduction of solid foods. Provides translations for infant food labels into Spanish.
Feeding the Young Child

Whose Job Is It?: Foodbeat: Promoting the Positive; Foodbeat: Solving Problems

St. Paul, Minnesota Division of Public Health
Office of Cable Communications
717 Delaware Street, SE
St. Paul, MN 55440
1989
Video, VHS
English, Hmong
Multiethnic population

3 programs on one tape $50.00; individual programs $20.00 or $25.00 depending on title.
St. Paul-Ramsey County Nutrition Program
1954 University Avenue, Suite 12
St. Paul, MN 55104
By giving parents video models, promotes good nutrition and appropriate growth of preschool children. Each program is meant to be used alone. Similar to a TV show with example of problems acted out. Fathers represented. Hmong actors used in Hmong version.

Your Growing Child (Spanish title: Crecimiento de su Niño)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
1985
Pamphlet
English, Spanish
Multiethnic population

Free single copy. $8.00 per 100 copies. Reproduce with permission.
Distributor same as above
916/427-5500
Discusses the role of food choices, eating habits and activity in child growth. Encourages parents to use growth chart to follow child development. Multiethnic illustrations. Good writing approach. 4th grade reading level
Cardiovascular-Related Issues

**Ataque al Corazón**

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030

Video
Spanish, English
Hispanics

$100.00
Distributor same as above
713/792-5017

Presents information on the causes of cardiovascular disease and the treatments, including a healthy diet and exercise. Discusses the contributions of smoking and excessive alcohol consumption to heart disease. Recommends regular medical visits.

**Controlling High Blood Pressure**

Asian Health Services
310 8th Street, Suite 200
Oakland, CA 94607

1992
Pamphlet
English, Chinese, Filipino, Vietnamese
Multiethnic population, Asian Americans

Free single copy, reprint with permission.
Distributor same as above
510/465-3273

Gives the basics about high blood pressure and hypertension, including myths and tips in hypertension control and prevention. Discusses sodium intake, weight and stress control, exercise.
Cardiovascular-Related Issues

**Dietary Management of Hypertension: Chinese Style**

National Audiovisual Center
Customer Services PG
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701

Hispanics

$80.00, $12.00 for preview

Distributor same as above

301/763-1896

Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

**Eat Right to Lower Your High Blood Cholesterol**

U.S. Department of Health and Human Services
Washington, DC
1990

Sold in packages of 40 only. $25.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Tells what foods should be eaten to help lower a person's cholesterol level. Also provides tips on cooking and shopping. Includes a page on “Food to Choose When You Shop” which is detachable. Features large-type print.

**Eating for Life**

U.S. Department of Health and Human Services
Washington, DC
1988

$1.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.
Cardiovascular-Related Issues

Help Your Child Be Heart Healthy

Vermont Department of Health
1193 North Avenue, P. O. Box 70
Burlington, VT 05402
1986
Fact Sheet
English
General population

Free single copy. Reproduce with permission.
Distributor same as above
802/863-7280

Describes health habits to teach children to lower risk of heart disease as adults. Gives test to examine eating habits. Geared to needs of children. Emphasizes working together as a family. 6th grade reading level.

Hypertension

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030
Video
English, Spanish

Hispanics
$100.00
Distributor same as above
713/792-5017

Stresses the importance of preventing hypertension through regular check-ups and healthy diet.

Pintame de Co/ores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services
Primary Care and Family Health
Primary Health Services Development Program
714 P Street
Sacramento, CA 95814
Not dated
Cookbook
Spanish

Hispanics
Distributor same as above
916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates Vitamin A content. Colorful.
### Cardiovascular-Related Issues

**Pro Salud: Preventio: Is a Family Affair: Heart**
*(Spanish title: La Prevención Es un Asunto de la Familia: El Corazón)*

- **Asociación Nacional Pro Personas Mayores**
  (National Association for Hispanic Elderly)
- **3325 Wilshire Blvd., Suite 800**
- **Los Angeles, CA 90010**
- **Not dated**
- **Booklet**
- **English, Spanish**
- **Hispanics**

Part of 5-piece packet; packet costs $3.00 but discounts available in large quantities.

- **Distributor same as above**
- **213/487-1922**

Colorful booklet in both languages, answers common questions about dietary and medicinal treatment of high blood pressure—focus on diet. Follows one character through her continuing treatment. Multiethnic illustrations. Well organized, nice format.

### Risk Factors of Heart Disease

- **Milner-Fenwick, Inc.**
  - **2125 Greenspring Drive**
  - **Timonium, MD 21093**
- **Video**
- **English**
- **General population**

$250.00. Quantity discounts available.

- **Distributor same as above**
- **410/252-1700**

Patients learn how to reduce their risk of heart attack by minimizing or eliminating controllable risks such as high blood pressure, smoking, and high cholesterol. Suggests overall life style changes to help patients reduce risks.

### So You Have High Blood Cholesterol

- **U.S. Department of Health and Human Services**
  - **Washington, DC**
  - **1987**
- **Booklet**
- **English**
- **General population**

$1.00

Superintendent of Documents
- **U.S. Government Printing Office**
- **Washington, DC 20402**
- **202/783-3238**

Intended to answer many of the questions someone may have about high blood cholesterol level. Also includes a glossary of commonly-used terms.
### Quick Consumer Guide to Safe Food Handling

<table>
<thead>
<tr>
<th>U.S. Department of Agriculture</th>
<th>Service providers, general population</th>
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<tbody>
<tr>
<td>Food Safety and Inspection Service</td>
<td>Free</td>
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<tr>
<td>Publications</td>
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<tr>
<td>12th and Independence Avenue, SW</td>
<td>202/690-0351</td>
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<td>Room 1165</td>
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<td>Washington, DC  20250</td>
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<td>Pamphlet</td>
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</table>

Traces each step in food handling, from shopping to preparing leftovers, to avoid food poisoning. Opens up to two charts of refrigerator and freezer temperatures for cold storage, cooking temperatures, and what to do when the power’s out.

