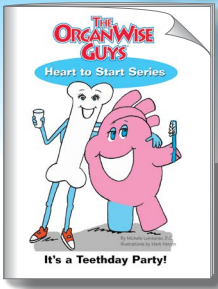




Calci M. Bone®

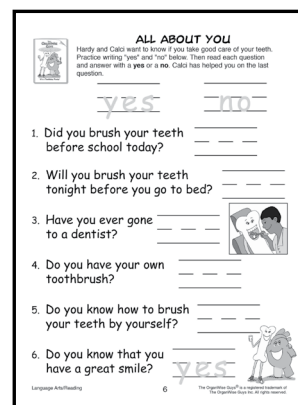
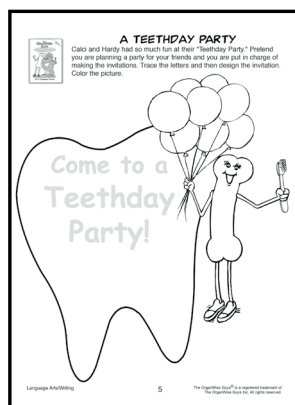
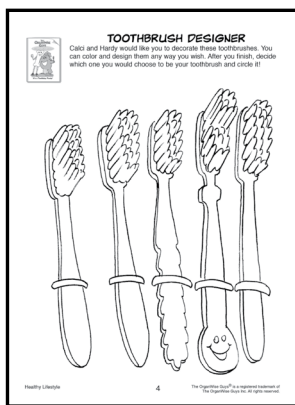


(Use this link to access all content.)

Read **It's a Teethday Party**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



PIRATES OF THE CARROT AND BEAN BURIED TREASURE.MP4



GAME SHOW HEALTHY SNACKING.MP4



HONESTY.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

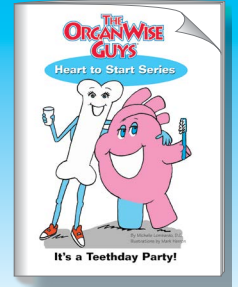
WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



It's a Teethday Party

Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

The importance of calcium, calcium-rich foods, dental health, dental hygiene, bacteria, teeth-friendly foods such as fruits and vegetables and low-sugar foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To discuss the importance of calcium for bones and teeth
- To demonstrate the importance of good dental hygiene
- To demonstrate creative problem-solving
- To highlight the importance of dental professionals
- To make the correlation between healthy foods and strong teeth
- To highlight the importance of brushing teeth at least twice a day

Activity Sheets - Lesson Objectives/Key Concepts:

- To encourage teeth-brushing by decorating/coloring toothbrushes
- To make dental health 'festive' by designing an invitation to a Teethday Party
- To inspire healthy dental habits via a questionnaire

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To highlight teeth-friendly fruits and vegetables
- To test children's knowledge of calcium-rich foods
- To reinforce the concept that honesty is the best policy

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

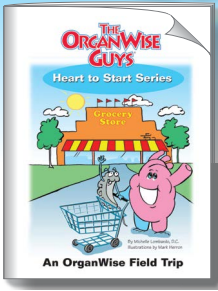
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Calci M. Bone®

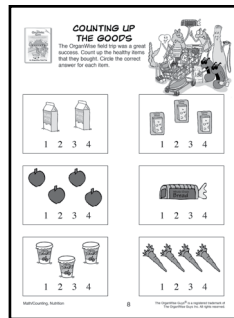
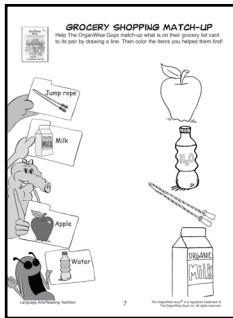


(Use this link to access all content.)

Read **An OrganWise Field Trip**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



CHEF PERI.MP4



GAME SHOW-DESSERTS.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include more dairy information into this lesson, you can add/replace one of the above videos with this **Calci Yum Yum Yum Song**.



