



Health Education Materials CATALOG

The Philadelphia Department of Public Health has a long history of creating and translating health education materials about maternal, child and family health for diverse populations.

We design our materials to meet the diverse cultural and language needs of the Philadelphia communities we serve. Our materials are easy to read, and our translations reflect the way that people really speak. All of our materials are suitable for teens and adults.

Our materials can be used by medical providers, home visitors and health educators, as well as by individuals, parents and families. Many are also ideal for clinic waiting rooms and other community settings.

Call in your order: 215.685.5280

Fax your order: 215.685.5257

Email your order: sam.pham@phila.gov

Philadelphia Department of Public Health
Division of Maternal, Child and Family Health
1101 Market Street, 9th Floor, Philadelphia, PA 19107
www.phila.gov/health/mcfh

BREASTFEEDING & INFANT NUTRITION



My Breastfeeding Plan

This four-page pamphlet includes practical advice for pregnant women preparing to breastfeed their babies. Warm, colorful photos of mothers help promote breastfeeding as the method of infant feeding.

5 1/2" x 8 1/2"

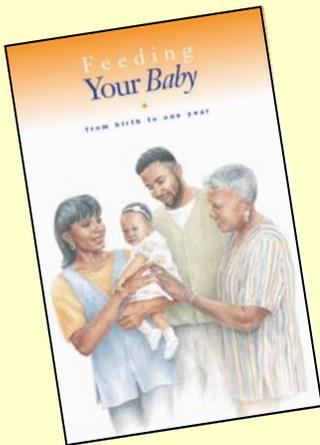
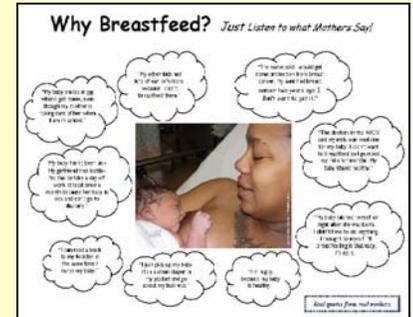
| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

(available in multiple languages)

ALSO INCLUDES:

Why Breastfeed? Just Listen to what Mothers Say!

Real mothers share their thoughts about the many benefits of breastfeeding. (available in multiple languages)



Feeding Your Baby from Birth to One Year

This beautifully illustrated booklet is designed for young parents just learning how to care for a new baby. It establishes breastfeeding as the norm. It addresses many questions that new parents ask about the best way to feed their babies. Other topics include: when to start solid foods, healthy snacking and food safety.

6 7/8" x 10 7/8"; 22 pages with cover

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$1.45 | \$1.40 | \$1.35 |

Also available in Spanish.



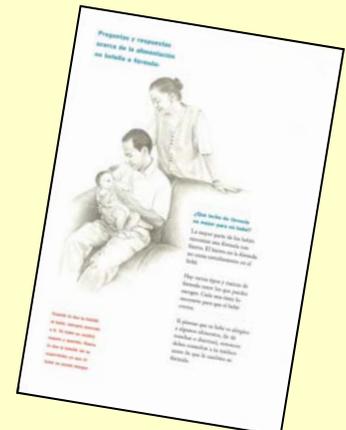
Questions and Answers about Bottle Feeding

This four-page supplement to "Feeding Your Baby" answers questions that many new parents have about bottle feeding.

6 5/8" x 10 5/8"

\$0.25 each

Also available in Spanish.

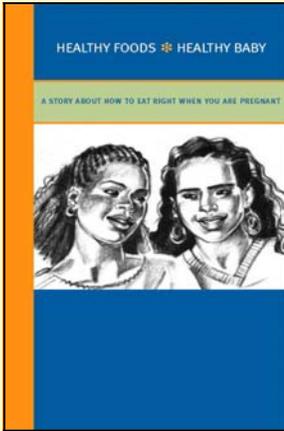


Most materials in this catalog are available in Spanish.

Other languages are available in B&W reproductions at reduced rates.

