

Create an Account

1. Go to eatwellbewell.org
2. Click the green box “Contractors” at the bottom of the page.
3. Click the green “Activate Your Account.”
4. Complete the Request Form.
5. You will receive an email with a password once you are approved.

Bureau of Nutrition and Physical Activity

Health and Wellness for all Arizonans



Ordering Materials

6. Go to eatwellbewell.org
7. Click the green box “Contractors” at the bottom of the page.
8. Click the yellow box “Order Materials.”
9. Log in
10. Place your order!

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Ordering Materials

11. You will get an email that your order has been received.
12. Your order will be reviewed.
13. You will receive an email notifying you that your order has been shipped.
14. If you have problems or questions, contact: susan.briody@azdhs.gov or call 602-364-3324.

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EatWellBeWell.org



Serve a Healthy Plate with Healthy Proteins

Healthy Proteins have all the benefit of other proteins with less saturated fat and more healthy fat, which may help reduce your risk of heart disease.



Whole Grain Goodness

Whole grains are good for you and your family. Try to make half of all the grains you eat whole. Whole grains are healthy because they contain more nutrients like fiber and B vitamins. Fiber is especially important for digestion and it helps keep you full after a meal.



Be Active Your Way

Physical activity is important for you and your family. There are lots of ways to be active. Get tips and information about how to make sure your family gets enough physical activity from the Arizona Department of Health Services, then get moving!

Learn More: <http://azdhs.gov/phs/physicalactivity/>

GET STARTED NOW!

PICK THE SECTION THAT'S RIGHT FOR YOU



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EatWellBeWell.org

The screenshot shows the homepage of EatWellBeWell.org. The layout is a grid of six main sections:

- ACTIVATE YOUR ACCOUNT:** A green button with a 'SIGN UP!' tag, a logo of an apple inside a gear, and the text 'Champions for Change Arizona Nutrition Network'. A red circle highlights this button.
- ADHS CONTACTS:** An orange button with a question mark icon and a notebook image, with the text 'GET THE HELP YOU NEED RIGHT AWAY' and 'SEE CONTACTS'.
- RECIPE CATEGORIES:** A white button with a list of categories: Beverages, Breakfast, Kid-Friendly Recipes, Main Dishes and Sandwiches, Side Dishes & Salads, Snacks and Dessert, Soups and Chili, and Whole Grains. Includes an 'ALL RECIPES' button.
- Teaching Tools:** A dark green button with the text 'VARIOUS TOOLS YOU CAN USE IN YOUR CLASSROOM TO HELP PROMOTE HEALTHY EATING.' and 'START TODAY'.
- ORDER MATERIALS:** A yellow button with a cardboard box image and the text 'GET THE MATERIALS SENT DIRECTLY TO YOU!' and 'SEE MATERIALS'.
- THE FILE CABINET:** A grey button with a cabinet image and the text 'FIND OLD RESOURCES AND FILES HERE' and 'FIND SOMETHING'.

Below the grid is a 'FOLLOW US' section with YouTube, Facebook, and Twitter icons, and a 'BACK TO TOP' button. The footer contains logos for USDA, WIC, and the Arizona Department of Health Services, along with copyright information for 2012 Arizona Nutrition Network.

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EatWellBeWell.org



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ACTIVATE YOUR ACCOUNT

HELP US PROVIDE NUTRITION EDUCATION THROUGHOUT THE STATE OF ARIZONA



General Information

The Arizona Nutrition Network (AzNN) is a public and private partnership led by the Arizona Department of Health's Bureau of USDA Nutrition Programs. Through an interagency agreement with the Department of Economic Security Family Assistance Administration, AzNN provides common nutrition messages to persons who are Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp Program) participants or whose income falls within the eligible guidelines for the SNAP program.

REQUEST ACCOUNT ACCESS

NUTRITION NETWORK CONTRACTOR

If you would like to contact us via email, please submit the form below.

First Name

Last Name

Email

Phone

Agency

Security Code

Your Message

Please keep me up to date on what's going on at the Arizona Nutrition Network

[APPLY NOW](#)

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EatWellBeWell.org

The screenshot shows the homepage of EatWellBeWell.org. It features several main sections:

- ACTIVATE YOUR ACCOUNT:** Includes a "SIGN UP!" badge, the "Champions for Change Arizona Nutrition Network" logo, and an "APPLY NOW" button.
- ADHS CONTACTS:** Includes the text "GET THE HELP YOU NEED RIGHT AWAY" and a "CONTACT US" button.
- RECIPE CATEGORIES:** Lists categories such as Beverages, Breakfast, Kid-Friendly Recipes, Main Dishes and Sandwiches, Side Dishes & Salads, Snacks and Dessert, Soups and Chili, and Whole Grains. Includes an "ALL RECIPES" button.
- Teaching Tools:** Includes the text "VARIOUS TOOLS YOU CAN USE IN YOUR CLASSROOM TO HELP PROMOTE HEALTHY EATING" and a "START TODAY" button.
- ORDER MATERIALS:** This section is circled in red. It includes the text "GET THE MATERIALS SENT DIRECTLY TO YOU!" and a "SEE MATERIALS" button.
- THE FILE CABINET:** Includes the text "FIND OLD RESOURCES AND FILES HERE" and a "FIND SOMETHING" button.