### Child Care Food Program

<table>
<thead>
<tr>
<th>Central Vermont Community Action Council</th>
<th>Free, extra cost for shipping and handling</th>
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<tbody>
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<td>15 Ayers Street</td>
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<td>Brochure</td>
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<td>English</td>
<td></td>
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<tr>
<td>Service providers, general population</td>
<td></td>
</tr>
</tbody>
</table>

Gives safety tips on household hygiene and safe food handling. Also covers proper refrigeration, freezing, and canning. Has chart in English and Spanish about how to sanitize with Clorox Bleach. Last section features how to spot unsafe foods.
Cómo Hector Se Enfermó (English title: How Hector Got Sick)

U.S. Department of Agriculture
Food Safety and Inspection Service
Publications
12th and Independence Avenue, SW
Room 1165
Washington, DC 20250

Not dated
Pamphlet
Spanish, English
Hispanics
Free
Same as Above
202/690-0351
Bilingual pamphlet opens into a larger poster. Realistic sketches tell the story of why Hector became sick after eating food left outside too long. Explains the role of germs, medical treatment. Illustrations in frames, sympathetic to time limitations of working parents.

Cooking for People with Food Allergies

U.S. Department of Agriculture
Washington, DC
1988
Booklet
English
General population
$1.50
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Provides information to help in selecting and preparing foods that do not contain milk, eggs, corn, or wheat; tips to help recognize these ingredients in prepared foods; and recipes designed to help avoid them.

Diarrhea (Spanish title: Diarrea)

Texas Department of Health
Bureau of Maternal and Child Health
1100 West 49th Street
Austin, TX 78756
1992
Pamphlet
English, Spanish
Hispanics, general population
Free first copy. Reprint with permission.
Order # 1-25, 1-25A (Spanish)
Distributor same as above
512/458-7700
Provides basic information on the causes and treatments of diarrhea when contracted by infants. Prevention encouraged through personal hygiene for adults and infants. Illustrations make pamphlet useful for low-literacy clients.
Make Your Food Dollars Count series  
(Spanish title: Sáquele el Mayor Provecho a Sus Dólares)  
U.S. Department of Agriculture  
Food and Nutrition Service  
3101 Park Center Drive  
Alexandria, VA  22302  
1986  
Pamphlet  
English, Spanish  
Hispanics  
Free. Order as Pamphlet Series 2  
Distributor same as above  
703/305-2000  
A series of 4 pamphlets (8 total in both languages) that give clear and colorful buying and preparation tips for vegetables, fruits, and beans (legumes). Stresses the importance of using less sugar, salt, and fat.

Para Conservar Las Vitaminas En Los Vegetales  
Connecticut Cooperative Extension Service  
College of Agriculture and Natural Resources  
University of Connecticut  
1376 Storrs Road  
Storrs, CT 06269  
1984  
Fact sheet  
Spanish  
Hispanics  
Free  
Distributor same as above  
203/486-6271  
Briefly and visually explains how to cook vegetables to retain their vitamins. Recipes and times needed to steam-cook are provided on the back.

Pintame de Colores: Con Comidas Mexicanas Ricas en Vitamina A  
California Department Health Services,  
Primary Care and Family Health  
Primary Health Services Development Program  
714 P Street  
Sacramento, CA  95814  
Not dated  
Cookbook  
Spanish  
Hispanics  
Distributor same as above  
916/657-1347  
A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates vitamin A content. Colorful illustrations.
Preparation Foods and Planning Menus Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC
1989
Booklet
English
General population

$2.50
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Contains tips for cooking with less sugar, fat, and sodium and a daily guide to food choices. Also provides menu ideas and 10 recipe ideas.

Searching for Ways to Keep Costs Down:
Making Choices about Fast Foods and Convenience Foods

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824
1990
Pamphlet
English
General population

Free
Distributor same as above
603/862-2346
Clearly and easily compares the cost advantages of home-cooked meals to fast-food meals. Also discusses briefly surplus commodities from the USDA distributed by Community Action Programs.

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC
1989
Booklet
English
General population

$3.00
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Contains quick meal hints, tips on reading food labels, aisle-by-aisle shopping guide, and 18 timesaving recipe ideas.
Stop the Food Spoilers: Food Safety Tips Anytime...All the Time...

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824
1990
Pamphlet
English

General population
Free
Distributor same as above
603/862-2346

Explains how to prevent food spoilage and illness with illustrations and an easy list of things to do and not do. Covers refrigeration, hygiene, stovetop cooking, and thawing meats.

The ABCs of Clean: A Handwashing and Cleanliness Education Program

Soap and Detergent Association
475 Park Avenue South
New York, NY 10016
1990
Cassette, booklets
English, Spanish
Children, multiethnic population

$10.00 for the complete program; $3.50 each for class packet (all except videotape)
Distributor same as above
202/725-1262

Kit includes storybook, two posters, matching game, a take-home story, and audiocassettes, videotape and a teacher and parent guide. Focuses on handwashing and surface cleaning to help reduce the spread of infectious diseases.

"Thumbs Up" Food for "Thumbs Up" Babies, Safe or Sorry series

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center, 12B Forest Park
Durham, NH 03824
1990
Pamphlet
English
General population
Free
Distributor same as above
603/862-2346

Gives suggestions for food preparation to help infants avoid illness from germs. Stresses general hygiene, proper buying and preparation of baby formula and baby food, breast milk storage. Clearly designed with illustrations. Easy to read.
Vitamin C

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA  95814
Not Dated
Pamphlet
English
General population

Free single copy. $6.00 per 100 copies.
Reproduce with permission.
Distributor same as above
916/427-5500

Discusses vitamin C requirements and food sources. Food preparation and cooking tips to retain Vitamin C presented along with recipes. Good explanation of vitamin C-rich foods. 8th grade reading level.
Dental Care

A Healthy Mouth for You and Your Baby

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 30892
1986
Booklet
English, Spanish
Hispanics
Free
Distributor same as above
301/496-4261
Promotes good dental care for adults and babies. For adults, suggests cleaning teeth, regular visits to the dentist, and good diet. For babies, suggests using fluoride, regular cleanings, nutritious foods, prevention of bottle tooth decay, and visits to the dentist.

Cuidado Dental en Los Niños

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465
Not dated
Video
Spanish
Hispanics
$89.00
Distributor same as above
202/429-9506
Two doctors discuss the importance of maintaining healthy baby teeth. Shows the effects that decay left untreated can have on the overall health of the child for both the long and short term. Covers cavities, role of nutrition, fluoride.
For Healthy Teeth

Clinical Nutrition Services
P.O. Box 133, Gurda Lane
Pine Island, NY 10969

Fact Sheet
English, Spanish, Creole
Farmworkers
Original lithograph $8.95; 150 copies of either sheet $15.00. May be reproduced.

Happiness Is Good Snacks

Mississippi Department of Health
WIC Nutrition Education Program Coordinator
P. O. Box 1700
Jackson, MS 39215-1700
1983
Pamphlet
English
General population

Happy Teeth for Healthy Smiles
(Spanish title: Dientes Sanos Para Sonrisas Felices)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814
1985
Pamphlet
Spanish, Chinese, Vietnamese, English, Cambodian
Multiethnic population

Free single copy to public health agencies and WIC programs. Reproduce with permission.

