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Cooperative Extension Service  
Family and Consumer Sciences



*Cent\$ible Nutrition Program*

Helping Families Eat Better for Less

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

ADULT

Price      Quantity      Total Cost

## CENT\$IBLE NUTRITION COOKBOOKS

**Cent\$ible Nutrition Cookbook – English**

**30C01**

**\$25**

**Cent\$ible Nutrition Cookbook – Spanish**

**30C02**

**\$25**

Contains quick, low-cost recipes and menus. Also has valuable information about nutrition and cooking. Divided into seven sections: information, basic mixes, grains, milk, meat, fruits and vegetables, and snacks. Most recipes include a "Nutrition Facts" label, use a few low-cost ingredients, and involve simple preparation steps.

**Cooking for You or 2 Cookbook**

**30C03**

**\$15**

Quick, healthy, and delicious, money-saving recipes from the Cent\$ible Nutrition Cookbook scaled down for smaller households. Bonus CD with lesson and handout.

## A NEW YOU: HEALTH FOR EVERY BODY

**Educator's CD\***

**10W01**

**\$25**

10-session curriculum. Creates a framework to move people away from diets and tedious exercise to a gentler, non-diet approach to active living in a healthy body. Includes scripts, slides, handouts, newsletters, and additional organizing documents. Includes My Pyramid updates.

## SMALL VICTORIES

**Educator's CD**

**10W02**

**\$20**

Eight mini-lesson series promoting positive food, physical activity, and body-image attitudes and behaviors. Includes lesson scripts, handouts, news releases, and evaluation tools.

## VIDEOS OF LARRY KIRKWOOD'S WORK

Artist and culture critic Larry Kirkwood makes body casts of men and women to encourage artistic appreciation of all human bodies in terms of shapes and forms instead of comparison to unreal media images. Two videos developed from the artist's 2002 exhibit, lecture, and interview at University of Wyoming:

**Search for the Real\***

**10W03**

**VHS \$20**

12-minute video or DVD and lesson • Target audience: Adults

**DVD \$25**

**Glimpses (of Larry Kirkwood's Body Image Project)**

**10W04**

**VHS \$30**

47-minute video and discussion questions • Target audience: Educators and health professionals

**DVD \$35**

## WIN STEPS

**Facilitator's CD\***

**10W05**

**\$20**

Collection of materials for planning, promoting, coordinating, and evaluating community-based pedometer walking programs. Lessons learned and creative ideas (e.g., state capitols walking routes) are shared through scripts, slides, handouts, log sheets, and more. Includes youth pedometer handbook and teacher's guide.

\* Developed by WIN the Rockies and, other than videos, available at [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)

**Total cost this side:**

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## BREAKING SIZE PREJUDICE

<b>Video or DVD and Educator's Guide</b>	<b>10W06</b>	<b>VHS \$30</b>		
23-minute educational video to promote body-size acceptance • Target audience: 11 to 17 year-olds		<b>DVD \$35</b>		
21-page educator's guide on CD describes additional activities and projects to promote body-size acceptance				

## GRAZIN' WITH MARTY MOOSE

<b>Nutrition curriculum for 2nd and 3rd graders on CD</b>	<b>30C04</b>	<b>\$25</b>		
In this curriculum, a friendly moose leads second or third grade students through MyPyramid. In addition to learning about the food pyramid, Marty helps students identify and value differences—not only in food, but in each other. Students also learn about food safety, the importance of eating breakfast, and the rewards from being physically active.				

## WIN KIDS

<b>Educational lessons* on CD</b>	<b>10W07</b>	<b>\$20</b>		
Set of 13 interactive lessons. Each includes a lesson plan, handouts, take-home activities and ideas for community projects. • Target audience: 5th/6th graders (10 to 13 year-olds) in classroom and community settings. Includes MyPyramid updates.				
<b>WIN Kids Educational Videos or DVDs (for 3 of the 13 lessons listed above)</b>				
Each video or DVD is approximately 10 minutes long. Accompanying lesson is included on a CD.				
<b>• As If*</b>	<b>10W08</b>	<b>VHS \$20</b>		
Uncovers some of the myths of body-image messages and their unrealistic portrayal of perfection.		<b>DVD \$25</b>		
<b>• Choose to Move*</b>	<b>10W09</b>	<b>VHS \$20</b>		
Features kids enjoying a variety of physical activities, including sports, chores, and hobbies.		<b>DVD \$25</b>		
<b>• Portion Investigators*</b>	<b>10W10</b>	<b>VHS \$20</b>		
Illustrates how super-sized portions can contribute to overeating. Students discover ways to order, select and/or serve appropriate portions in response to hunger cues.		<b>DVD \$25</b>		
<b>Jeopardy CD*</b>	<b>10W11</b>	<b>\$20</b>		
Slide show/interactive game. Designed to reinforce WIN Kids lessons but can also be used on its own. Target audience: 5th/6th graders (10 to 13 year-olds) in classroom and community settings.				
<b>Fun Days CD*</b>	<b>10W12</b>	<b>\$20</b>		
Collection of over 40 hands-on activities. • Target audience: Youth 8 years and older in after-school or camp settings.				

\* Developed by WIN the Rockies and, other than videos, available at [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)

**Total amount due:**

**Purchase orders accepted upon request • Allow 3-4 weeks for delivery.**

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**\$5 restocking fee per item on all returns.**

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