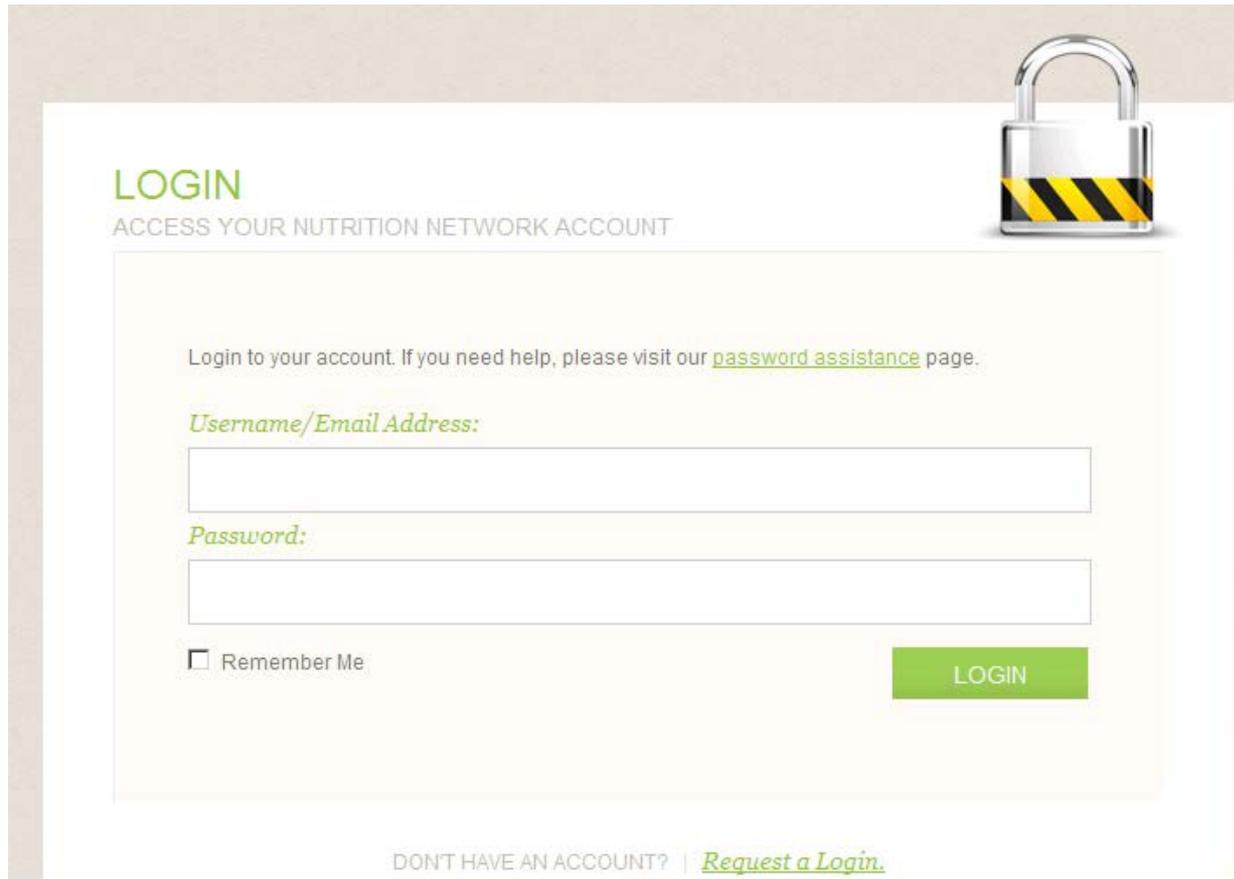
At the bottom of the page, there are social media icons for YouTube, Facebook, and Twitter, a "BACK TO TOP" button, and logos for supporting partners including USDA, WIC, and the Arizona Department of Health Services. Copyright information for 2012 Arizona Nutrition Network is also present.

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EatWellBeWell.org



LOGIN
ACCESS YOUR NUTRITION NETWORK ACCOUNT

Login to your account. If you need help, please visit our [password assistance](#) page.

Username/Email Address:

Password:

Remember Me

LOGIN

DONT HAVE AN ACCOUNT? | [Request a Login.](#)

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