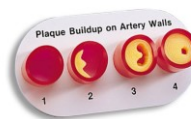


Appendix 11: Resources Provided to ADI Community Programs

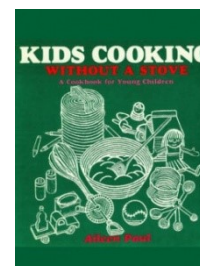
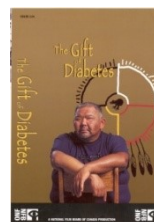
2005-06 Fiscal Year:

- Glucose Wands (picture provided)
- Pedometers (clips on to clothes and counts a person's steps)
- Foot care video VHS
- Food models (looks like real food)
- Hemoglobin A1C Pillow (picture provided)
- Traditional Foods cookbook
- Food Group tearsheet pads (5 pads / kit)
- Physical Activity Guides (children, youth, adult, older adult)
- Beating Diabetes Video VHS
- Common Foot Problems Foot model (picture provided)
- Sugar Test Tubes (test tubes with sugar in them showing how much sugar there is in different foods.)
- Food Guide pad
- Artery Section model (picture provided)
- What's in your Drink? poster
- Contemplate your breakfast poster
- Fat models (picture provided)



2006-07 Fiscal Year:

- The Gift of Diabetes DVD (picture provided)
- Food Pictures
- Preschool food puzzle
- Facts on Snacks booklet
- Think your Drink
- Creative Kids Snack Art (picture provided)
- Think Color as you Eat (activity book)
- Be Real Smart about nutrition & exercise
- Salad People cookbook - preschool and up
- Pretend Soup cookbook - preschool and up
- Kids cooking without a stove cookbook (picture provided)
- MFNDC logo adult aprons
- MFNDC logo kids aprons
- MFNDC logo oven mitts
- Diabetes Medicine Bags (picture provided)
- Egg cookbook booklet for kids



- Understanding Your Diabetes
- Diabetes Trivia Game (binder)
- Scavenger Hunt Game
- Fastfood Scoreboard
- Snack Attack
- Canada Food Guide tearsheets
- Food Group Bingo (picture provided)
- Healthy Start Kids Cookbook
- Healthy Snacks for Kids
- Oral Health and Diabetes Fact Sheet



2007-08 Fiscal Year:

- Clever catch ball (pictures of healthy foods) (picture provided)
- Pedometers (clips on to clothes and counts a person's steps)
- 1 Tub
- Kids in the Kitchen manual
- Eat breakfast poster (picture provided)



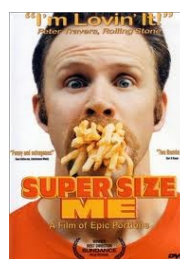
- Measuring cups
- Measuring spoons
- 3 Bowls
- 2 Wooden spoons



- 15 aprons
- Oven mitts
- 2 Cutting boards
- 2 Knives
- 2 Cookie sheets
- 1 hand washing video
- Hair ties
- Cinnamon and oil

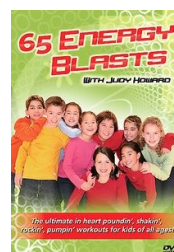
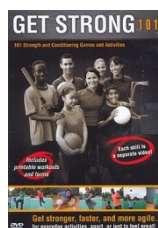


- Fitness dice (picture provided)
- Canada's Food Guide
- Fact sheets on Fight BAC
- Beyond the Basics
- Super Size Me DVD (picture provided)
- Cookbooks - for kids and with traditional recipe
- White apron and fabric paint
- 1 Jeopardy board game
- Jump ropes
- Resistant bands
- Sodium test tubes (picture provided)



2008-09 Fiscal Year:

- Obesity in a bottle DVD (picture provided)
- 1 Laptop
- 1 LCD projector
- 1 extension cord
- 1 Memory stick
- Sweetness of life DVD (set of 4 DVDs)
- Get Strong DVD (picture provided)
- 30 minute diabetic cookbook
- Fit kids workout DVD
- 65 Energy Blast DVD (picture provided)
- Large felt food guide, paper food models and velcro in a black carrying bag
- Diabetes BINGO game in a blue carrying bag
- Portion size plate (picture provided)
- Food and nutrition basic cards
- 5 piece cooking kit
- 3 dish clothes
- 5 lbs fat replica (picture provided)
- Nutrition toss up balls (white blow up 'beach ball' with pictures of food on it.)
- 3 resistant bands
- Eat for As poster
- Gestational diabetes flip chart
- CPNP calendars
- Health Canada recipe cards
- Diabetes toss ball (picture provided)