CALCI YUM YUM YUM.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

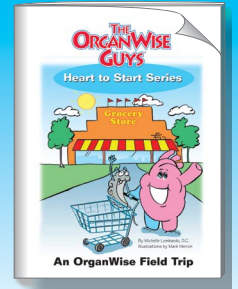
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



An OrganWise Field Trip Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Protein-rich foods, calcium-rich foods, high-fiber fruits, vegetables and whole-grain foods, physical activity, water/hydration, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To show how grocery shopping can be fun
- To recall lists of healthy food items
- To recall lists of physical activity options
- To empower children with the belief that they can make good choices

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce some of the healthy choices from their grocery store trip
- To practice counting these healthy choices
- To allow children to choose their favorite options and draw them

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show children how to make 'ants on a log'
- To demonstrate the reasons why fruit is your best dessert option
- To illustrate how healthy, high-fiber foods are the best snack choice
- To highlight all of the calcium-rich foods available

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

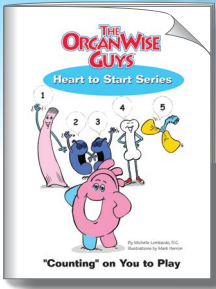
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Windy® (the lungs)

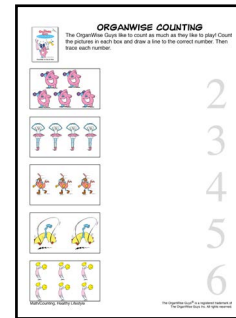
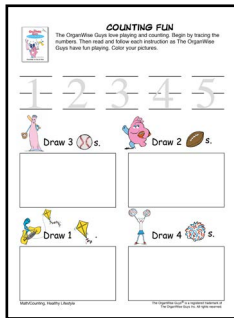


(Use this link to access all content.)

Read **"Counting" on You to Play**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



HARDYS MARCHING BAND.MP4



EXERCISE INSIDE-SUPERHEROS.MP4



EXERCISE.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: After all that fun, be sure to Wash Your Hands! To include handwashing information into this lesson you can add/replace one of the above videos with this **Wash Your Hands Before You Eat Short**.



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

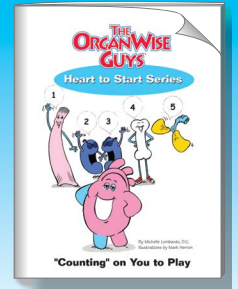
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



“Counting” on You to Play Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Water/hydration, physical activity, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To introduce some of The OrganWise Guys characters
- To address how important exercise is for your OrganWise Guys
- To make the concept of counting a fun physical activity game
- To highlight a variety of physical activity options

Activity Sheets - Lesson Objectives/Key Concepts:

- To practice counting and drawing several items
- To encourage children to draw their favorite physical activity

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate the many ways to get physical activity
- To remind children that they can exercise indoors if the weather is bad
- To show a fun way to exercise your arms and shoulders
- To teach children the importance of washing their hands before eating

WISERCISE – Lesson Objectives/Key Concepts:

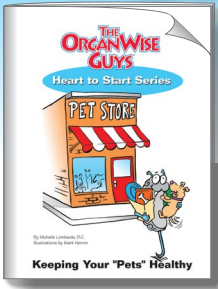
- To incorporate physical activity into today’s lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don’t have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)

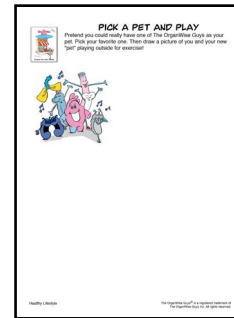
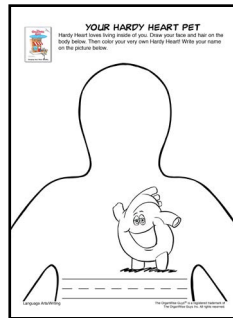
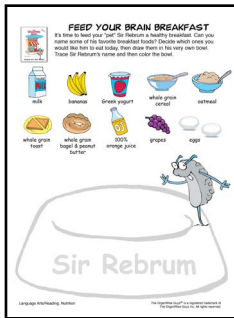


(Use this link to access all content.)

