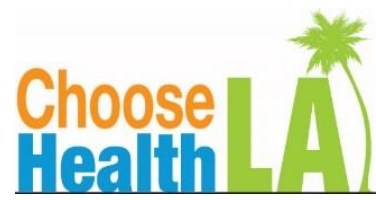


Healthy Active Living Order Form



Recipient:

Name:
Organization:
Street Address:
City, State Zip:
Phone:

Date:

Please email order form and/or any inquiries about the catalog to choosehealthla@ph.lacounty.gov.

Order Pick-Up Location:

Division of Chronic Disease & Injury Prevention
Los Angeles County Department of Public Health
3530 Wilshire Blvd., 8th Floor
Los Angeles, CA 90010

- * Please see Materials Catalog for quantity limits.
- * Materials' availability is subject to change.
- * Community partners must schedule a date to **pick up** their materials at the address above.
- * Employees of LA County may request that materials be sent to them via County mail (up to 25 pounds). All others must pick up their materials.

Catalog number	Product description	Quantity	Quantity fulfilled (DPH use only)

Recipient's Plan for Distribution (to which community partner, etc.):

11 x 17 "Choose less. Weigh less." posters

Portion Poster Sandwich – English

Catalog Item: **PPS1-E**

Quantity Limit: 10



Portion Poster Sandwich – Spanish

Catalog Item: **PPS1-S**

Quantity Limit: 10



Portion Poster Breakfast – English

Catalog Item: **PPB1-E**

Quantity Limit: 10



Portion Poster Breakfast – Spanish

Catalog Item: **PPB1-S**

Quantity Limit: 10



Portion Poster Pizza –

Portion Poster Pizza –

English

Catalog Item: **PPP1-E**

Quantity Limit: 10

990 CALORIES

CHOOSE LESS. WEIGH LESS.

660 CALORIES

PORTION SIZE MATTERS.
2000 calories a day is all most adults need.

City of Los Angeles Public Health Choose Health LA

This poster features two images of pepperoni pizza. The top image shows a large, whole pizza cut into four quadrants, with the text '990 CALORIES' in large white font. The bottom image shows a smaller, triangular slice of the same pizza, with the text '660 CALORIES' in large white font. The background is a light wood grain. The bottom section has a dark red background with white text.

Spanish

Catalog Item: **PPP1-S**

Quantity Limit: 10

990 CALORÍAS

ELIJA MENOS. PESE MENOS.

660 CALORÍAS

EL TAMAÑO DE LA PORCIÓN IMPORTA.
2000 calorías al día es lo que la mayoría de adultos necesitan.

City of Los Angeles Salud Pública Choose Health LA

This poster is identical to the English version, but with Spanish text. The top image shows a large pizza with '990 CALORÍAS' and the bottom image shows a slice with '660 CALORÍAS'. The slogan is 'ELIJA MENOS. PESE MENOS.' and the explanatory text is 'EL TAMAÑO DE LA PORCIÓN IMPORTA. 2000 calorías al día es lo que la mayoría de adultos necesitan.'

Portion Poster Burger – English

Catalog Item: **PPU1-E**

Quantity Limit: 10

1250 CALORIES

DOUBLE CHEESEBURGER, LARGE FRIES, LARGE COLA

CHOOSE LESS. WEIGH LESS.

680 CALORIES

CHEESEBURGER, SMALL FRIES, SMALL COLA

PORTION SIZE MATTERS.
2000 calories a day is all most adults need.

City of Los Angeles Public Health Choose Health LA

This poster features two images of a burger meal. The top image shows a 'Double Cheeseburger, Large Fries, Large Cola' with the text '1250 CALORIES' in large white font. The bottom image shows a 'Cheeseburger, Small Fries, Small Cola' with the text '680 CALORIES' in large white font. The background is a light yellow. The bottom section has a dark red background with white text.

Portion Poster Burger – Spanish

Catalog Item: **PPU1-S**

Quantity Limit: 10

1250 CALORÍAS

HAMBURGUESA DOBLE CON QUESO, PAPAS FRITAS GRANDES, SODA GRANDE

ELIJA MENOS. PESE MENOS.

