



# Stoplight Healthy Living Supplies List



## Session 1 Introduction to Stoplight Healthy Living

- Name Tags \_\_\_\_\_
- Participant folders \_\_\_\_\_
- Stoplight t-shirts \_\_\_\_\_ sizes?
- Applesauce Cups \_\_\_\_\_
- Chia Seeds \_\_\_\_\_
- Stoplight Laminated Graphic \_\_\_\_\_
- My Plate placemats \_\_\_\_\_
- My Plate magnets \_\_\_\_\_
- Pre- Evaluation worksheets \_\_\_\_\_
- Photo release form \_\_\_\_\_
- Green/Yellow/Red Food sheets \_\_\_\_\_
- Plastic spoons \_\_\_\_\_
- Laminated food cards \_\_\_\_\_
- Red/Yellow/Green stickers with Practice at Home Instructions \_\_\_\_\_
- Stress Apples \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_

## Session 2 Get Moving

- Healthy Dip Recipes \_\_\_\_\_
- Go4Life Booklets \_\_\_\_\_
- Evaluation Worksheet \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_
- Plates, napkins, spoons \_\_\_\_\_
- Food Safety Gloves \_\_\_\_\_

## Session 3 Healthy Beverages and Healthy Snacking

- Guess the Healthier Snack- Laminated pictures and instructions \_\_\_\_\_
- Participant Water Bottles \_\_\_\_\_
- Participant Tooth Brushing Timer \_\_\_\_\_
- OHK Sugary Drinks kit \_\_\_\_\_
- Sip All Day Magnet \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_
- Evaluation Worksheet \_\_\_\_\_
- Spoons & cups-yogurt parfait \_\_\_\_\_

## Session 4 Healthy Meal Preparation

- Evaluation worksheet \_\_\_\_\_
- DHP Post it Note pad \_\_\_\_\_
- Banana stress ball \_\_\_\_\_
- Handy Portions Handout \_\_\_\_\_
- Making Food Healthier Handouts \_\_\_\_\_
- Ask Me About Stoplight buttons \_\_\_\_\_
- Props: Beans, Pretzels, Playdough, Cards \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_

## Session 5 Shopping

- Red/Yellow/Green gift bags \_\_\_\_\_
- Laminated food cards \_\_\_\_\_
- Rainbow skewer photograph \_\_\_\_\_
- Skewers for rainbow snack \_\_\_\_\_
- Color-coded Shopping List \_\_\_\_\_
- Facilitator instructions- Shopping list \_\_\_\_\_
- DHP Yellow Shopping Bag \_\_\_\_\_
- Evaluation Worksheet \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_

## Session 6 Eating Out

- Participant Completion Certificates \_\_\_\_\_
- Eating out role play menus \_\_\_\_\_
- Evaluation worksheets \_\_\_\_\_
- Sugar Free Gum for Bingo Prize \_\_\_\_\_
- Mini Notebook for Bingo Prize \_\_\_\_\_
- Take Charge of Your Own Health \_\_\_\_\_
- Skinny Pop Popcorn \_\_\_\_\_
- Crystal Light drink sticks \_\_\_\_\_
- Facilitator Checklist \_\_\_\_\_

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