

# **Nutrition 101: Choose Life!**

## **Frequently Asked Co-op Questions**

### ***What is a co-op?***

Growing Healthy Homes defines a co-op as two or more families that meet on a regular, routine basis (preferably weekly) for educational or extracurricular purposes.

### ***Do I have to be in a co-op to use this curriculum?***

Absolutely not. Originally, this program was designed for single-family households and that continues to be our largest customer base. However, it has been taught in a co-op setting with great success.

### ***I own Nutrition 101: Choose Life!, and my family will participate in a Nutrition 101 class in a co-op this year. Do I have to purchase a license?***

No. If you already own *Nutrition 101: Choose Life!* (CD-ROM, book or combo), you don't need a license to participate in a co-op.

### ***How many people does one license cover?***

The *Nutrition 101: Choose Life!* multiple-user license covers co-op participants from a single-family household.

### ***Are quizzes and tests included?***

No. *Nutrition 101: Choose Life!* contains discussion questions and activities for elementary and secondary students, but at this time there are no testing materials associated with the program.

### ***What is the age level for Nutrition 101: Choose Life?***

This program is designed to engage the youngest members of a home, as well as the adults. Activities are specifically for elementary and secondary students, but can be adapted for all learners.

### ***Can those who already have Nutrition 101: Choose Life! allow their CD-ROM and book to be used by the teacher in a co-op?***

*Each teacher should have his or her own copy of Nutrition 101: Choose Life! Not only does it fully prepare the teacher, but it also is equitable to the authors who created the program.*

### ***How do I purchase a multiple-user license?***

*Add the multiple-user license to your shopping cart on GrowingHealthyHomes.com and complete the transaction. Or send a check or money order for \$35 to Growing Healthy Homes LLC, P.O. Box 3154, Bartlesville, OK 74006.*

### ***How long after I purchase the multiple-user license do I have to apply it toward the purchase of a Nutrition 101: Choose Life! CD-ROM, book or combo?***

Those who purchase a multiple-user license between January 1 and June 30 have until July 1 to purchase the CD-ROM, book or combo minus the price of the multiple-user

license. Those who purchase a multiple-user license between July 1 and December 31 to purchase the CD-ROM, book or combo minus the price of the multiple-user license.

***After I've purchased a multiple-user license, how do I apply it toward the purchase of a Nutrition 101: Choose Life! CD-ROM, book or combo?***

*Once you purchase the multiple-user license, Growing Healthy Homes will provide you with a code that is valid until the above mentioned expiration date. Go to the site store (ADD LINK), add the product you would like to your shopping cart and enter the code under the space for your zip code. Or send a check or money order to Growing Healthy Homes LLC, P.O. 3154, Bartlesville, OK 74006. Please add \$4.95 for shipping a CD only or \$9.95 for shipping a book or the combo.*

**What is the difference between the CD-ROM and the book?**

The CD-ROM contains a PDF file of the entire book.

**If the book and CD-ROM have the same information, what is the value of having both?**

The book provides all of the information from the CD-ROM professionally printed and bound in full color. The CD-ROM allows you to reprint individual copies of the recipes, shopping lists, charts and any other relevant pages. Many families print single pages and create a folder for each child. While you do not have to have both, many families, especially those with various learning styles, find it very helpful. Also, families who have it in both formats have reported more flexibility and savings in time and money, specifically in regard to printing.