680 CALORÍAS

HAMBURGUESA CON QUESO, PAPAS FRITAS PEQUEÑAS, SODA PEQUEÑA

EL TAMAÑO DE LA PORCIÓN IMPORTA.
2000 calorías al día es lo que la mayoría de adultos necesitan.

City of Los Angeles Salud Pública Choose Health LA

This poster is identical to the English version, but with Spanish text. The top image shows a large burger meal with '1250 CALORÍAS' and the bottom image shows a smaller burger meal with '680 CALORÍAS'. The slogan is 'ELIJA MENOS. PESE MENOS.' and the explanatory text is 'EL TAMAÑO DE LA PORCIÓN IMPORTA. 2000 calorías al día es lo que la mayoría de adultos necesitan.'

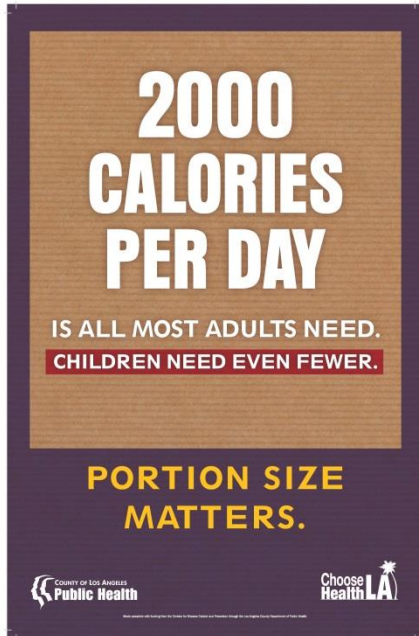
Portion Poster Calories –

Portion Poster Calories –

English

Catalog Item: **PPC1-E**

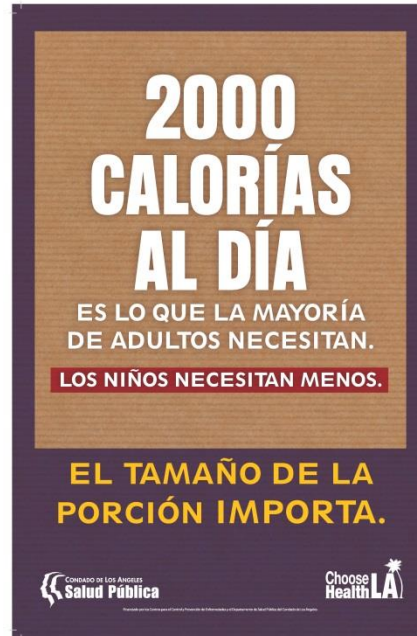
Quantity Limit: 10



Spanish

Catalog Item: **PPC1-S**

Quantity Limit: 10



11 x 17 "Choose less. Weigh less." tip sheets

Folds to 8 1/2 x 11; perforated center




"Choose Less Weigh Less" tip sheet English - front

Catalog Item: **CLWLTIPS-E**

Quantity Limit: 200

 <p>920 CALORIES</p> <p>12" Sandwich</p> <p>CHOOSE LESS. WEIGH LESS.</p>  <p>460 CALORIES</p> <p>6" Sandwich</p> <p>PORTION SIZE MATTERS.</p> <p>2000 calories a day is all most adults need.</p>	 <p>1250 CALORIES</p> <p>Double Cheeseburger, Large Fries, Large Cola</p> <p>CHOOSE LESS. WEIGH LESS.</p>  <p>680 CALORIES</p> <p>Cheeseburger, Small Fries, Small Cola</p> <p>PORTION SIZE MATTERS.</p> <p>2000 calories a day is all most adults need.</p>
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"Choose Less Weigh Less" Tip Sheet English – inside

