

Cooperative Extension San Luis Obispo County
Nutrition & Food Safety Video/DVD Library

June 2006

Nutrition

Title: **For Goodness Sake! Prevent Anemia** **Language:** English/Spanish
Year: 2005 **Duration:** 13 min **Produced by:** U.C. Davis
Description: Enhances understanding of iron-deficiency anemia and its prevention.
Replacement Cost: \$35.00 plus tax & shipping **Reviewed:** 5/2006

Title: **Children & Weight: What's a Parent to do? (2 copies in library)** **Language:** English
Year: 1990 **Duration:** 12 min **Produced by:** U.C. Davis
Description: Discusses differences in physical maturation/size of children, acceptance of body shape; reflects on encouraging physical activity and the concept of sometimes, occasional and often food categories.
Note: Word choices may affect sensitive viewers. May not be politically correct however, concept and suggestions are relevant.
Replacement Cost: \$20.00 plus tax & shipping **Reviewed:** 5/2006

Title: **Children & Weight: What's a Parent to do?** **Language:** Spanish
Year: 1991 **Duration:** 14 min **Produced by:** U.C. Davis
Description: Discusses differences in physical maturation/size of children, acceptance of body shape; reflects on encouraging physical activity and the concept of sometimes, occasional and often food categories.
Note: Word choices may affect sensitive viewers. May not be politically correct however, concept and suggestions are relevant.
Replacement Cost: \$20.00 plus tax & shipping **Reviewed:** 5/2006

Title: **The National Dairy Board Presents: Calcium for the Prime of Life** **Language:** English
Year: 1988 **Duration:** 13min **Produced by:** National Dairy Board
Description: Discusses how the importance of calcium in our bodies – specifically focusing on the benefits dairy products offer regarding their calcium levels and absorption.
Note: Besides dairy foods, other good sources of calcium include green leafy vegetables, calcium fortified orange juice and soymilk, and tofu processed with calcium.
Reviewed: 6/2006

Title: **Baby It's You** **Language:** English
Year: 1998 **Duration:** 13 min **Produced by:** KNB Prod
Description: Helps new mothers understand the role that good nutrition plays in their baby's health.
Replacement Cost: **Reviewed:** 5/2006

Title: **Guía para la Buena salud** (Guide to Healthy Living for Hispanics) **Language:** Spanish
Year: 1999 **Duration:** 38 min **Produced by:** National Hispanic Medical Assn with Eng. subtitles
Description: Learn about healthy living and the silent diseases of high cholesterol, high blood pressure and diabetes.
Replacement Cost: **Reviewed:** 5/2006

Title: **Fruits and Vegetables: Lily Bets on Five a Day** **Language:** English
Year: 1997 **Duration:** 12 min **Produced by:** United Learning (AGC Media)
Description: 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.
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.
Replacement Cost: \$89 plus tax and shipping **Reviewed:** 5/2006

Title: **Frutas y Vegetales: Lily Apuesta en Cinco al Dia** (Spanish version of **Fruits and Vegetables: Lily Bets on Five a Day**)

Year: 1997 **Duration:** 13 min **Produced by:** United Learning (AGC Media) **Language:** Spanish

Description: 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.

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. Help viewers understand this option.

Replacement Cost: \$89 plus tax & shipping

Title: **Breakfast: Lily Changes a Habit**

Language: English

(Span.version available)

Year: **Duration:** 13 min **Produced by:** AGC Media Group

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

Replacement Cost: \$89 plus tax & shipping

Reviewed: 5/2006

Title: **El Desayuna: Lily Cambia un Habito** (This is the Spanish version of **Breakfast: Lily Changes a Habit**)

Year: **Duration:** 13 min **Produced by:** AGC Media Group **Language:** Spanish (Eng. version available)

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

Replacement Cost: \$89 plus tax & shipping

Title: **Lily Feeds Her Growing Family**

Language: English

Year: **Duration:** 13 min **Produced by:** AGC Media Group (Span. Version available)

Description: 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.

Replacement Cost: \$89 plus tax & shipping

Reviewed: 5/2006

Title: **Lily Alimenta A Su Familia Que Esta Creciendo** (Spanish version of **Lily Feeds Her Growing Family**)

Year: **Duration:** 13 min **Produced by:** AGC Media Group **Language:** Spanish (Eng version available)

Description: 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.

Replacement Cost: \$89 plus tax & shipping

Title: **Feeding a Toddler: Lily Gets Her Money's Worth**

Language: English

Year: 1991 **Duration:** 15 min **Produced by:** AGC Media Group (Span. version available)

Description: 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.