Call for pricing: 215-685-5280

PRENATAL CARE



Healthy Food, Healthy Baby

This popular booklet shows how two teens, one African American and one Latina, learn to eat healthy foods during their pregnancies. The story helps to dispel common myths about nutrition, and includes easy-to-read information on fast foods, prenatal discomforts and breastfeeding.

5 1/2" x 8 1/2"; 36 pages with cover

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.95 | \$0.90 | \$1.40 |
| | | \$0.85 |

Also available in Spanish.



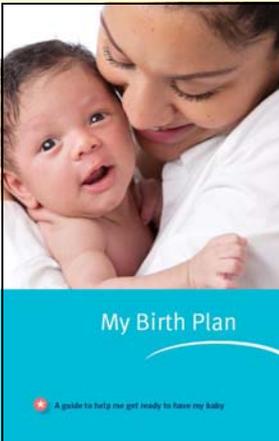
Having a baby? You need more iron.

This pamphlet explains why pregnant women need more iron and includes tips on common iron-rich foods.

4" x 4 1/2"

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

Also available in Spanish.



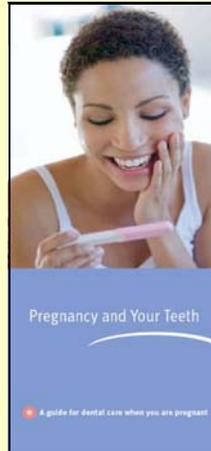
My Birth Plan

This pamphlet helps pregnant women prepare for the birth of their new babies. The pamphlet contains forms and checklists for mothers-to-be.

5 1/2" x 8 1/2"

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

Also available in Spanish.



Pregnancy and Your Teeth

This pamphlet shows why pregnant women need more iron and includes tips on common iron-rich foods.

4" x 4 1/2"

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

Also available in Spanish.



Expecting a baby? We can help.

This pamphlet includes practical advice for pregnant women about childbirth and infant health.

5 1/2" x 8 1/2"

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

Also available in Spanish.



Preterm Labor

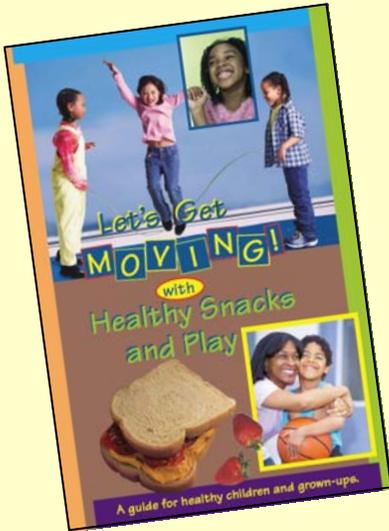
This pamphlet defines preterm labor, including warning signs and what to do in case labor begins before nine months. It includes a page to list important phone numbers.

4" x 4 1/2"

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.35 | \$0.30 | \$0.25 |

Also available in Spanish.

LET'S GET MOVING



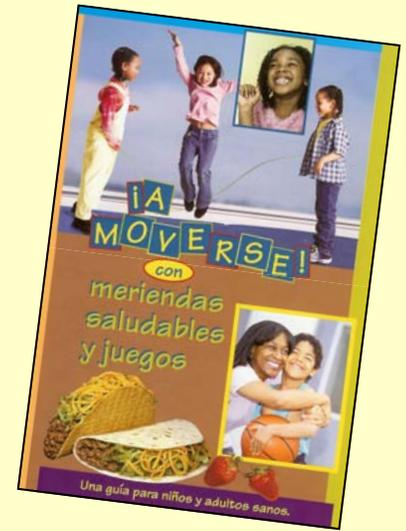
Let's Get Moving with Healthy Snacks and Play!

This "play-full" booklet for parents and children suggests a variety of healthy snacks and ways to stay active for good health.