Distributor same as above
601/960-7829

Recommends foods as healthy snacks that promote dental health and are fun to eat. Presents a variety of foods. Categorizes foods into categories such as texture, taste, color, temperature. 4th grade reading level.
Health Status of Minorities and Low-Income Groups

Department of Health and Human Services
Washington, DC
1991
Manual
English
Service providers
$18.00, order # S/N 017-000-00257-1

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans, and use of health services.

Oral Health Fact Sheet

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South Austin, TX 78746
Not dated
Fact Sheet
English

Provides a series of statistics about state of oral health among low income groups in the U.S. Second category covers unmet oral health needs of farmworkers. References supplied at the end.

Prevent Baby Bottle Tooth Decay

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 20892
Not dated
Pamphlet
English
General population
Free

Discusses the prevention of baby bottle tooth decay by taking baby bottles out at night, cleaning the pacifier, never dipping it into sugary substances, brushing baby teeth with fluoride at age 2 months, and weaning. Multiethnic illustrations, clearly designed.
Preventing Nursing Bottle Mouth

Nebraska Department of Health
Nutrition Division
301 Centennial Mall South
Lincoln, NE 68509

Not Dated
Pamphlet
English, Spanish
General population

Free single copy with self addresses, stamped envelope. Reproduce with permission
Distributor same as above
401/471-2781

Discusses causes, treatment, and prevention of nursing bottle mouth. Tips on cleaning baby's mouth, caring for primary teeth, and benefits of using flouride. Good graphic illustrations, clear summaries. 8th grade reading level.

Protect Your Child's Teeth: Put Your Baby to Bed With Love, Not With a Bottle

Dental Health Foundation
4286 Redwood Hwy., #261
San Rafael, CA 94903

Not Dated
Pamphlet
English, Chinese, Thai, Cambodian, Laotian, Spanish
Multiethnic population

$.10-$1.5 depending on quality. Contact source for sample and order form.
Distributor same as above

Describes the causes of baby bottle tooth decay and tooth protection. Excellent presentation, large and easy to read. Various ethnic groups represented in illustrations. Appropriate for a class handout. 4th grade reading level.

RX for Sound Teeth: Plaque: What It Is and How to Get Rid of It (Spanish title: RX para Dientes Sanos: La Placa: Qué es la Placa Dental y Cómo Puede Quitársele?)

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 20892

Not dated
Pamphlet
English, Spanish
Hispanics

Free
Distributor same as above
301/496-4261

Two brochures, one in each language, provide general instruction on how to brush and floss teeth, define plaque in general terms, and encourage regular visits to the dentist. Very clear, easy to read.
A Sick-Day Meal Guide for Diabetics

Alabama Cooperative Extension Service
Auburn University
Auburn, AL 36849-5621
Not dated
Booklet
English

General population
Free single copy
Distributor same as above
205/844-2224
Provides food exchanges along with suggested eating times and foods to avoid, and reinforces the importance of medical visits.

Two doctors discuss how diabetes occurs within the body. Symptoms of juvenile diabetes, diabetes in adults, and gestational diabetes are discussed along with treatments. Early detection through proper testing is encouraged.
Diabetes and Food: A Guide for People with Non-Insulin-Dependent Diabetes Mellitus (Spanish title: Qué Debe Comer Cuando Tiene Diabetes: Una Guía Para Personas Que Tienen Diabetes Mellitus...)

American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL  60606-6995

1990
Pamphlet
English, Spanish
Hispanics, general population

$4.89 per 25
Distributor same as above
312/899-0040
Promotes healthy, low-fat eating for people with diabetes; strongly suggests having a dietitian. Provides a sample meal plan, warns against sugar and alcohol, encourages exercise. Clearly designed.

Diabetes and Pregnancy: What to Expect

American Diabetes Association
1970 Chain Bridge Road
McLean, VA  22109

1989
Booklet
English

General population, diabetics
$7.25
Distributor same as above
800/232-3472
Focusing on women with type I diabetes, this guide covers the stages of embryonic development, tests to expect, labor and delivery, birth control.

Diabetes and You: Adults

American Diabetes Association
1970 Chain Bridge Road
McLean, VA  22109-0592

1987/88
Booklet
English

General population, diabetics
$1.50
Distributor same as above
800/232-3472
Deals with the special needs of diabetics, including complications, coping, care, and control.
Exchange Lists for Meal Planning

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592
1989
Booklet
English
General population, diabetics

1989
Booklet
English
General population, diabetics

$1.30
Distributor same as above
800/232-3472
Explains the six exchange lists used for proper meal planning for diabetics. Uses colorful charts and simple language, and includes food portions that can be easily adjusted for any caloric level.

Gestational Diabetes: What to Expect

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109
1989
Booklet
English
General population, diabetics

$7.25
Distributor same as above
800/232-3472
Gives basic information on the causes and treatment of gestational diabetes, as well as how to care for it during pregnancy.

Managing Your Diabetes
(Spanish title: Cómo Controlar Su Diabetes)

Eli Lilly and Company
Lilly Corporate Center
Public Relations Services
Indianapolis, IN 46285
1982
Booklet
English, Spanish
Hispanics, service providers

Free
Distributor same as above
800/225-3939
Meal Planning for People with Diabetes
(Spanish title: Planificación de Comidas Para Personas con Diabetes)

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway South
Austin, TX 78746

1990
Booklet
English, Spanish
Multiethnic population

$3.50; order 50, price drops to $2.50
Distributor same as above
512/328-7682
Gives background information on the food plan for diabetes, and provides food exchange lists for common Mexican foods. Includes tips for controlling blood sugar and blanks to record their prescribed food exchanges.

Planificación de Comidas con Alimentos Mexicanoramericanos

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995

1990
Booklet
Spanish
Hispanics

$15.00 for an order of 25.
Distributor same as above
312/899-0040
Recommends healthy Mexican-American meals for Mexican-American diabetics. Promotes baking over frying, vegetable oil over lard and limiting fatty foods. Food exchanges are within the Mexican-American traditional diet.