Replacement Cost: \$89 plus tax & shipping

Reviewed: 5/2006

Title: **Alimentando a un Nino: Lily Saca Provecho de su Dinero** **Language:** Spanish
Year: 1991 **Duration:** 15 min **Produced by:** AGC Media Group
Description: Presents a variety of food options for even those on the strictest budgets, while maintaining a high level of nutrition.
Replacement Cost: \$89 plus tax & shipping

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

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

Title: **Piramide Del Dia, Con el Sabor Popular Mexicano - A Food Guide Pyramid with a Mexican Flavor (2 Copies)**
Year: 1997 **Duration:** Span – 16 min, Eng – 14 min **Produced by:** DANR **Language:** Spanish and English
Description: Features a food pyramid that addresses specific topics such as lifestyle, health issues and dietary practices unique to the Mexican culture.
Replacement Cost: \$25.00 plus tax & shipping

Title: **“The Food Label and You: Check It Out!”** **Language:** English
Year: **Duration:** 8 min **Produced by:** FDA
Description: Provides information that can help clients and students put the principles of the Food Guide Pyramid to work.
Replacement Cost: \$8.95 plus tax & shipping **Reviewed:** 5/2006

Title: **How to Read the NEW Food Label** **Language:** English
Year: **Duration:** 14 min **Produced by:** National Health Video
Description: Learn how to read food labels.
Replacement Cost: **Reviewed:** 5/2006

Title: **Label Ease – A guide to using the food labels** **Language:** English
Year: 1994 **Duration:** 12 min **Produced by:** National Dairy Council
Description: Learn how to evaluate the nutrient density of the food using the information on vitamins A and C, calcium, iron, protein and fiber found on the new food label.
Replacement Cost: **Reviewed:** 6/2006

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

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

Food Safety

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

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

Title: **Lead, The Silent Epidemic** (2 copies in library English 2 copies, Spanish 1 copy)
Year: 1993 **Duration:** 9 min **Produced by:** UC Davis **Language:** English and Spanish
Description: Information for consumers and the general public on the health dangers related to lead exposure. Note: Good non-dairy sources of calcium include leafy greens, calcium fortified juices and soy milk, and tofu processed with calcium.
Replacement Cost: \$25.00 plus tax & shipping Reviewed: 6/2006

Title: **Lead: The Invisible Poison** Plomo: El veneno invisible
Year: 1999 **Duration:** Eng: 24 minutes **Produced by:** U.C. **Language:** English
Description: 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.
Replacement Cost: \$25.00 plus tax & shipping Reviewed 6/2006

Title: **FDA Dirty Little Secrets "Kitchen Food Safety"** (3 copies in library)
Year: 1996 **Duration:** 8 ½ min **Produced by:** FDA **Language:** English
Description: With humor and a quick pace, the video presents information on safe practices to follow when buying, storing, preparing, and cooking food.
Replacement Cost: \$8.95 plus tax & shipping Reviewed: 5/2006

Title: **Preschool Food Safety** - 5 segments, 3-5 minutes each. **Language:** English
Year: **Duration:** Approx total 25min. **Produced by:** Blue Sky Comm/U. of Missouri
Description: Series of food safety for preschool audiences using finger puppets to tell the stories on basics of hand washing before eating, working with food, etc. Introduces the concept of germs.
Replacement Cost: Reviewed 6/2006

Title: **Get With a Safe Food Attitude** - 9 segments, each less than 5 minutes **Language:** English
Year: **Duration:** approx. total 45 min **Produced by:** Modern Education Services/USDA
Description: A video about safe food handling, food purchasing and safe food preparation for moms-to-be.
Replacement Cost: Reviewed 6/2006

Title: **What you can't see can hurt you** **Language:** English
Year: **Duration:** 11 min **Produced by:** Michigan State Extension
Description: Discusses food safety, food borne illnesses, and handwashing with elementary school children.
Replacement Cost: Reviewed 6/2006

Title: **To Your Health! Food Safety for Seniors** **Language:** English
Year: 2000 **Duration:** 14 min **Produced by:** FDA, USDA
Description: Explains why seniors are more susceptible to food-borne illness, how to handle food safely at home and tips for eating out safely.
Replacement Cost: \$20.00 plus tax & shipping Reviewed: 5/2006

Food Preservation

Title: So Easy to Preserve DVD—eight separate DVDs
Year: **Duration:** 20-35 minutes each **Produced by:** University of Georgia **Language:** English
Description: 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.
Replacement Cost: \$40 Added: 2006