

DEEP™ Estimated Costs					
Administrative					
Peer Educator Certification/Recertification (3 yrs)				\$75	
Lead Trainer Certification/Recertification (3 yrs)				\$900	
Senior Trainer Certification/Recertification (3 yrs)				\$1,200	
Senior Master Trainer Certification/Recertification (3 yrs)				\$2,100	
DEEP™ License (5 yrs)				\$600**	
Curriculum					
Printed DEEP™ curriculum for trainers/educators	1 - 2	All Classes		\$75	
Printed DEEP™ participant manual	5*	All Classes		\$35	
Materials					
Item	Qty	Module Used In	Hacks	Estimated Cost	Example Links
All Classes					
Flip chart paper	4	All Classes	If you can get sticky paper, that's great!	\$70	<a href="#">Amazon</a>
Easels	1-2	All Classes		\$40	<a href="#">Amazon</a>
Flip chart markers	4-5	All Classes			
Ball point pens		All Classes			
Grocery tote bags for class materials and items	7-10*	All Classes			
Module 1					
Reusable adhesive tac	1	Module 1 & 2		\$2.15	<a href="#">Amazon</a>
Body part pictures (set)	5	Module 1 & 2	If you can laminate these, that's even better		Found in curriculum
Blood Glucose recipe	1	Module 1 & 2			
Ziplock Gallon Bags (box)	1	Module 1			
Ziplock Quart Bags (box)	1	Module 1 & 3			
12 oz. Tomato paste	5*	Module 1 & 3			
1 gallon vinegar	1*	Module 1 & 3			
Note cards (stack)	1	Module 1	Can use post-it notes	\$7.50	<a href="#">Amazon</a>
Module 2					
Risk factors page for posting	1	Module 2			

Extra-long measuring tape	5*	Module 2		\$7	<a href="#">Amazon</a>
Bathroom scale (300+ pounds)	1	Module 2		\$43	<a href="#">Amazon</a>
Blood Pressure Monitor	1	Modules 2, 3 & 6		\$28	<a href="#">Amazon</a>
Module 3					
Disposable paper plates	5*	Module 3 & 5			
Glucometer Kit <ul style="list-style-type: none"> <li>• Glucometer</li> <li>• Lancets</li> <li>• Test Strips</li> </ul>	1	Module 3		\$20	<a href="#">Amazon</a>
Latex free gloves (box)	1	Module 3		\$10	<a href="#">Amazon</a>
Alcohol wipes (box/container)	1	Module 3	These may be unnecessary if you are teaching virtually	\$7.50	<a href="#">Amazon</a>
Sharps container	1	Module 3	Check your local rules/regulations on what may be substituted	\$6	<a href="#">Amazon</a>
Red blood cell exercise	1	Module 3			
Green dot stickers (package)	1	Module 3		\$12	<a href="#">Amazon</a>
Module 4					
Balloons	5*	Module 4		\$13	<a href="#">Amazon</a>
TheraBand Exercise Bands (roll)	1	Module 4	Pick an easy color, yellow or green are the easiest colors	\$71	<a href="#">Amazon</a>
Module 5					
Food pictures & nutrition labels	10*	Module 5			
3 lbs. Crisco/Lard	1	Module 5			
10 lbs. granulated sugar	1	Module 5			
Salt (container)	1	Module 5			
Plastic spoons (box)	1	Module 5			
Module 6					
Eyeglasses	3	Module 6		\$11	<a href="#">Amazon</a>
Clear cups	20	Module 6			
Strainer set of 3	3*	Module 6	You may replace the strainers with clear plastic cups, coffee filters, a bag and rubber bands	\$13	<a href="#">Amazon</a>
Foot Image	1	Module 6			
Foot care infographic	1	Module 6			
Teeth Image	1	Module 6			
Toothbrush	1	Module 6		\$4.25	<a href="#">Amazon</a>
Oral care infographic	1	Module 6			
NIH eye diseases (set) infographic	1	Module 6			
Telescoping Mirror	1	Module 6		\$8.50	<a href="#">Amazon</a>

Mardi Gras plastic necklace cut into individual beads	2	Module 6	Can also use rice or coffee grounds	\$9	<a href="#">Amazon</a>
Yellow food coloring	1	Module 6			
<b>Optional</b>					
Diabetic Sock Set	1	Module 6		\$10	<a href="#">Amazon</a>
Hand truck/dolly/rolling cart	1	All Classes		\$56	<a href="#">Amazon</a>
Plastic Containers (Large)	3	Module 5	Large enough to hold sugar, salt, lard	\$17	<a href="#">Amazon</a>
Glucose tablets (packet)	1	Module 3		\$15	<a href="#">Amazon</a>
Sugar cubes (packet)	1	Module 3			
Regular soda/pop (can/bottle)	1	Module 3			
Manilla folders	5*	All Classes			
Paper clips (box)	1	All Classes			
Painters Tape (roll)	1	All Classes			
Anatomy Apron	1	Module 1	This is a child's apron & does not have a pancreas but a yellow baby sock, stuffed with cotton, and affixed to the apron does the trick.	\$21	<a href="#">Amazon</a>
My Plate Planner Placement	5*	Module 5			<a href="#">My Plate Planner</a>
Giant tooth brushing model and brush	1	Module 6		\$74	<a href="#">Anatomy Warehouse</a>
Foot Model	1	Module 6		\$14	<a href="#">Amazon</a>
Learning about diabetes supplemental handouts			Once purchased, the organization has the copy right to print and use them forever.	\$25	<a href="#">Learning About Diabetes</a>
4-piece Diabetes Model		Module 2, 6		\$57.55	<a href="#">3B Scientific</a>
Diabetic Foot Model		Module 6		\$51	<a href="#">Nasco Education</a>
Diabetes Glucose Wands – Set of 3		Module 2		\$58	<a href="#">Nasco Education</a>
Cutaway Eye Anatomy Model		Module 2, 6		83.30	<a href="#">Anatomy Warehouse</a>
1 lb. of fat model		Module 5		\$62	<a href="#">Nasco Education</a>
Deluxe Occluded Artery Model		Module 2		\$208	<a href="#">Health Edco</a>
A1C Levels: An Inside Look Model		Module 2, 3		\$155	<a href="#">Health Edco</a>
Death of an Artery Easel Display		Module 2		\$157	<a href="#">Health Edco</a>
Lance MT Blood Glucose Test Trainer (set of 3)		Module 3		\$156	<a href="#">Nasco Education</a>

## References

\* This number will depend on how many participants (either train-the trainer or community participants) you have in your workshop

\*\* The \$600 is valid for most community-based organizations. For larger organizations, or for organizations that plan on doing a large number of workshops in a year, there could be a \$32 per workshop (full 8 modules) added on. This decision is made on a case-by-case basis and is determined by UIC's Office of Technology Management staff.