



DAIRY & NUTRITION COUNCIL INC.

"THE NUTRITION EDUCATION PEOPLE"

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indianadairycouncil.org

— Mail, fax or e-mail orders to Indianapolis office —

2010 MATERIALS ORDER FORM

ORDER FORM EXPIRES 3/01/2011

RECEIVE **ANNUALLY \$7.00** WORTH OF MATERIALS **FREE** WITH THIS ORDER FORM.

| QTY. | ITEM | PRICE EACH | TOTAL COST |
|-------|---|------------|------------|
| | NUTRITION for Young Audiences | | |
| _____ | PK001 A Nutrition Guide for Toddlers Brochure/Poster (Ages 18 mos.-3) – 11" x 17" | .20 | _____ |
| _____ | PK002 Helpful Tips for Hungry Kids Brochure (Ages 3-5) | .20 | _____ |
| _____ | E0001 Eat the 5 Food Group Way! Handout (Ages 6-10) – 8½" x 11" (Up to 100 Free) | N/C | _____ |
| _____ | E0002 Additional Copies | .05 | _____ |
| | <input checked="" type="checkbox"/> MILK FROM COW TO YOU | | |
| _____ | E0003 <input checked="" type="checkbox"/> Poster and Teacher Guide | 3.00 | _____ |
| _____ | E0004 <input checked="" type="checkbox"/> Handout – 8½" x 11" | .05 | _____ |
| _____ | E0005 Physical Activity Pyramid Poster – 22" x 17" | 1.00 | _____ |
| _____ | E0006 Why Do You Eat Breakfast? Poster/Duplicating Master (Grades 1-6) – 34" x 22" | 1.50 | _____ |
| _____ | E0007 Start Your Head Poster (Breakfast) w/Activity Ideas (Grades 1-5) – 25" x 22" | 2.50 | _____ |
| | Little D's Nutrition Expedition Program (AWSL) * (Second grade teachers see website on back to order free kit) | | |
| _____ | E0008 Little D's Nutrition Expedition Poster – 34" x 22" | .65 | _____ |
| _____ | E0009 Little D's Nutrition Expedition Food Activity Dragon Poster – 34" x 22" | .65 | _____ |
| _____ | E0010 Little D's Nutrition Expedition Interactive Games CD-ROM | 2.50 | _____ |
| | Arianna's Nutrition Expedition Program (AWSL) * (Fourth grade teachers see website on back to order free kit) | | |
| _____ | E0011 Arianna's Nutrition Expedition Poster – 34" x 22" | .65 | _____ |
| _____ | E0012 Arianna's Nutrition Expedition Interactive Games CD-ROM | 2.50 | _____ |
| _____ | E0013 Sticker: "got milk?" for Teeth & Bones | .01 | _____ |
| _____ | E0014 Sticker: Bone Up on Calcium | .01 | _____ |
| _____ | E0015 Sticker: "got flavored milk?" 3-A-Day (Cow Face) | .01 | _____ |
| _____ | E0016 <input checked="" type="checkbox"/> Sticker: FuelUpToPlay60 | .01 | _____ |
| _____ | E0017 What Does Your Skeleton Do? Handout | .05 | _____ |

| | | | |
|-------|--|------|-------|
| _____ | MS010 Your One & Only Body... Feed It Right! (7-Step Diet Assessment Tool for Teens) | .20 | _____ |
| _____ | MS011 What Is Normal? Poster w/Activity Ideas (Grades 6-12) – 25½" x 22" | 3.00 | _____ |
| _____ | MS012 Eat Healthy! Play Hard! Poster – 24" x 28" | 1.00 | _____ |
| _____ | MS013 Milk: The Original Energy Drink Poster – 24" x 28" | 1.00 | _____ |
| _____ | MS014 Eat Breakfast. Change Your Life! Poster – 17" x 11" (Elementary/Middle) | .25 | _____ |

