

Nutrition

Title: [Creating Healthy Families DVD](#)

In four separate video segments, this DVD shares ideas for selecting healthy foods when shopping, cooking with children and appropriate serving sizes, planning a family meal at a restaurant and healthy snack choices. A great resource for parents and professionals working with parents.

Language: English & Spanish

Produced by: UC
Cooperative Extension

Reviewed:

Year: 2007 **Duration** 18 min **Replacement Cost:** \$35 plus tax & shipping

Title: [Baby It's You](#)

Helps new mothers understand the role that good nutrition plays in their baby's health.

Language: English

Produced by: KNB Prod

Reviewed: 5/2006

Year: 1998 **Duration** 13 min **Replacement Cost:**

Title: [El Bebe Ere Tu: Como Alimentar a Tu Bebe \(Baby It's You\)](#)

Helps new mothers understand the role that good nutrition plays in their baby's health.

Language: Spanish

Produced by: KNB Prod

Reviewed: 5/2006

Year: 1998 **Duration** 13 min **Replacement Cost:**

Title: [For Goodness Sake! Prevent Anemia](#)

Enhances understanding of iron-deficiency anemia and its prevention.

Language: English/Spanish

Produced by: U.C. Davis

Reviewed: 5/2006

Year: 2005 **Duration** 13 min **Replacement Cost:** \$35 plus tax & shipping

Title: [Fruits and Vegetables: Lily Bets on Five a Day](#)

Addresses many of the most frequently given reasons for not buying fruits and vegetables, and presents many ideas for delicious, nourishing meals supporting the Five a Day goal.

Language: English

Produced by: United Learning
(AGC Media)

Note: The video states you need to cook to get Five a Day. There are many products available today that make it possible to get Five a Day without cooking. Helps viewers understand this option.

Reviewed: 5/2006

Year: 1997 **Duration** 12 min **Replacement Cost:** \$89 plus tax & shipping

Title: [Frutas y Vegetales: Lily Apuesta en Cinco al Dia](#)

(Spanish version of Fruits and Vegetables: Lily Bets on Five a Day) Addresses many of the most frequently given reasons for not buying fruits and vegetables, and presents many ideas for delicious, nourishing meals supporting the Five a Day goal.

Language: Spanish

Produced by: United Learning
(AGC Media)

Note: The video states you need to cook to get Five a Day. There are many products available today that make it possible to get Five a Day without cooking. Helps viewers understand this option.

Reviewed: 5/2006

Year: 1997 **Duration** 12 min **Replacement Cost:** \$89 plus tax & shipping

Title: [Breakfast: Lily Changes a Habit](#)

Explains the important nutritional benefits of eating breakfast, as well as the quality family time that eating breakfast together provides.

Year: 2005 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping

Language: English

Produced by: AGC Media

Reviewed: 5/2006

Title: [El Desayuna: Lily Cambia un Habito](#)

(Spanish version of Breakfast: Lily Changes a Habit)

Explains the important nutritional benefits of eating breakfast, as well as the quality family time that eating breakfast together provides.

Year: 2005 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping

Language: Spanish

Produced by: AGC Media

Reviewed:

Title: [Lily Feeds Her Growing Family](#)

Shows how a young mother with two small children feeds her family nutritious meals as well as her brother's family on her busy schedule and tight budget. How to prepare meals that use the USDA Food Pyramid as a guideline is explained.

Note: The video states foods in the dairy and meat group are high in fat which is not always the case. Non-fat and low-fat dairy products and lean meats are widely available. Also, the "good food, bad food" idea is no longer accepted, please explain all foods have a place in our diet but some foods should be chosen more often than others.

Year: **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping

Language: English

Produced by: AGC Media

Reviewed: 5/2006

Title: [Lily Alimenta A Su Familia Que Esta Creciendo](#)

(Spanish version of Lily Feeds Her Growing Family)

Shows how a young mother with two small children feeds her family nutritious meals as well as her brother's family on her busy schedule and tight budget. How to prepare meals that use the USDA Food Pyramid as a guideline is explained.

Note: The video states foods in the dairy and meat group are high in fat which is not always the case. Non-fat and low-fat dairy products and lean meats are widely available. Also, the "good food, bad food" idea is no longer accepted, please explain all foods have a place in our diet but some foods should be chosen more often than others.

Year: **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping

Language: Spanish

Produced by: AGC Media

Reviewed:

Title: [Feeding a Toddler: Lily Gets Her Money's Worth](#)

Presents a variety of food options for even those on the strictest budgets, while maintaining a high level of nutrition.

