

HEALTH TREK: NUTRITION AND FITNESS EDUCATION PROGRAM MATERIALS RESOURCE LIST

Nutrient Wise:

Souffle cups/lids 2-oz containers	Costco
Rubber tubing 1¼ inch diameter	Home Depot (in tubing dept)
Wooden crab mallets	Maryland Delivered (888) 284-8565 www.marylanddelivered.com/kitchen.htm
Erlenmeyer flasks 500 mL	Carolina Biological (800) 334-5551 www.carolina.com
Polypropylene powder funnels 80 mm	Carolina Biological (800) 334-5551

Figuring Out Food Labels:

Cereal Measuring cups	Fred Meyer
Paper bowls	Costco
Calculators	Office Max

Think Before You Drink:

Measuring spoons	Fred Meyer
Ziploc® bags	Costco

Not So Fast:

Shortening	Fred Meyer
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Target Market:

<i>Buy Me That Video</i>	Center for Media Literacy Great Plains National (800) 228-4630 This tape is discontinued, contact Health Trek for more information (206) 287-4337
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Body Image:

Card stock	Costco
Postage stamps	Post office