

Order Form

Fuel for Life focuses on mindful movement, mindful eating, goal setting, and food preparation skills. The interactive curriculum consists of PowerPoint slides, in-class activities, recipe activities, student workbooks, and recipe videos, covering the following 8 lessons:

- Lesson 1** → Cooking Basics
- Lesson 5** → Eating Out
- Lesson 2** → Nutrition Basics
- Lesson 6** → Fuel with a Purpose
- Lesson 3** → Bowl Meals
- Lesson 7** → Microwave Meals
- Lesson 4** → Snack Smart
- Lesson 8** → Handheld Meals

YOUR PURCHASE INCLUDES one curriculum binder, one printed sample workbook and the password to our online portal, which provides access to digital resources (such as PowerPoint slides with embedded recipe videos) and training videos.

- Overview of Curriculum
- “How We Work Together” recruitment document
- Lesson Scripts
- Mindful Movement document
- Cook with me recipe talking points
- North Carolina Essential Standards Example
- Sample Certificate



Please send me the **Fuel for Life** curriculum binder and sample workbook. (You have the option to print your workbook locally or leverage our bulk printing service at a discounted rate.)

- Check here to receive a digital copy of the workbook for local printing.
- Check here to participate in bulk printing at a discounted rate. (We will follow up with more specifics about bulk printing prices.)

Total Cost: \$300

Email your completed order form and any questions to northcarolinaefnep@ncsu.edu.

Please allow 1-2 business days for a receipt confirmation, instructions on how to pay by check or credit card and an estimated delivery date.

First-Time Purchase: Complete this information.

Name _____

Email _____

Organization _____

Billing Address _____

City _____ State _____ Zip _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ FAX _____

PO number _____ (if applicable)

