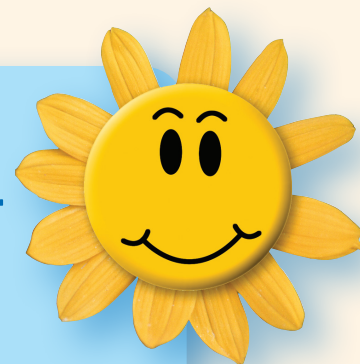


# Happy, Healthy and Well Games



Eat the Right Amount



The workbook, *Happy, Healthy and Well Games: Eat the Right Amount*, contains fun and easy activities to help caregivers teach consumers how to make healthy food choices. This is one of several components in the Happy, Healthy and Well initiative. The Resource Guide contains all the introductory materials for the Happy, Healthy and Well project, including the Consumer Booklet, Caregiver Guide, checklists and other resources. It is available for download at <http://maine-nutrition.org/Projects/HHW/index.html> or by contacting [mmartin@usm.maine.edu](mailto:mmartin@usm.maine.edu) or [kcorbett@usm.maine.edu](mailto:kcorbett@usm.maine.edu).

## Happy, Healthy and Well Team

The following individuals have shown dedication and commitment to the Happy, Healthy and Well project. Some have been involved since its inception, while others have provided their expertise and guidance for continued development and improvement.

### **Cutler Institute, Muskie School of Public Policy, the University of Southern Maine:**

#### **Kate Corbett, LCSW**

Project Co-Director  
Policy Associate  
Center for Learning  
Disability and Aging Program

#### **Madeleine Martin, MS, RD, CDE**

Project Co-Director  
Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

#### **Kathleen Cullinen, PhD, RD, LD**

Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

#### **Nadine Edris, LMSW**

Senior Policy Associate & Strategic Development Director  
Center for Learning  
Disability and Aging Program

#### **DeeDee Reardon**

Distance Education Web Design Specialist  
Maine Nutrition Network  
Public Health and Health Policy Program

#### **Chris Sady, MS, RD**

Policy Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

### **Maine Department of Health and Human Services:**

#### **Paul Tabor**

Developmental Services Training Coordinator  
Office of Adults with Cognitive and Physical Disabilities

## Happy, Healthy and Well *Eat the Right Amount Games* Team

This workbook was researched and prepared by:

Kate Corbett, LCSW  
Madeleine Martin, MS, RD, CDE, LD



UNIVERSITY OF SOUTHERN MAINE

## Muskie School of Public Service

Disability and Aging  
Maine Nutrition Network

This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP). The Maine Food Supplement Program (FSP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your regional office. You may find your regional office by visiting [www.maine.gov/dhhs/OFI/offices/index.html](http://www.maine.gov/dhhs/OFI/offices/index.html)

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.