6" x 9" ; 24 pages with cover

| | | |
|--------|---------|--------|
| 1-125 | 126-500 | >500 |
| \$0.80 | \$0.75 | \$0.70 |

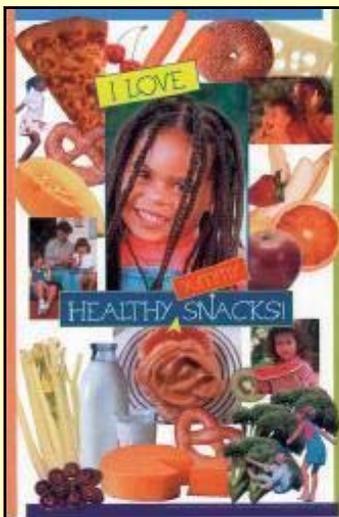
Also available in Spanish.



Let's Get Moving with Exercise and Healthy Foods! DVD

Filmed in Philadelphia, this engaging, upbeat DVD shows children ages 5 to 12 getting exercise in a variety of settings. It includes a 15-minute exercise routine, along with safety and health tips.

\$5 each

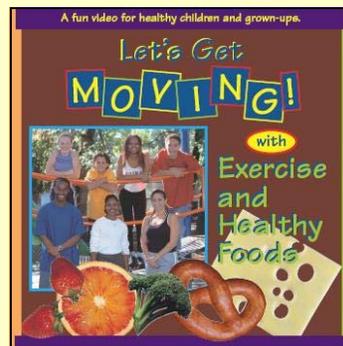


I Love Healthy Yummy Snacks! Poster

Perfect for the kitchen or school cafeteria.

17 3/4" x 26 3/4"

\$1 each



FREE LESSON PLANS

Eight lesson plans about nutrition and physical activity will be included with every purchase of a Let's Get Moving brochure or DVD. The plans can be used as part of school curricula, after-school programs and recreation programs.

My Healthy Snack Shopping List

When you go shopping, check (✓) which healthy snacks you will buy.

| | |
|--|---|
| Fresh fruits | Breads, crackers |
| <input type="checkbox"/> apples | <input type="checkbox"/> sandwich bread |
| <input type="checkbox"/> strawberries | <input type="checkbox"/> crackers |
| <input type="checkbox"/> pears | <input type="checkbox"/> pretzels |
| <input type="checkbox"/> oranges | <input type="checkbox"/> low sugar cereal, milk |
| <input type="checkbox"/> bananas | <input type="checkbox"/> ice cream, 100% |
| <input type="checkbox"/> mangoes | <input type="checkbox"/> apples |
| <input type="checkbox"/> melons | <input type="checkbox"/> tortillas |
| <input type="checkbox"/> grapes | |
| Canned fruits and juices | Frozen foods |
| <input type="checkbox"/> peaches | <input type="checkbox"/> 100% fruit pops |
| <input type="checkbox"/> fruit cocktail | <input type="checkbox"/> frozen yogurt |
| <input type="checkbox"/> applesauce | <input type="checkbox"/> chicken nuggets |
| <input type="checkbox"/> 100% fruit juices | <input type="checkbox"/> vegetables |
| Vegetables | Other |
| <input type="checkbox"/> carrots | <input type="checkbox"/> peanut butter |
| <input type="checkbox"/> celery | <input type="checkbox"/> pudding |
| <input type="checkbox"/> cucumbers | <input type="checkbox"/> popcorn |
| <input type="checkbox"/> potatoes | <input type="checkbox"/> jam or jelly |
| <input type="checkbox"/> corn | <input type="checkbox"/> salsa |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> peanut butter |
| <input type="checkbox"/> green peppers | <input type="checkbox"/> salsa for vegetables |
| Milk foods | <input type="checkbox"/> tuna fish |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> flavored yogurt | |
| <input type="checkbox"/> cheddar sticks | |
| <input type="checkbox"/> cheddar sticks | |
| <input type="checkbox"/> shredded cheese | |

My Healthy Snack Shopping List

This helpful shopping checklist reminds parents to purchase healthy snack foods.

6" x 9" ; 50 sheets per pad

FREE with purchase of Let's Get Moving booklet or DVD.