Read **Keeping Your "Pets" Healthy**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



CARING FOR ANIMALS.MP4



HEALTH TREK-HEALTHY FOODS.MP4



REPEAT AFTER ME.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include handwashing information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Song**.



WASH YOUR HANDS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

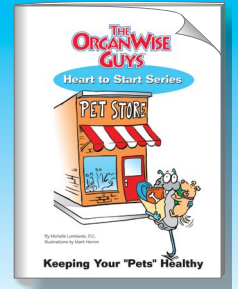
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos
PreK/K - Keeping Your "Pets" Healthy - (Page 1)



Keeping Your "Pets" Healthy Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Calcium-rich foods, high-fiber fruits, vegetables, and whole-grain foods, digestion/elimination system, water/hydration, physical activity, try new healthy foods, fresh air

Storybook - Lesson Objectives/Key Concepts:

- To understand the concept of responsibility
- To demonstrate the healthy food/beverage examples to nourish each OrganWise Guy
- To show how important physical activity is
- To show how important high-fiber fruits and vegetables are
- To highlight that learning/studying are important habits
- To convey that The OrganWise Guys love who they live in and are counting on them to make healthy choices

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight the importance of eating a healthy breakfast and show examples
- To show where Hardy Heart lives in the body
- To reinforce the healthy habit of engaging in physical activity

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show how important physical activity, fresh air, and calcium-rich foods are for your bones
- To highlight healthy, high-fiber fast-food choices
- To remind children of the OrganWise rules: healthy foods, high-fiber, lots of water, and exercise
- To teach children the importance of handwashing

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

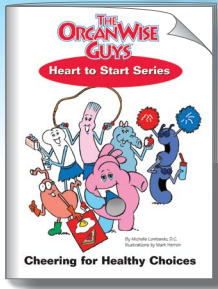
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Madame Muscle®

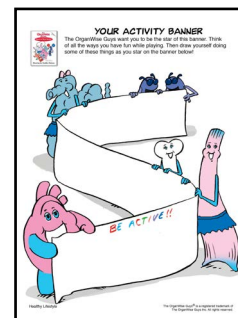
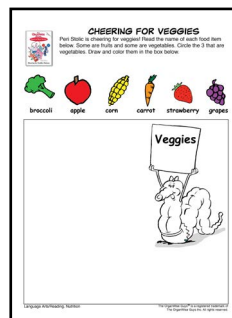
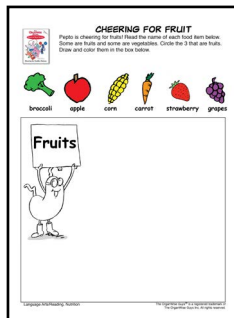


Read **Cheering for Healthy Choices**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

(Use this link to access all content.)

Complete the following activity pages:



Watch the 3 short companion videos:



STANDING UP-FOR PE.MP4



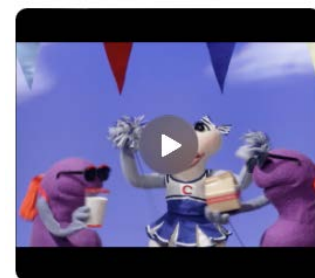
FIBER-IFIC CHEER.MP4



GIMME FIVE.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To include more dairy information into this lesson, you can add/replace one of the above videos with this **Calcium Cheer Short**.