2009-10 Fiscal Year:

- 1 Do it Yourself - Diabetes Prevention Activities book
- 1 Beyond the Basics binder
- 1 Diabaters Joe 3D teaching poster (picture provided)
- 1 Vitality Gardening DVD set
- 40 ADI Calendars
- 5 Traditional Methods of Canning and Preserving books
- 5 Tasty Slow Cooker Recipe cookbooks
- 1 Metis Guide to Healthy Eating cookbook
- 1 Diabaters portion plate fridge magnet (picture provided)
- 1 Wisinedaa cookbook (Developed by Roseau River First Nation)
- 1 Pulses Cookbook
- 10 Darkness Calls/An Invited Threat comic books
- 1 Diabaters Challenge CD (picture provided)
- 1 Diabetes and Diet - Ivan's Story book
- 1 USB drive on lanyard (complete with powerpoint presentations and videos)



- 1 Healthy Pregnancy - Jenny's Story book
- 1 Choosing Life - Bobby's Story book
- 20 Health Canada Recipes cards packages
- 1 Diabeaters - Greatest Clips CD (picture provided)
- 1 Canadian Diabetes Association Grocery list (marker included)
- 2 Diabetes: Be Active! Tear-off sheets
- 2 Diabetes and Smoking Don't Mix Tear-off sheets
- 2 Diabetes: What You Eat Matters Tear-off sheets
- 2 Diabetes: You Are At Risk Tear-off sheets
- 2 Type 2 Diabetes: The Signs Tear-off sheets
- 2 What is Diabetes? Tear-off sheets
- 1 Diabeaters postcards package (20 included) (picture provided)
- 1 Gardening manual for Northern Manitoba booklet
- 1 Growing Potatoes in the Home Garden booklet
- 1 Northern Soils booklet
- 1 Vegetable Plant Pictures booklet



2011-12 Fiscal Year:

- 1 Bodyweight Fit Deck
- 1 Office Fit Deck
- 1 Yoga Fit Deck
- 1 Resistance Tube Fit Deck
- 1 Dumbbell Fit Deck
- 1 Stretch Fit Deck



2013-14 Fiscal Year:

- The Canadian Diabetes Association (CDA) 2013 Clinical Practice Guidelines
- The 2013 Hypertension Guidelines
- LIFEPAK 12 MONITOR/DEFIBRILLATOR and the LIFEPAK 15 MONITOR/DEFIBRILLATOR DVDs
- CPR Anytime kit from the Heart and Stroke Foundation
- Your Heart: It's in Your Hands DVD from the Heart and Stroke Foundation
- Heartbeat of the Anishnawbe Nation DVD from the Heart and Stroke Foundation
- High Blood Pressure: The Silent Killer – DVD and PowerPoint presentation from the Heart and Stroke Foundation
- The Basic Shelf Cookbooks
- Healthy Helpings Activity Mat
- Traditional Methods of Canning and Preserving Cookbooks

- Copies of the Physical Activity resources
- Copies of the healthy plate magnets
- Copies of the Eco calendars
- Eating Well with Canada's food guide posters
- Nutrition Month package and information

2014-15 Fiscal Year:

- Diabetes in Pregnancy Jeopardy Game (includes board, cards and instructions)
- Nutrition Month package and information
- Revised Healthy Bodies, Healthy Minds manual
- Revised Kids in the Kitchen manual
- MFNDC oven mitts
- MFNDC aprons
- Pedometers
- Fitness dice
- Yoga DVDs and books
- Variety of healthy eating posters
- Felt Food Guides
- Diabetes in Pregnancy booklets
- Karen Graham cookbooks
- Food Matters Manitoba's Northern Sun
- 15 Month Calendar Your Health Matters - Tips for a healthier life
- Kids in the Kitchen PowerPoint presentation
- Canadian Physical Activity Guidelines
- Active Living Coalition for Older Adults in Manitoba DVD