| QTY. | ITEM | PRICE EACH | TOTAL COST |
|-------|--|------------|------------|
| | NUTRITION for Elementary/Middle/Senior High | | |
| _____ | MS001 Make Your Day Poster/4 Duplicating Masters (Grades 5-8) – 26" x 19" | 2.00 | _____ |
| _____ | MS002 Food Models: 200 Foods (Preschool-Adult) | 15.00 | _____ |
| _____ | MS003 <input checked="" type="checkbox"/> See the Difference: Nutrient Bar Graph Cards | 12.00 | _____ |
| _____ | MS004 Breakfast Boosts Brain Power Brochure | .20 | _____ |
| _____ | MS005 Think Your Drink! Poster w/Activity Ideas/Duplicating Masters (Grades 4-Adult) – 24" x 31" | 2.50 | _____ |
| _____ | MS006 Think Your Drink! – Beverage Nutrient Wheel | 1.50 | _____ |
| _____ | MS007 Physical Activity & Nutrition Pyramid Handout | .10 | _____ |
| _____ | MS008 <input checked="" type="checkbox"/> Take Aim... A Nutrition Game | 8.00 | _____ |
| _____ | MS009 <input checked="" type="checkbox"/> Bad to the Bone Bookmark | .05 | _____ |

| QTY. | ITEM | PRICE EACH | TOTAL COST |
|-------|--|------------|------------|
| | NUTRITION for Adults | | |
| | — CALCIUM/DAIRY FOODS — | | |
| _____ | NCD01 Lactose Intolerant? Open the Door to Enjoying Dairy Again Brochure | .15 | _____ |
| _____ | NCD02 Your Kids Need Calcium Handout (WIC/Ages 2-5) | .10 | _____ |
| _____ | NCD03 Calcium: Are You Getting Enough? Brochure | .10 | _____ |
| _____ | NCD04 Low Fat Milk is a Healthy Choice for You and Your Family Handout (WIC) | .10 | _____ |
| _____ | NCD05 DASH Diet Poster – 24" x 36" | 3.00 | _____ |
| _____ | NCD06 DASH Diet Brochure | .20 | _____ |
| _____ | NCD07 Daily DASH Diary (DASH Diet Tips/Dairy) | .10 | _____ |
| _____ | NCD08 Grab It: Milk Brochure (Flavored Milk) | .10 | _____ |
| | — FITNESS/HEALTHY WEIGHT — | | |
| _____ | NFH01 10 Steps to a Healthier Me! (Self-Guided Booklet) | .20 | _____ |
| _____ | NFH02 Healthier Eating: Getting Where You Need To Be Handout (Food Groups to Encourage) 8½" x 11" | .10 | _____ |
| | — PREGNANCY/INFANT — | | |
| _____ | NPI01 Airplane, Choo-Choo, & Other Games Parents Play (Birth-24 months) Brochure | .25 | _____ |
| _____ | NPI02 Great Beginnings Calendar (Prenatal) | 1.25 | _____ |
| _____ | NPI03 Pregnancy: A Special Time for Nutrition Booklet | .40 | _____ |
| | — HEALTHY KIDS/PARENTS — | | |
| _____ | NKP01 Plan-It Snack – A Parent's Guide for Healthy Choices Brochure (Preschool-Elementary) | .10 | _____ |
| _____ | NKP02 Think Inside the Bag! Think Outside the Box! Brochure (Targets Moms in Fight Against Childhood Obesity) | .25 | _____ |
| _____ | NKP03 Healthy Habits for Healthy Kids Brochure (A Checklist of Kids' Healthy Eating Behaviors for Parents to Help Prevent Childhood Obesity) | .25 | _____ |
| _____ | NKP04 Eat Breakfast. Change Your Life! Brochure (Elementary/Middle) | .10 | _____ |
| _____ | NKP05 Mealtime: Keep It Simple, Keep It Fun, Just Keep It! Brochure | .20 | _____ |
| _____ | NKP06 Healthy Eating for Your Preschooler Tip Handout (5 Food Groups/Daily Serving Amounts) | .15 | _____ |
| _____ | NKP07 Healthy Snacks for Home & School Tip Handout (Snack Ideas for Parents/Teachers) | .15 | _____ |

AWSL Available While Supplies Last

New or Revised Materials

TOTAL (Front Page) \$ _____



Dairy & Nutrition Council Inc. educational materials are available to you through financial support by the dairy farmers in your community.