CALCIUM CHEER.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

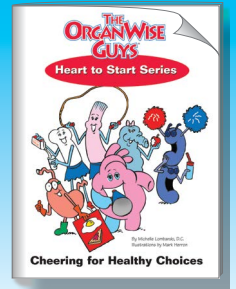
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Cheering for Healthy Choices Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Eating a healthy breakfast, fruits, vegetables, water/hydration, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To relay the importance of eating a healthy breakfast
- To highlight the importance of eating fruits and vegetables every day
- To demonstrate the variety of fruit and vegetable options
- To highlight the array of fun physical activity choices
- To emphasize the importance of drinking plenty of water

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight fruits by drawing/coloring them
- To highlight vegetables by drawing/coloring them
- To encourage children to identify/draw their favorite physical activities

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to advocate for healthy PE classes
- To emphasize the importance of eating high-fiber foods and show examples
- To highlight the wide array of fruits and vegetables to choose from
- To identify and choose calcium-rich foods

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

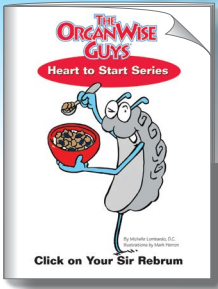
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)

Click on Your Sir Rebrum Lesson Plan (2 pages)



Sir Rebrum®



(Use this link to access all content.)

Read **Click on Your Sir Rebrum**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

YOU TAKE THE TEST
Sir Rebrum is wondering if you know the correct answers to this OrganWise Guys test. "Click on your Sir Rebrum" as you read along with your teacher and take this important test. Circle the correct answer.

1. In which picture is Hardy getting exercise?

2. Which drink is a good choice after you have been playing and exercising outside?

3. What should you have in the morning each day to click on your brain?

Language Arts/Reading, Healthy Lifestyle

IN SEARCH OF BREAKFAST
Below is a picture of The OrganWise Guys eating breakfast in the school cafeteria. See if you can find all of the foods in the scene. Circle them as you find each one.

Language Arts/Reading, Healthy Lifestyle

CLICK ON YOUR SIR REBRUM
It is important to eat breakfast every day. Draw a picture of yourself eating a healthy breakfast. Then trace the sentence below. Read what it says.

- I will eat -
- breakfast -
- every day -

Language Arts/Writing, Healthy Lifestyle

Watch the 3 short companion videos:



HARDY SPELLS BREAKFAST.MP4



DONT SKIP BREAKFAST.MP4



BBBBREAKFAST.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

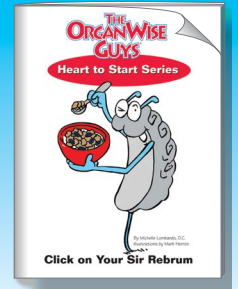
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Click on Your Sir Rebrum Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

The importance of breakfast, physical activity, water/hydration, high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight Sir Rebrum, the brain
- To demonstrate the importance of eating a healthy breakfast each morning
- To show an example of a healthy breakfast
- To contrast physical activity and sedentary activities
- To highlight a hydrating beverage (water)

Activity Sheets - Lesson Objectives/Key Concepts:

- To test the recall of the story's concepts
- To evaluate the children's knowledge of healthy breakfast choices
- To challenge/remind the children to eat breakfast daily with a take-home drawing

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To explain the benefits of/meaning of the word – breakfast
- To show how much better you feel when you remember to eat breakfast
- To show a robust demonstration of why breakfast is the best meal of the day

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

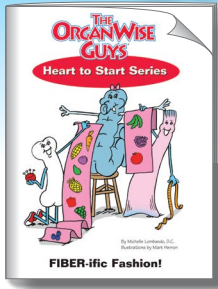
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Peri Stolic®
(the intestines)

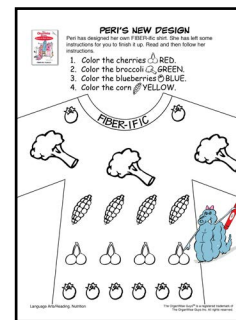
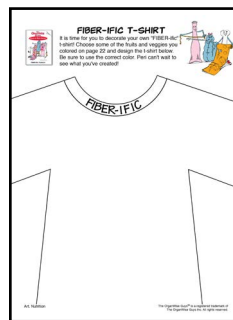
(Use this link to access all content.)