Note: The video states fruits and vegetables are in the same food group- please mention that this is no longer the case. Be sure observers also know the grain group contains a wide variety of products, not just bread, spaghetti and crackers.

Year: 1991 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping

Language: English

Produced by: AGC Media

Reviewed:

Title: [Alimentando a un Nino: Lily Sacra Provecho de su Dinero](#)
 (Spanish version of Feeding a Toddler: Lily Gets Her Money's Worth)Presents a variety of food options for even those on the strictest budgets, while maintaining a high level of nutrition.
 Note: The video states fruits and vegetables are in the same food group- please mention that this is no longer the case. Be sure observers also know the grain group contains a wide variety of products, not just bread, spaghetti and crackers.
Year: 1991 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping
Language: Spanish
Produced by: AGC Media
 Reviewed:

Title: [Eating for Less: Lily Gets Her Money's Worth](#)
 Follow Lily to the grocery store where she makes wise choices that provide her with the highest nutritional value for her grocery dollar.
Year: 1997 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping
Language: English
Produced by: AGC Media
 Reviewed: 5/2006

Title: [Comer por Menos: Lily Sacra Provecho de su Dinero](#)
 (Spanish version of Eating for Less: Lily Gets Her Money's Worth) Follow Lily to the grocery store where she makes wise choices that provide her with the highest nutritional value for her grocery dollar.
Year: 1997 **Duration** 13 min **Replacement Cost:** \$89 plus tax & shipping
Language: Spanish
Produced by: AGC Media
 Reviewed:

Title: [Latino Lights](#)
 Hispanic diets and how to improve healthful eating using traditional and cultural foods.
Year: 1999 **Duration** 3 min **Replacement Cost:**
Language: English
Produced by: CNN Clip
 Reviewed: 6/2006

Title: [Willie Munchright School Video \(Cartoon\) "What's on your plate?"](#)
 A young boy discusses healthful eating and food guide categories in one-minute clips. Appropriate for K-3 children.
Year: **Duration** 1 min clips **Replacement Cost:** \$20 plus shipping
Language: English
Produced by: Mont-3650 Willie Munchright School Video
 Reviewed: 6/2006

Food Safety

Title: [Ask Sofia Safe About Food Safety](#)
 In an informative and humorous way, this video presents important safety tips to use when purchasing, handling, preparing and storing foods.
Year: 1996 **Duration** 12 min **Replacement Cost:** \$89 plus tax & shipping
Language: English
Produced by: KNB Productions
 Reviewed: 6/2006

Title: Preguntale A Sofia La Segura Todo Acerca de la Seguridad de los Alimentos
 (Spanish version of Ask Sofia Safe about Food Safety) In an informative and humorous way, this video presents important safety tips to use when purchasing, handling, preparing and storing foods.
Year: 1996 **Duration** 12 min **Replacement Cost:** \$89 plus tax & shipping
Language: English
Produced by: KNB Productions
 Reviewed: 6/2006

Title: Lead, The Invisible Poison (Plomo: El veneno invisible)
 Nearly seventy percent of the Latino children tested have high levels of lead in their bodies. This program discusses common sources of lead poisoning in the home. It includes interviews with health providers speaking about the symptoms and effects of lead poisoning.
Year: 1999 **Duration** 24 min **Replacement Cost:** \$25 plus tax & shipping
Language: English & Spanish
Produced by: UC Davis
 Reviewed: 6/2006

Title: Get With a Safe Food Attitude
 A video about safe food handling, food purchasing and safe food preparation for moms-to-be
Year: **Duration** 9 segments, each less than 5 minutes
Language: English
Produced by: Modern Education Services/USDA
 Reviewed: 6/2006

Title: To Your Health! Food Safety for Seniors
 Explains why seniors are more susceptible to food-borne illness, how to handle food safely at home and tips for eating out safely.
Year: 2000 **Duration** 14 min **Replacement Cost:** \$20 plus tax & shipping
Language: English
Produced by: FDA/USDA
 Reviewed: 6/2006

Food Preservation

Title: So Easy to Preserve DVD
 Features include home canning of tomatoes, vegetables and fruits; freezing fruits and vegetables; drying fruits and vegetables; pickling; making jams and jellies; and, a show devoted to the canned specialties of hot chile salsa, mango chutney and spicy jicama relish. The methods demonstrated teach USDA-recommended practices for food safety as well as high quality finished products.
Duration 8 DVDs – 20-35 mins each **Replacement Cost:** \$40 plus tax & shipping
Language: English
Produced by: University of Georgia
 Reviewed: 6/2006