<p>PORTION SIZE MATTERS</p> <p>2000 calories a day is all most adults need.</p> <p>When dining out, plan ahead</p> <ul style="list-style-type: none"> LOOK AT THE MENU ONLINE so you can decide on healthy choices. Ask about REDUCED PORTIONS for meals. BOX UP HALF of your meal to go. SPLIT A DISH with someone. EAT A SMALL HEALTHY SNACK such as carrots or a small apple shortly before going out to take the edge off hunger. It will help you avoid eating too much. <p>To find restaurants with healthier options, go to ChooseHealthLA.com/restaurants</p> <p>PIZZA</p> <table border="0"> <tr> <td></td> <td>8 SLICES</td> <td>990</td> <td>calories</td> <td>vs.</td> <td>4 SLICES</td> <td>660</td> <td>calories</td> </tr> </table> <p>SANDWICH</p> <table border="0"> <tr> <td></td> <td>12 INCH</td> <td>920</td> <td>calories</td> <td>vs.</td> <td>6 INCH</td> <td>460</td> <td>calories</td> </tr> </table> <p>SPAGHETTI</p> <table border="0"> <tr> <td></td> <td>FULL PLATE</td> <td>1040</td> <td>calories</td> <td>vs.</td> <td>1/2 PLATE</td> <td>530</td> <td>calories</td> </tr> </table> <p>CHOOSE LESS. WEIGH LESS.</p>		8 SLICES	990	calories	vs.	4 SLICES	660	calories		12 INCH	920	calories	vs.	6 INCH	460	calories		FULL PLATE	1040	calories	vs.	1/2 PLATE	530	calories	<p>PORTION SIZE MATTERS</p> <p>When eating at home, dish out smaller portions.</p> <ol style="list-style-type: none"> PREPARE SINGLE PORTIONS. To minimize the temptation of second and third helpings, serve single portions on individual plates. DOWNSIZE TO 10-INCH PLATES, or use a salad plate. Shrinking your plate to 10 inches – versus a 12-inch or larger plate – can help you eat smaller portions. AVOID MINDLESS MUNCHING in front of the screen. Place single portions of snacks into a bowl and leave the package out of sight. CHOOSE NUTRITIOUS SNACKS IN BETWEEN MEALS. Choose a piece of fruit, a handful of nuts, or cut-up veggies and toast. Choose snacks that are healthy. Healthy snacks can help prevent overeating during meals. GET RID OF THE CANDY DISH, OR BETTER YET, REPLACE IT WITH A FRUIT BOWL. Place tempting foods like cookies, chips, or ice cream out of immediate eye sight. Use on a high shelf or at the back of the freezer. Move healthy foods to the front at eye level. LEAVE THE "CLEAN PLATE" CLUB. Most of us eat everything we're served. Begin with a smaller portion, and leave leftovers for the next meal. SATISFY YOUR SWEET TOOTH IN A HEALTHY WAY. Indulge in naturally sweet foods. Try a fresh fruit parfait mixed with lowfat yogurt. For a hot dessert, bake an apple and top with cinnamon. AVOID SUGARY DRINKS. Choose water or low-calorie drinks like unsweetened tea, lowfat milk, or sparkling water. Keep a pitcher of water stocked in your refrigerator. Add lemon, lime, cucumber, or watermelon. <p>SNACK HEALTHIER</p> <p>EAT HALF NOW, HALF LATER</p> <p>FRUIT CAN BE DESSERT</p> <p>CHOOSE WATER</p> <p>Created by the American Public Health Association</p> <p>Choose Health LA</p> <p>first 5 la</p> <p>powered by 2011 LA</p>
	8 SLICES	990	calories	vs.	4 SLICES	660	calories																		
	12 INCH	920	calories	vs.	6 INCH	460	calories																		
	FULL PLATE	1040	calories	vs.	1/2 PLATE	530	calories																		

For "Choose Less Weigh Less" Tip Sheets in Spanish – use catalog item # **CLWLTIPS-S**

4 x 6 Choose Health LA Farmers' Market Postcard

Catalog Item: **CHLAFM-ES**

Quantity Limit: 50

English Front



USE CALFRESH EBT AT THE FARMERS' MARKET

Find a farmers' market near you: dpss.lacounty.gov/dpss/calfresh
<http://ecologycenter.org/fmfinder>

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

Spanish Back



USE SU TARJETA DE EBT CALFRESH EN LOS MERCADOS DE AGRICULTORES

Encuentre su mercado de agricultores más cercano: dpss.lacounty.gov/dpss/calfresh
<http://ecologycenter.org/fmfinder>

Financiado por los Centros para el Control y la Prevención de Enfermedades a través del Departamento de Salud Pública del Condado de Los Angeles.

Choose Health LA DVD

Information and public service announcements on eating healthy, moving more and living tobacco free in LA County

*Please note that the content on both versions is the same.