Pro Salud: Prevention Is a Family Affair: Diabetes
(Spanish title: La Prevención Es un Asunto de la Familia: Diabetes)

Asociacion Nacional Pro Personas Mayores
(National Asociación for Hispanic Elderly)
332 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not Dated
Booklet, 1 of 5
English, Spanish
Hispanics

$3.00 for 5 booklets of packet; price negotiable when buying in large quantities
Distributor same as above
213/487-1922
One publication in both English and Spanish provides general about diabetes—its causes and treatment. Includes diet and exercise guidelines and other places to call for more information. Plot follows one character, colorful watercolor illustration.
**Take Charge of Diabetes**

Clinical Nutrition Service  
P.O. Box 133, Gurda Lane  
Pine Island, NY 10969  

Pamphlet  
English, Spanish, Creole  
Farmworkers

Original lithograph $15.95  
Distributor same as above  
914/344-8105

Describes basic health care practices for diabetics. Illustrations with text for low-literacy clients. Provides information on proper foot care, food preparation, nutrition guidelines, hyper-and hypoglycemic symptoms, and treatment strategies.

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**The 'Other' Diabetes**

American Diabetes Association  
1970 Chain Bridge Road  
McLean, VA 22109  

1987  
Booklet  
English  
General population, diabetics

$2.95  
Distributor same as above  
800/232-3472

Presents the educating story of Henry, a fictional character who develops type II diabetes. Follows Henry's successes and failures as he learns about staying healthy through proper treatment, diet, and exercise.
A Time of Change (Spanish title: De Niña a Mujer)

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A 24
Bethesda, MD 20892

1988
Booklet
English, Spanish
Hispanics

Free. Maximum order of 100
Distributor same as above
800/4-CANCER
This bilingual fotonovela was developed for young women and discusses various health promotion issues such as nutrition, quitting smoking, exercise, and pelvic, Pap, and breast examinations.


National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892

1987
Booklet
English
General population

Free. Limit 20.
Distributor same as above
800/4-CANCER
Describes what is known about diet, nutrition, and cancer prevention. Informs about foods that contain fiber, fat, and vitamins and how that may affect cancer risk. Suggests ways to enhance food variety in meals with sample recipes.
Diet, Nutrition & Cancer Prevention: The Good News

National Cancer Institute
Office of Cancer Communications
Public Inquiries Section
Building 31, Room 10A 24
9000 Rockville Pike
Bethesda, MD 20892
1987
Booklet
English

General population
Free, with special bulk rates.
Distributor same as above
800/4-CANCER
Provides information on how to protect yourself from cancer risks through diet. Encourages a low-fat diet, rich in fiber. Gives nutritional breakdowns of common low-fat foods and high-fiber foods. Nicely presented, colorful.

Eating for Life

U.S. Department of
Health and Human Services
Washington, DC
1988
Booklet
English
General population

$1.00
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.

Get a New Attitude About Cancer: A Guide for Black Americans

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892
1992
Brochure
English

African Americans
Free, with special bulk rates
Distributor same as above
800/4-CANCER
Cancer prevention geared toward African Americans, mentions proper nutrition but focuses on early detection signs.
Hágalo Hoy Community Outreach Program

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A 24
Bethesda, MD 20892
Not dated
Kit
English, Spanish
Hispanics

Free. Maximum order of 1
Distributor same as above
800/4-CANCER

This kit targets Hispanics and contains bilingual and Spanish language materials to enable health professionals to conduct community education programs. Covers the early detection of breast cancer, smoking, and related issues.

Píntame de Colores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services
Primary Care and Family Health
Primary Health Services Development Program
714 P Street
Sacramento, CA 95814
Not dated
Cookbook
Spanish

Hispanics
Distributor same as above
916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipe illustrates vitamin A content. Colorful.

Pro Salud: Prevention Is a Family Affair Series: Cancer
(Spanish Title: La Prevención Es un Asunto de la Familia: El Cáncer)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
Not dated
Booklet
English, Spanish
Hispanics

Five booklets in Pro Salud series together cost $3.00. Discounts available for large quantities.
Distributor same as above
213/487-1922

Follows Felicidad as she discovers more about the basic causes and symptoms of cancer after a family member is diagnosed with the disease. Recommends regular visits to the doctor, low-fat foods to lower the cancer risk. Well done, effective illustrations.
What You Need to Know About Cancer series

U.S. Department of Health and Human Services
National Institutes of Health
Public Health Service
Washington, DC

1983
Booklet
English
Service providers
Free.

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892
800/4-CANCER

Bilingual booklets that provides basic yet comprehensive information about the detection, causes, and treatments of cancer. Follows a question-answer format, has section to illustrate the 10 most common cancers among Hispanics. Also has phone numbers for free information hotlines.
Weight Management

About Good Nutrition (Spanish title: Sobre La Buena Nutrición)

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1992
Booklet
English, Spanish
Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.
Distributor same as above
800/628-7733
Provides basic information about the five basic food groups. Includes calorie charts, suggested servings, weight charts, recommended calorie intake, nutritional needs of children, teenagers, women, and the elderly. Well organized and illustrated.

Calories and Weight: The USDA Pocket Guide

U.S. Department of Agriculture
Washington, DC
1991
Booklet
English
General population
$3.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
202/783-3238
Provides dietary guidelines on body weight ranges, diet cautions, healthy weight loss plan, calorie tables, serving sizes of meat, and other related information.
Weight Management

**Dietary Management of Hypertension: Chinese Style**

National Audiovisual Center
Customer Services PG
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701
Video
English, Spanish

Hispanics
$80.00, $12.00 for preview
Distributor same as above
301/763-1896
Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

**Exchange Lists for Weight Management**

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592
1989
Booklet
English

General population
$1.30
Distributor same as above
800/232-3472
Teaches the basics of good nutrition and weight management through the exchange list method. Includes six exchange lists and adjustable food portions.

**Fresh Fruit, Veggies & Water**

North Dakota State Department of Health & Consolidated Laboratories
Division of Maternal & Child Health
600 E. Boulevard Avenue
Bismark, ND 58505-0200
1988
Pamphlet
English

Free single copy with self addressed, stamped 9x12 envelope. Reproduce with permission.
Distributor same as above
701/224-2493
Discusses benefits of eating enough fresh fruit, vegetables, and water. Benefits covered are constipation prevention, bladder infection prevention, and weight control. Excellent list of high fiber foods and recipes given. 6th grade reading level.
Get Fit, Trim Down: Losing Weight and Following the Dietary Guidelines to Lower Cancer Risk

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009
1989
Booklet
English

General population, service providers
first copy free; 25+ copies are $.35 each
Distributor same as above
202/328-7744

Provides guidelines for weight management and lowering cancer risk through exercise, diet, and visiting the doctor. Includes weight/height tables and sample low-calorie meals.