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DUPLICATE AS NEEDED

• **ONE (1) NAME PER ORDER FORM** •

| | | | |
|---|--------|-------------------|--|
| NAME | | TITLE/GRADE LEVEL | |
| SCHOOL/BUSINESS | | # OF STUDENTS | |
| SCHOOL/BUSINESS ADDRESS PREFERRED—DO NOT USE P.O. BOX ADDRESS | | COUNTY | |
| CITY | STATE | ZIP | |
| PHONE | E-MAIL | | |
| <input type="checkbox"/> CHECK THIS BOX TO RECEIVE ELECTRONIC UPDATES | | | |

|  FIVE FOOD GROUP/ MyPyramid Materials | | PRICE EACH | TOTAL COST |
|--|---|------------|------------|
| QTY. | ITEM | | |
| | Elem/Middle/Senior High/Adults | | |
| _____ | FFG01 Guide To Good Eating Handout – 8½” x 11” (Up to 100 Free) | N/C | _____ |
| _____ | FFG02 MyPyramid Poster – 25½” x 33” | 1.50 | _____ |
| _____ | FFG03 MyPyramid MiniPoster – 8½” x 11” (Up to 30 Free) | N/C | _____ |
| _____ | FFG04 Additional Copies | .10 | _____ |
| _____ | FFG05 ✓ MyPyramid for Preschoolers Poster | 1.50 | _____ |
| _____ | FFG06 ✓ MyPyramid for Preschoolers MiniPoster (Up to 30 Free) | N/C | _____ |
| _____ | FFG07 MyPyramid For Kids Poster – 24” x 36” (Two-sided) | 1.50 | _____ |
| _____ | FFG08 MyPyramid For Kids MiniPoster/Tips For Families – 8½” x 11” (Ages 6–11 yrs.) (Up to 30 Free) | N/C | _____ |
| _____ | FFG09 Additional Copies | .10 | _____ |
| _____ | FFG10 Eat The MyPyramid Way Handout | .10 | _____ |
| _____ | FFG11 MyPyramid Wheel (Interactive, Two-Sided – Male/Female Option) | 3.00 | _____ |

| QTY. | ITEM | HISPANIC/LATINO RESOURCES | PRICE EACH | TOTAL COST |
|---|--------------|--|------------|------------|
| To order MyPyramid materials in Spanish visit www.ces.purdue.edu/MyPyramid or call 888-398-4636 | | | | |
| _____ | HL001 | Guía Para La Buena Alimentación (Spanish Guide to Good Eating) Handout – 8½” x 11” (Up to 100 Free) | N/C | _____ |
| _____ | HL002 | El Embarazo: El Tiempo Especial Para La Buena Nutrición (Pregnancy: A Special Time for Good Nutrition) Booklet | .40 | _____ |
| _____ | HL003 | Guía de Nutrición Para Niños Pequeños (A Nutrition Guide for Toddlers) Brochure/Poster – Ages 18 mos.-3 | .20 | _____ |
| _____ | HL004 | ¿Calcio Toma Lo Suficiente? (Calcium: Are You Getting Enough?) Brochure | .10 | _____ |
| _____ | HL005 | Escoge Bien, Viva Bien El Cambio Que Hara La Diferencia en la Salud de tu Familia (Low Fat Milk is a Healthy Choice for Your Family) Handout | .10 | _____ |
| _____ | HL006 | Alimentación Más Sana: Pasos Para Una Salud Mejor (Healthier Eating: Getting Where You Need To Be) Handout 8½” x 11” | .10 | _____ |
| _____ | HL007 | ¿Tiene Intolerancia Lactosa? (Lactose Intolerant?) Brochure | .15 | _____ |

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