Loop

Plays continuously – best for use in clinical and other community settings with ongoing programming

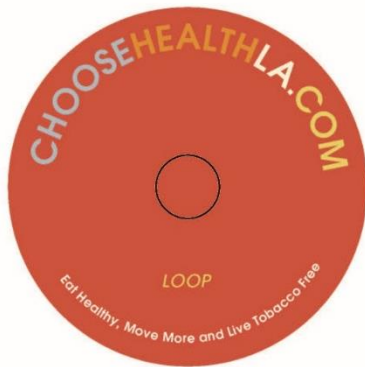
Catalog Item: **CHLADVD-L**

Quantity Limit: 1

Catalog Item: **CHLADVDS-L**

Quantity Limit: 1

English



SPANISH



Chapters

Chapters on Sugar-Sweetened Beverages, Sodium Reduction, Portion Control, Safe Places, Tobacco Control

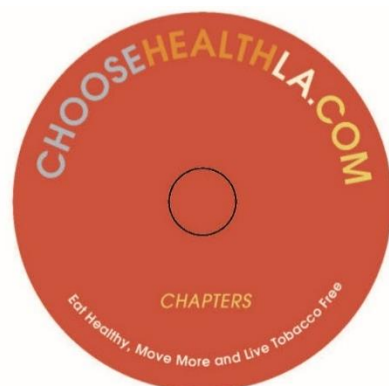
Catalog Item: **CHLADVD-CH**

Quantity Limit: 1

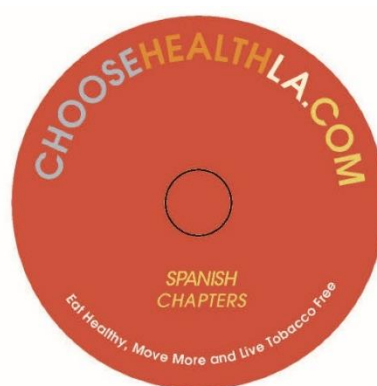
Catalog Item: **CHLADVDS-CH**

Quantity Limit: 1

English



SPANISH



11 x 17 "Break up with tobacco." posters

Catalog Item: **BUTP-PU**
Quantity Limit: 10



Catalog Item: **BUTP-GR**
Quantity Limit: 10



Catalog Item: **BUTP-YE**
Quantity Limit: 10



Catalog Item: **BUTP-OR**
Quantity Limit: 10



Catalog Item: **BUTP-PK**
Quantity Limit: 10



8 1/2 x 11 "I choose water!" Coloring Sheets

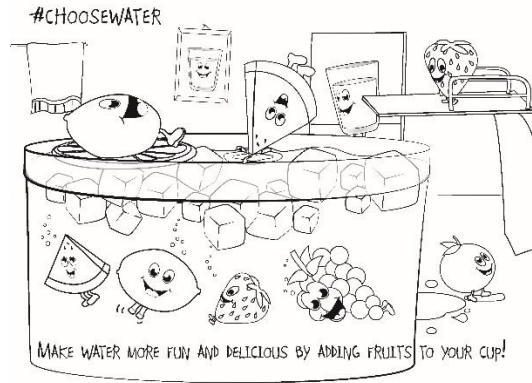
Catalog Item: **CWCS- E**

Quantity Limit: 100

Front



Back



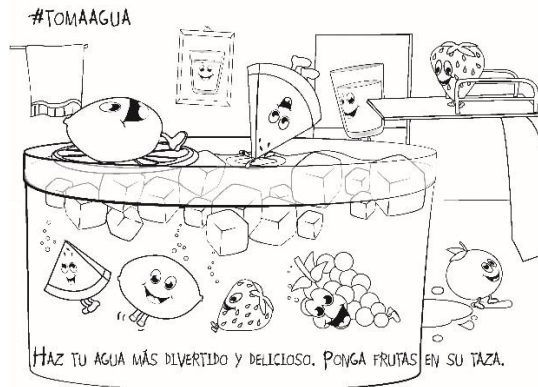
Catalog Item: **CWCS- S**

Quantity Limit: 100

Front



Back



5 x 9 "Choose Water" tri-fold cards

Spanish and English, Folds to 3 X 5

Catalog Item: **CWTF**

Quantity Limit: 200

Front cover



Back cover



Inside

Consejos Para Tomar Bebidas Saludables

- Elija agua o bebidas con pocas calorías en lugar de bebidas cargadas de azúcar.
- Deje agua en su refrigerador para que esté enfriada cuando usted y su familia necesitan una bebida.
- Lleve una botella reutilizable con usted y rellénala durante el día.