Guidelines for Use of the Exchange List

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592
1989
Booklet
English

$.60
Distributor same as above
800/232-3472

Three modified meal planning guides help set dietary goals. Titles include: For Low-Sodium Meal Planning, For Lowfat Meal Planning, For Low-Sodium, and Lowfat Meal Planning.

Healthy Food Choices
(Spanish title: Cómo Escoger Alimentos Saludables)

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0795
1986
Pamphlet
English, Spanish

$.50 each for nonmembers; $.40 each for members. $8.00 for 25.
Distributor same as above
800/232-3472

Explains what foods make up a good diet, recommends daily servings. Guidelines include eating less fat, sugar, and salt while eating more high fiber foods. Provides blank space for nutrition counselor to suggest diet. Not diabetes-specific. 4th grade reading level.
Weight Management

La Buena Nutrición Promueve La Salud

Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314
1992
Video
Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population
Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417
Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.

Nutrition and Your Health: Dietary Guidelines for Americans
(Spanish title: La Nutrición y Su Salud: Guías para su Dieta)

U.S. Department of Agriculture
Human Nutrition Information Service
650 Belcrest Road
Hyattsville, MD 20782
1990
Booklet
English, Spanish
Hispanics

Sold in quantities of 100 only, costing $44.00
Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
Gives basic nutrition guidelines for better health, covering weight management, moderation of fatty foods, salt, sugar, and alcohol, benefits of fruits, vegetables, and grains. Includes food and weight guides. Colorful, clearly designed.

Pro Salud: Prevention Is a Family Affair: Wellness
(Spanish title: La Prevención Es un Asunto de la Familia: La Salud)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
Not dated
Booklet
English, Spanish
Hispanics

One of a 5-part information packet costing $3.00. Quantity discounts available.
Distributor same as above
213/487-1922
Follows main character Felicidad through her path to health awareness, learning about how nutritious food choices low in fat, salt, and high in fiber can promote better health in her family. Also promotes exercise and quitting smoking.
Alcohol, Drugs, and Smoking

A Love Story for My Unborn Child

Universal Health Associates
1701 K Street, Suite 600
Washington, DC 20035-5465

Video
English, Spanish
Hispanics
$95.00

Distributor same as above
202/429-9506

Uses a multiethnic/multicultural approach to describe the risks of fetal development caused by alcohol, drugs, medication, or smoking during pregnancy. Explains that stopping at any time during pregnancy can increase the chances of having a healthy baby.

A Pregnant Woman Never Drinks Alone

Universal Health Associates
1701 K Street, NW, Suite 600
Washington, DC 20035-5465

Video
English
General population
$95.00

Distributor same as above
202/429-9506

Details the risks of alcohol consumption to fetal development. Fetal Alcohol Syndrome is described in a direct, understandable way and suggestions are made to help women stop drinking.
Alcohol, Drugs, and Smoking

Alcohol, Drugs and HIV (Spanish title: Alcohol, Drogas y SIDA)
San Francisco AIDS Foundation
25 Van Ness Avenue, Suite 660
P.O. Box 426182
San Francisco, CA 94142-6182
1988
Pamphlet
English, Spanish
Hispanics
Order 1-99=.30 each; order 100-999=.20 each; order 1000 and above=.16 each. Prepay orders less than $500.
Impact AIDS
3692 18th Street
San Francisco, CA 94110
415/861-3397
Well presented bilingual brochure explains that drugs and alcohol damage the immune system, and that excessive drug alcohol use can at the least affect judgment and increase the risk of AIDS.

Drugs—Bad for You, Worse for Your Baby
(Spanish title: Las Drogas—Malas Para Usted, Peores Para Su Bebé)
Channing L. Bete, Co., Inc.
200 State Road
South Deerfield, MA 01373
1992
Booklet
English, Spanish
Hispanics
Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.
Distributor same as above
800/628-7733
Discusses the implications of pregnant women taking drugs or alcohol and how it affects the baby. Encourages good diet, moderate exercise, regular medical visits, and quitting smoking. Good illustrations, well designed.
El fumar y La Salud

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated
Video
Spanish
Hispanics

Growing up Drug-Free: A Guide for Parents (Spanish title: Crecer Libre de Drogas: Guía de Prevención para los Padres de Familia)

U.S. Department of Education
Washington, DC
Not dated
Booklet
English, Spanish
Hispanics
Free. Order # PHD541

Guía Para Dejar de Fumar: Por su Salud y su Familia

U.S. Department of Health and Human Services
Public Health Service
National Institute of Health
Washington, DC
1988
Booklet
Spanish
Hispanics
Free. Maximum order of 100

$89.00
Distributor same as above
202/429-9506
Two doctors show, with the use of graphics how cigarette smoking can damage the lungs and other body organs. Explains various methods on how to quit smoking.

Gives guidelines for family members to help their children stay away from or recover from illegal drug use. Focuses on family communication and family activities. The last section outlines the health risks of tobacco, alcohol, and drug use. Lists available resources.

Provides reasons to stop smoking, how to stop smoking, and how to control the desire to smoke. Graphically illustrates with color photos what smoking does to lungs. First and third sections describe how smoking affects health.
La Interacción de Drogas y Alimentos

National Consumers League
815 15th Street, NW
Suite 928N
Washington, DC 20005
Not dated
Pamphlet
Spanish
Hispanics, service providers

$1.00. Bulk orders available. Please include self-addressed, stamped envelope with order.
Distributor same as above
202/639-8140
Explains how various drugs prescribed for common ailments can cause bad secondary effects if taken with certain foods. Stresses regular medical consultation as well as the dangers of mixing certain prescribed drugs with tobacco and alcohol.

Learning English and Improving Your Family's Health Series: Smoking, Pregnancy, and Your Children's Health

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003
1988
Brochure
English, Creole
Haitian-Americans

$2.00 for complete series of three booklets.
Distributor same as above
212/598-0972
Tries to convince the pregnant mother to quit smoking by giving basic information on the repercussions of nicotine and carbon monoxide intake once the child is born. Translations and vocabulary list of key words on each page.

Lo Que Todo El Mundo Debe Saber Sobre el Alcohol

Channing L. Bete, Co., Inc.
200 State Road
South Deerfield, MA 01373
1980
Booklet
Spanish
Hispanics
Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.
Distributor same as above
800/628-7733
With simple illustrations, shows how alcohol is accepted socially and how it can be abused. Names ten symptoms to identify alcoholism, explains that abuse of alcohol can be dangerous to health, and ends with the idea that the drinker is the one responsible for his/her drinking habits.
### Nutrition and AIDS

U.S. Department of Health and Human Services  
Washington, DC  
1991  
Reference  
English  
Service providers

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Contains 688 citations to monographs, conference proceedings, abstracts, journal articles, patient education brochures, and audiovisuals. Includes directories of organizations that deal with AIDS and nutrition.