Read **Fiber-ific Fashion**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



GAME SHOW FRUITS.MP4



WHAT DO THE INTESTINES DO.MP4



PIRATES OF THE CARROT AND BEAN FIBER.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To include more handwashing information into this "high-fiber" lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

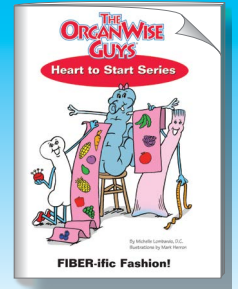
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Fiber-ific Fashion Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, digestion/elimination, water/hydration, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight Peri Stolic, the large intestine
- To emphasize the variety of colorful fruits that are available
- To emphasize the variety of colorful vegetables that are available
- To highlight the benefits of fruits and vegetables
- To challenge children to name the fruits and vegetables on Peri's dress

Activity Sheets - Lesson Objectives/Key Concepts:

- To practice site and color words of various fruits and vegetables
- To practice matching some of the fruits/vegetables with their correct color
- To follow the instructions on how to decorate the healthy t-shirt

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To highlight the variety of colorful fruits
- To explain the function of the intestine and how to keep it healthy
- To highlight how to identify high-fiber foods in a grocery store
- To highlight the importance of handwashing after using the bathroom

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

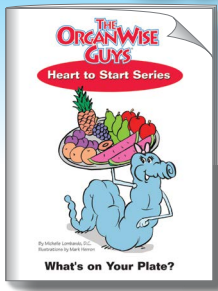
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Pepto (the stomach)

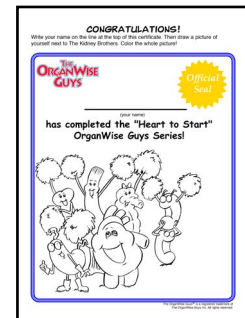
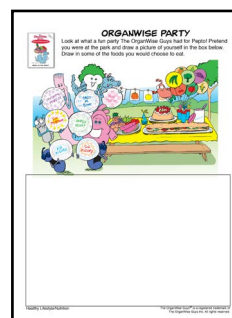
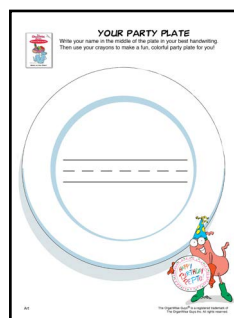
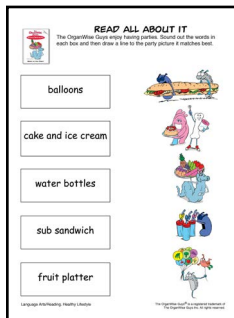
(Use this link to access all content.)



Read **What's on Your Plate**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



BODY CHAIN.MP4



GAME SHOW-EAT LOTS OF COLOR.MP4



COUNT IT OUT.MP4

VIDEOS
14-20 minutes of educational fun

Note: To continue the party theme, watch the full episode of **Pepto's Party Portions**.



PEPTO'S PARTY PORTIONS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

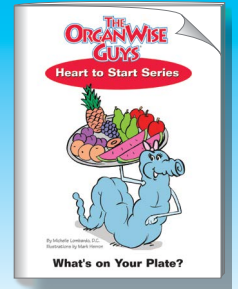
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



What's on Your Plate Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, whole grains, water/hydration, physical activity, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight a variety of fruits and vegetables
- To provide an example of a sandwich made with healthy ingredients
- To remind children to make water their main beverage
- To provide an example of a party serving only healthy, OrganWise-approved items

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the healthy foods presented in the story
- To encourage the children to draw their favorite healthy foods

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To illustrate the importance of taking your time when you eat and stopping when you're full
- To display a wide array of colorful, high-fiber vegetables
- To remind children to be mindful of their portion sizes
- To teach children the importance of moderation as they celebrate life together

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
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Materials Needed/Suggested:

- Access to digital platform
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- Foods of the Month posters (optional)
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