#tomaagua

Alternativas para Bebidas Saludables Ponga rebanadas de limón, lima, pepino o sandía en tu agua para que sea más delicioso o pruebe estas recetas:

Tips for Healthy Drink Choices

- Choose water or low-calorie drinks instead of sugary drinks.
- Leave water chilled in your refrigerator so it is ready when you and your family need a drink.
- Carry a reusable bottle with you and refill it throughout the day.

#choosewater

Healthy Drink Alternatives Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or try these recipes:

Delicia de Sandía
Mezcle 1/2 taza de sandía en pedazos con 1/2 taza de agua y agregue una rebanada de limón.

Limonada de Arándano
Agregue 1/2 taza de arándanos y jugo de un limón exprimido a una taza de agua. Añade hielo y decore con una rodaja de limón.

Uva Espumosa
Muela un puño de uvas en un recipiente, sirva el jugo en un vaso y llénelo hasta arriba con agua mineral.

Watermelon Delight
Blend 1/2 cup diced watermelon with 1/2 cup water, and add a lime slice.

Blueberry Lemonade
Add 1/2 cup of blueberries and juice from 1 squeezed lemon to 1 cup of water. Pour over ice and garnish with a slice of lemon.

Grape Sparkler
Mash a handful of grapes into a bowl, pour juice into a glass and fill to the top with sparkling water.

CHLA Restaurant Placemats

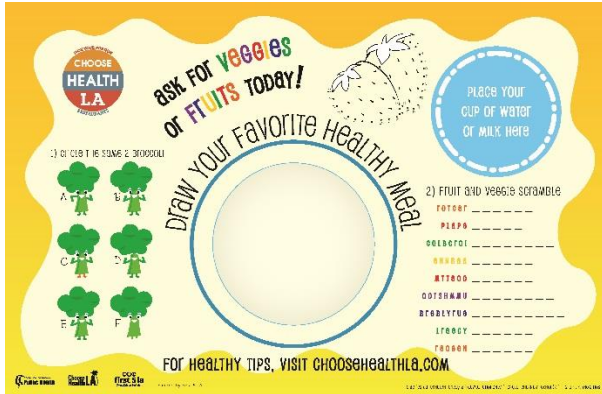
English and Spanish 11 x 17"

Catalog Item: **RPM**

Quantity Limit: 200

Front - English

Back - Spanish



Healthy Eating Tips Mini Booklet

English, 4 x 2.5 in.

Catalog Item: **HEBKLT- E**

Quantity Limit: 50



Spanish, 4 x 2.5 in.

Catalog Item: **HEBKLT- S**

Quantity Limit: 50



Less Screen Time More Play Time Activity Tracker

English and Spanish, 8 ½ in. X 11 in.

Catalog Item: **LSTACTTK**

Quantity Limit: 50

Front - English

Back - Spanish

LESS TV TIME. MORE PLAY TIME.
Parents, help your kids track how much time they spend moving, playing and being active every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEVEL 1 35-40 MINUTES						
LEVEL 2 30-35 MINUTES						
LEVEL 3 25-30 MINUTES						
LEVEL 4 20-25 MINUTES						
LEVEL 5 15-20 MINUTES						
LEVEL 6 10-15 MINUTES						
LEVEL 7 5-10 MINUTES						

MENOS TELE. MÁS JUEGO.
Padres, ayuden a sus hijos a marcar cuánto tiempo están activos todos los días.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
NIVEL 1 35-40 MINUTOS						
NIVEL 2 30-35 MINUTOS						
NIVEL 3 25-30 MINUTOS						
NIVEL 4 20-25 MINUTOS						
NIVEL 5 15-20 MINUTOS						
NIVEL 6 10-15 MINUTOS						
NIVEL 7 5-10 MINUTOS						

2 in. More Play Time Stickers

Sheet of 4 stickers with English and Spanish

Catalog Item: **MPTSTK**

Quantity Limit: 25 sheets