### Our Children, Our Future

Asian Health Services  
Smoking Education Project  
310 8th Street, Suite 200  
Oakland, CA 94607  
Not dated  
Video  
Laotian  
Laotians

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This 15-minute video, although in Laotian, comes with an English script. A smoking-cessation video that attempts to make Laotian parents realize that smoking is a relevant concern by linking the impact of smoking to the success of their children.

### Pregnant? Don't Smoke (Spanish title: ¿Encinta? ¡No Fume!)

Channing L. Bete, Co., Inc.  
200 State Road  
South Deefield, MA 01373  
1992  
Booklet  
English, Spanish  
Hispanics

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Order 1-24=$1.00 each; order 25-99=$.78 each; order 99-499=$.51 each. Shipping and handling extra.

Tries to convince the pregnant mother to stop smoking, listing possible complications during pregnancy and later effecting the infant as reasons. Suggests ways to quit, including finding support from organizations and family.
Quick List: 10 Ways To Help Your Child Say “No”  
(Spanish title: Guía Práctica: 10 Pasos Que Ayudarán a Sus Hijos a Decir “No”)

U.S. Department of Health and Human Services  
Public Health Service  
Alcohol, Drug Abuse, and Mental Health Administration  
Office for Substance Abuse  
5600 Fishers Lane  
Rockville, MD 20857  
1990

Pamphlet  
English, Spanish  
Hispanics

What You Should Know About Caffeine

International Food Information Council  
1100 Connecticut Avenue, NW, Suite 430  
Washington, DC 20036  
Not dated

Pamphlet  
English

General population, service providers

Free. Order # PH287

National Clearinghouse for Alcohol and Drug Information  
P. O. Box 2345  
Rockville, MD 20852  
800/729-6686

Dramatically illustrates the 10 ways to help your kids to say no to drugs. Pamphlet opens up into small poster, well-written and illustrated with photos and orange highlights. Hispanic subjects in photos emphasizing family support.

1-100 copies=.50 each; 101-500 copies=.45 each

Distributor same as above  
202/296-6540

Provides general information on commonly asked questions regarding caffeine and health, including caffeine intake during pregnancy, risk of cardiovascular disease and cancer. Also has caffeine content breakdown of common beverages.
Other Publications

Health Status of Minorities and Low-Income Groups

Department of Health and Human Services
Washington, DC
1991
Manual
English
Service providers
$18.00, order # S/N 017-000-00257-1

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans and use of health services.

Maternal/Child Health Fact Sheet

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South Austin, TX 78746
Not dated
Fact sheet
English

Service providers
Free
Distributor same as above
512/328-7682

Gives maternal/child health statistics for the general U.S. population, including the migrant population. One page.
Other Publications

**Orientation to Multicultural Health Care in Migrant Programs**

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South
Austin, TX 78746
1988
Booklet
English
Service providers

$2.00
Distributor same as above
512/328-7682
An introduction to the service providers on how to cope in a multicultural, multiethnic environment. Includes an introduction to basic cultural concepts, description of migrant streams and lifestyles and a description of health characteristics of migrant population.

**Pro Salud: Prevention Is a Family Affair: Arthritis**
*(Spanish title: Prevención Es un Asunto de la Familia: Artritis)*

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Boulevard, Suite 800
Los Angeles, CA 90010
Not dated
Booklet
English, Spanish
Hispanics

Five booklets in Pro Salud series together cost #3.00. Discounts available for large quantities.
Distributor same as above
213/487-1922
Follows main character Felicidad as she learns about arthritis, its signs, and treatment. Promotes use of aspirin, exercise and rest, uses of heat and cold treatments, joint care, and a well-balanced diet. Warns against miracle cures.
Other Organizations

ALABAMA

American Cancer Society
504 Brookwood Boulevard
Homewood, AL 35209
205/879-2242

Cooperative Extension Office
Alabama A&M University
Normal, AL 35762

Cooperative Extension Office
Auburn University
Auburn, AL 36849

Cooperative Extension Office
Tuskegee University
Tuskegee, AL 36088

Public Health Department
434 Monroe Street
Montgomery, AL 36130-1701

ARIZONA

American Cancer Society
2929 East Thomas Road
Phoenix, AZ 85016
602/224-0524

Cooperative Extension Office
University of Arizona
Tucson, AZ 85721

Department of Health Services
1740 West Adams Street
Phoenix, AZ 85007

ARKANSAS

American Cancer Society
901 North University
Little Rock, AR 72207
501/664-3480

Cooperative Extension Office
University of Arkansas
Little Rock, AR 72203

Cooperative Extension Office
University of Arkansas
Pine Bluff, AR 71601

Department of Health
4815 Wrest Markham Street
Little Rock, AR 72201

CALIFORNIA

American Cancer Society
1710 Webster Street
Oakland, CA 94612
510/893-7900
Other Organizations

Cooperative Extension Office
University of California
Oakland, CA 94612-3560

Department of Health Services
714 P. Street, Rm. 1253
Sacramento, CA 95814

COLORADO
American Cancer Society
2255 South Oneida
Denver, CO 80224
303/758-2030

Cooperative Extension Office
Colorado State University
Fort Collins, CO 80523

State Health Department
4300 Cherry Creek Drive South
Denver, CO 80222-1530

CONNECTICUT
American Cancer Society
Barnes Park South
14 Village Lane
Wallingford, CT 06492
203/265-7161

Cooperative Extension Office
University of Connecticut
Storrs, CT 06269-4066

State Department of Health
150 Washington Street
Hartford, CT 06106

DELAWARE
American Cancer Society
92 Read's Way
New Castle, DE 19720

Cooperative Extension Office
Delaware State College
Dover, DE 19901

Cooperative Extension Office
University of Delaware
Newark, DE 19717-1303

Division of Public Health
PO Box 637, Federal Street
Jesse S. Cooper Building
Dover, DE 19901

DISTRICT OF COLUMBIA
American Cancer Society
1825 Connecticut Avenue, N.W.
Suite 315
Washington, DC 20009
202/483-2600

Cooperative Extension Office
University of the District of Columbia
Washington, DC 20008

Department of Public Health
1660 L. St., NW, 12th Floor
Washington, DC 20036

Extension Service
U.S. Department of Agriculture
Room 3444 South Building
Washington, DC 20250-0900
202/720-5578

Georgetown University Child
Development Center
3800 Reservoir Road, NW
Washington, DC 20007
202/687-8860
202/687-1954

