



Southwest Food Program, Inc.

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Self-Study Units By Title:

TITLE	Possible Hours	Applicable License Category
5210 Intro	1.0	(requires viewing of on-line material)
ABC's of Ag	1.0	health, safety, nutrition
Ag Achiever	1.0	health, safety, nutrition
All About Apples	1.0	health, safety, nutrition
Allergies and Other Special Dietary Needs	1.0	health, safety, nutrition
Awesome Autumn	2.0	health, safety, nutrition
Baby Bites	1.0	health, safety, nutrition, program planning and dev
Berry Good Thing	2.0	health, safety, nutrition
Brain Food	1.0	health, safety, nutrition social emotional inclusive
Brighten Your Bite	1.0	Health, safety, nutrition
Broc This House	1.0	health, safety, nutrition
Celebrate Your Inner Chef	1.0	health, safety, nutrition or program planning and dev
Cherry, Cherry	1.0	health, safety, nutrition
Clean Kitchen Clean Kids	1.0	health, safety, nutrition
Clean Queen	1.0	health, safety, nutrition
CN Label Challenge	1.0	health, safety, nutrition
Color Me Hungry	2.5	health, safety, nutrition or program planning and dev
Cool Beans	1.0	health, safety, nutrition
Day-breakers	2.0	health, safety, nutrition
Don't Toss That	1.0	health, safety, nutrition
Egg-celent Spring Lunch	1.5	health, safety, nutrition
Eggs-Pert	1.0	health, safety, nutrition
Enriching Environment	1.5	health, safety, nutrition social emotional inclusive
Fab Fruits	1.0	health, safety, nutrition
Feel The Beet	1.0	health, safety, nutrition
Fruits of Your Labor	1.0	health, safety, nutrition
Fun and Games	2.0	health, safety, nutrition or growth and dev
Germ War	1.0	health, safety, nutrition
Get Together	1.0	health, safety, nutrition or family and community
Good for Your Heart Pizza	0.5	health, safety, nutrition
Good Habits	1.5	health, safety, nutrition
Grain Guru	1.0	health, safety, nutrition
Green Team	1.0	health, safety, nutrition
Grow It, Try It, Like It	1.0	health, safety, nutrition (requires "Grow It" pack), prog planning/dev. Fam & comm
Healthy House	1.0	health, safety, nutrition
Healthy Kids Cookbook Challenge	1.0	health, safety, nutrition (requires use of Healthy Kids cookbook)
Healthy Me	1.0	health, safety, nutrition
Hello Sweetie	1.0	health, safety, nutrition
How Does Your Meal Feel	1.0	health, safety, nutrition or soc emotional
Just Peachy	1.0	health, safety, nutrition
Leafy Life	1.0	health, safety, nutrition
Let's Veg	1.0	health, safety, nutrition
Little Snacks	1.0	health, safety, nutrition or prog planning and dev
Make It Count	1.5	health, safety, nutrition or family and community partnerships
Meal Time is Learning Time	1.0	health, safety, nutrition +social emotional option
Menu Master 2017	1.0	health, safety, nutrition
Mini Meat Loaf	0.5	health, safety, nutrition
More Than Just Meals	1.0	health, safety, nutrition social emotional option

My Plate Makeover	1.0	health, safety, nutrition	
Nature's Pharmacy	2.0	health, safety, nutrition	
NCA Calendar Unit 2018	1.0	health, safety, nutrition	
Nurturing the Whole Child	1.0	health, safety, nutrition	social emotional option
Oodles of Noodles	1.0	health, safety, nutrition	
Outside The Box	1.5	health, safety, nutrition	
Power up	1.0	health, safety, nutrition	
Program Principles	1.0	health, safety, nutrition	
Pump You Up	1.0	health, safety, nutrition	
Pumpkin Eater	1.0	health, safety, nutrition	
Rev Up With Red Foods	1.0	health, safety, nutrition	
Rice Is Nice	1.0	health, safety, nutrition	
Salad Savvy	2.0	health, safety, nutrition	
Sensational Summer	1.0	health, safety, nutrition	
Smile Time	1.5	health, safety, nutrition,	family and community partnerships
Setting the Table for Good Nutrition	1.0	health, safety, nutrition	
Snack Smart	1.0	health, safety, nutrition	
Soup it Up	1.5	health, safety, nutrition	
Souper Duper	1.0	health, safety, nutrition	
Spring Fling (gardening)	1.0	health, safety, nutrition	Program Planning
Super Salad	1.0	health, safety, nutrition	
Spice of Life	1.0	health, safety, nutrition	
Tater Talk	1.0	health, safety, nutrition	
Under the Sea	2.0	health, safety, nutrition	
Using Your Melon	1.0	health, safety, nutrition	
Varied Veggies	1.0	health, safety, nutrition	
Wellness Recipe	1.0	health, Safety, nutrition	
Word of Mouth	2.0	health, safety, nutrition,	family and community partnerships
Yes Peas!	1.0	health, safety, nutrition	
You Say Tomato	1.0	health, safety, nutrition	