National Association of Community
Health Centers, Inc.
1330 New Hampshire Ave., NW Suite 122
Washington, DC 20036
202/659-8008

National Center for Education in
Maternal and Child Health
38th and R Street NW
Washington, DC 20057
202/625-8400
Office of Adolescent Pregnancy Programs
Department of Health and Human Services
200 Independence Ave., SW, Room 736E
Washington, DC 20201
202/245-7473

Office of Minority Health Resource Center
PO Box 37337
Washington, DC 20013-7337
800/444-6472

Office of Disease Prevention
and Health Promotion (ODPHP)
Information Center
U.S. Department of Health and Human Services
PO Box 1133
Washington, DC 20013-1133
800/336-4797
301/565-4167

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402-9325
202/275-3634 (for updates on publications)

FLORIDA

American Cancer Society
1001 South MacDill Avenue
Tampa, FL 33629
813/253-0541

Cooperative Extension Office
Florida A&M University
Tallahassee, FL 32307

Cooperative Extension Office
University of Florida
Gainesville, FL 32601

Department of Health and Rehabilitative Services
1323 Winewood Blvd., #113
Tallahassee, FL 32399-0700

GEORGIA

American Cancer Society
46 Fifth Street, NE
Atlanta, GA 30308
404/892-0026

Cooperative Extension Office
Fort Valley State College
Fort Valley, GA 31031

Cooperative Extension Office
University of Georgia
Athens, GA 30602

DHR/Public Health, Suite 201
878 Peachtree St., NE
Atlanta, GA 30309

Dental Disease Prevention Activity
Centers for Disease Control
1600 Clifton Road NE
Mail Stop E09
Atlanta, GA 30333
404/639-1830

HAWAII

American Cancer Society
Community Services Center Bldg.
200 North Vineyard Boulevard
Honolulu, HI 96817
808/531-1662

Cooperative Extension Office
University of Hawaii
Honolulu, HI 96822

Department of Health
Klau Hale, PO Box 3378
Honolulu, HI 96801

IDAHO

American Cancer Society
2676 Vista Avenue
Boise, ID 87305
208/343-4609
Other Organizations

**INTEGRITY**
American Cancer Society
8712 Commerce Park Place
Indianapolis, IN 46268
317/872-4432
Cooperative Extension Office
Purdue University
West Lafayette, IN 47907
State Board of Health
1300 W. Michigan Street
Indianapolis, IN 46206

**ILLINOIS**
American Cancer Society
77 East Monroe
Chicago, IL 60603
312/641-6150
American Dietetic Association(ADA)
216 West Jackson Blvd., Suite 800
Chicago, IL 60606-6995
312/899-0040
Cooperative Extension Office
University of Illinois
Urbana, IL 61801
Department of Public Health
535 West Jefferson Street
Springfield, IL 62761
Director of Network Services
Second Harvest National Foodbank Network
116 S. Michigan Ave., Suite 4
Chicago, IL 60603
312/263-2303
La Leche League International
PO Box 1209
Franklin Park, IL 60131-0820
312/455-7730
National Dairy Council
10255 West Higgins Road
Rosemont, IL 60018
800/426-8271

**INDIANA**
American Cancer Society
8730 Commerce Park Place
Indianapolis, IN 46268
317/872-4432
Cooperative Extension Office
Purdue University
West Lafayette, IN 47907
State Board of Health
1330 W. Michigan Street
Indianapolis, IN 46206

**IOWA**
American Cancer Society
8364 Hickman Road, Suite D
Des Moines, IA 50325
515/253-0147
Cooperative Extension Office
Iowa State University
Ames, IA 50011
Department of Public Health
Lucas State Office Building
Des Moines, IA 50319

**KANSAS**
American Cancer Society
1315 SW Arrowhead Road
Topeka, KS 66604
913/273-4114
Cooperative Extension Office
Kansas State University
Manhattan, KS 66506
Department of Public Health
Forbes Field
Topeka, KS 66620
Other Organizations

KENTUCKY
American Cancer Society
701 West Muhammad Ali Blvd.
Louisville, KY 40201-1807
502/584-6782
Cabinet for Human Resources
275 East Main Street
Frankfort, KY 40621
Cooperative Extension Office
Kentucky State University
Frankfort, KY 40601
Cooperative Extension Office
University of Kentucky
Lexington, KY 40546

LOUISIANA
American Cancer Society
Fidelity Homestead Bldg.
837 Gravier Street
Suite 700
New Orleans, LA 70112-1509
504/523-4188
Cooperative Extension Office
Louisiana State University
Baton Rouge, LA 70803-1900
Cooperative Extension Office
Southern University and A&M College
Baton Rouge, LA 70813
Department of Health
PO Box 60630
New Orleans, LA 70160

MAINE
American Cancer Society
52 Federal Street
Brunswick, ME 04011
207/729-3339
Bureau of Health
151 Capital Street
Augusta, ME 04333
Cooperative Extension Office
University of Maine
Orono, ME 04469

MARYLAND
Alcohol, Drug Abuse and
Mental Health Administration
Parklawn Building, Room 13C-05
5600 Fishers Lane
Rockville, MD 20857
301/443-8956
301/443-3783 (general information)
American Cancer Society
8219 Town Center Drive
Baltimore, MD 21236-0026
410/931-6868
Bureau of Health Professions
Health Resources and Services Administration
Parklawn Building, Room 8-101
5600 Fishers Lane
Rockville, MD 20857
301/443-6864
Cancer Information Service
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892
800/4-CANCER
808/524 1234
(Hawaii—neighbor islands call collect)
Cooperative Extension Office
University of Maryland
College Park, MD 20742
Cooperative Extension Office
University of Maryland
Eastern Shore, MD 21853
Department of Health
201 West Preston Street
Baltimore, MD 21201
Other Organizations

Family Information Center
National Agricultural Library, Room 304
Department of Agriculture
10301 Baltimore Boulevard
Beltsville, MD 20705
301/344-3719

Food and Drug Administration
Office of Consumer Affairs
Parklawn Building, Room 1685
5600 Fishers Lane
Rockville, MD 20857
301/443-3170

Food and Nutrition Information Center
Department of Agriculture
National Agricultural Library, Room 304
Beltsville, MD 20705
301/344-3719

Indian Health Service
Parklawn Building, Room 6-35
5600 Fishers Lane
Rockville, MD 20857
301/443-3593

Information Center
National Institute of Dental Research
National Institutes of Health
9000 Rockville Pike
Building 31, Room 2C35
Bethesda, MD 20892
301/496-4261

Information Office
National Institute of Diabetes and Digestive and Kidney Diseases
National Institutes of Health
9000 Rockville Pike
Building 31, Room 9A04
Bethesda, MD 20892
301/496-3583

International Cancer Information Center
National Cancer Institute
9030 Old Georgetown Road
Building 82
Bethesda, MD 20892
301/496-7403

Migrant Health Program
Division of Primary Care Services, BHCDA
Parklawn Bldg., Rm. 7A-55
5600 Fishers Lane
Rockville, MD 20857
301/443-1153

NHLBI Education Programs
Information Center
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
301/951-3260

National Clearinghouse for Alcohol and Drug Information
6000 Executive Boulevard
PO Box 2345
Rockville, MD 20852
301/468-2600
301/729-6686 (Say No To Drugs)

National Diabetes Information Clearinghouse
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
301/468-2162

National Heart, Lung and Blood Institute
Communication and Public Information Branch
Building 31, Room 4A-21
9000 Rockville, MD 20892
301/496-4236
Other Organizations

Office of Cancer Communications
Public Inquiries Section
National Cancer Institute
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892
301/496-5583

Office of Research Reporting
National Institute of Child Health
and Human Development
National Institutes of Health
Building 31, Room 2A-32
9000 Rockville Pike
Bethesda, MD 20892
301/496-5133

Program Analyst for Planning
and Management
Division of Associated and
Dental Health Professions
Project Share (Human Services)
PO Box 30666
Bethesda, MD 20824
301/907-6523
800/537-3788

Technical Information Center
Office on Smoking and Health
Centers for Disease Control
Park Building, Room 1-16
5600 Fishers Lane
Rockville, MD 20857
301/443-1690

MASSACHUSETTS
American Cancer Society
247 Commonwealth Avenue
Boston, MA 02116
617/267-2650

Cooperative Extension Office
University of Massachusetts
Amherst, MA 01003

Department of Public Health
150 Tremont Street
Boston, MA 02111

MICHIGAN
American Cancer Society
1205 East Saginaw Street
Lansing, MI 48906
517/371-2920

Cooperative Extension Office
Michigan State University
East Lansing, MI 44824

Midwest Migrant Health Information Office
St. Mary Center
502 W. Elm Ave.
Monroe, MI 48161
313/243-0711

Department of Public Health
3500 N. Logan St., Box 30035
Lansing, MI 48909

MINNESOTA
American Cancer Society
3316 West 66th Street
Minneapolis, MN 55435
612/925-2772

Cooperative Extension Office
University of Minnesota
St. Paul, MN 55108

Department of Public Health
717 Delaware Street, SE
Minneapolis, MN 55440

International Childbirth Education Association
PO Box 20048
Minneapolis, MN 55420
800/624-4934
612/854-8660
Other Organizations

Society for Nutrition Education
2001 Killebrew Dr. Suite 340
Minneapolis, MN 55425-1882
800/335-6690

MISSISSIPPI

American Cancer Society
1380 Livingston Lane
Lakeover Office Park
Jackson, MS 39213
601/362-8874

State Health Department
2423 N. State St., Box 1700
Jackson, MS 39205

Cooperative Extension Office
Alcorn State University
Lorman, MS 39096

Cooperative Extension Office
Mississippi State University
Mississippi State, MS 39762

MISSOURI

American Cancer Society
3322 American Avenue
Jefferson City, MO 65109
314/893-4800

Cooperative Extension Office
Lincoln University
Jefferson City, MO 65101

Cooperative Extension Office
University of Missouri
Columbia, MO 65211

Department of Health
Broadway State O/B, Box 570
Jefferson City, MO 65102

National Rural Health Association
301 East Armour Blvd., Suite 420
Kansas City, MO 64111
816/756-3140

MONTANA

American Cancer Society
17 North 26th
Billings, MT 59101
406/ 252-7111

Cooperative Extension Office
Montana State University
Bozeman, MT 59717

Department of Health and Environment
Cogswell Building
Helena, MT 59601

NEBRASKA

American Cancer Society
8502 West Center Road
Omaha, NE 68124-5255
402/ 393-5800

Cooperative Extension Office
University of Nebraska
Lincoln, NE 68583-0703

State Department of Health
301 Centennial Mall South
Lincoln, NE 68508

NEVADA

American Cancer Society
1325 East Harmon
Las Vegas, NV 89119
702/ 798-6857

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**International Food Information Council**
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517/335-8024 ........................................19

Michigan Department of Public Health, WIC Program
3500 N. Logan St, Box 30035
Lansing, MI 48909
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301/763-1896 ........................................8,58,82

National Cancer Institute
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National Consumers League
815 15th Street, NW Suite 928N
Washington, DC 20005
202/639-8140 .......................................88

National Institute of Dental Research
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National Live Stock and Meat Board Education Department
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National Maternal and Child Health Clearinghouse
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McLean, VA 22102
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Austin, TX 78746
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Lincoln, NE 68509
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University of New Hampshire
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**Oklahoma City Area, Indian Health Center**
215 Dean A. McCree Street, NW Room 409
Oklahoma City, OK 73102 .......................... 30

**Padres Hispanos En Accion**
American Home Economics Association, Nutrition Education Project
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Alexandria, VA 22314 .................................. 14,43,84

**Philadelphia Department of Public Health, Maternal and Child Health**
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Philadelphia, PA 19146
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**Professional Research Inc.**
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Washington, DC 20036
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**Rhode Island Cooperative Extension Service**
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401/277-3984 .............................................. 44

**Ross Laboratories**
Educational Services Department 441
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**San Diego Department of Health Services**
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P.O. Box 426182
San Francisco, CA 94142-6182
415/861-3397

San Mateo County Public Health Nutrition Program
225 N. 37th Avenue
San Mateo, CA 94403
415/573-2348

Soap and Detergent Association
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New York, NY 10016
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St. Paul, Minnesota Division of Public Health
Office of Cable Communications
717 Delaware Street, SE
St. Paul, MN 55440

Texas Department of Health
Bureau of Maternal and Child Health
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Austin, TX 78756
512/458-7700

Tri-County Health Department, Nutrition Division
7000 E. Belleview, Suite 301
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U.S. Department of Agriculture
Food and Nutrition Service
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U.S. Department of Agriculture, National Agricultural Library
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U.S. Department of Health and Human Services
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration
Office for Substance Abuse
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**University of Minnesota Healthy Infant Outcome Project**
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**University of Minnesota, Public Health Nutrition**
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**Wisconsin Nutrition Project**
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