



# DAIRY & NUTRITION COUNCIL INC.

“THE NUTRITION EDUCATION PEOPLE”

9360 Castlegate Drive • Indianapolis, Indiana • 46256 • (317) 842-3060 • Fax (317) 842-3065 • (800) 225-6455  
 5605 U.S. 31 South, Suite 2 • South Bend, Indiana • 46614 • (574) 299-8040 • Fax (574) 299-1092

indianadairycouncil.org

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

## 2009 MATERIALS ORDER FORM

ORDER FORM EXPIRES 3/01/2010

SEE DESCRIPTION AND VIEW  
 ALL MATERIALS ON THIS ORDER FORM AT  
[IndianaDairyCouncil.org](http://IndianaDairyCouncil.org)

PLEASE: **PRINT CLEARLY**

• ONE (1) NAME PER ORDER FORM •

NAME		TITLE/GRADE LEVEL	
SCHOOL/BUSINESS			
SCHOOL/BUSINESS ADDRESS PREFERRED—DO NOT USE P.O. BOX ADDRESS		COUNTY	
CITY	STATE	ZIP	
PHONE	E-MAIL		

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

NUTRITION for Preschool/Kindergarten			
QTY.	ITEM	PRICE EACH	TOTAL COST
_____	PK001	BUILDING A HEALTHY ME! (Kindergarten Kit) Teacher Guide, Poster, Box of Multicultural Food Pictures, 35 Student Workbooks & 35 Parent Pieces (AWSL) .....	35.00 _____
_____	PK002	Replacement: 35 Workbooks & 35 Parent Pieces (AWSL) .....	18.00 _____
_____	PK004	A Nutrition Guide for Toddlers Brochure/Poster (Ages 18 mos.-3) – 11” x 17” .....	.20 _____
_____	PK005	Helpful Tips for Hungry Kids Brochure (Ages 3-5) ..	.20 _____

NUTRITION for Elementary			
QTY.	ITEM	PRICE EACH	TOTAL COST
_____	E0001	Eat the 5 Food Group Way! Handout (Ages 6-10) – 8½” x 11” (Up to 100 Free) .....	N/C _____
_____	E0002	Additional Copies .....	.05 _____
MILK FROM COW TO YOU			
_____	E0004 ✓	Poster and Teacher Guide .....	3.00 _____
_____	E0005 ✓	Handout – 8½” x 11” .....	.05 _____
_____	E0012	Physical Activity Pyramid Poster – 22” x 17” .....	1.00 _____
_____	E0013	Milky Way Poster w/Activity Ideas – 17” x 22” .....	1.00 _____
_____	E0014	Rock Your Day With Healthy Snacks Poster w/Activity Ideas – 17” x 22” .....	1.00 _____
_____	E0015	Why Do You Eat Breakfast? Poster/Duplicating Master (Grades 1-6) – 34” x 22” .....	1.50 _____
_____	E0016	Start Your Head Poster (Breakfast) w/Activity Ideas (Grades 1-5) – 25” x 22” .....	2.50 _____
_____	E0017	Little D’s Nutrition Expedition Poster – 34” x 22” .....	.65 _____
_____	E0018	Little D’s Nutrition Expedition Food Activity Dragon Poster – 34” x 22” .....	.65 _____
_____	E0019	Little D’s Nutrition Expedition Interactive Games CD-ROM .....	2.50 _____
_____	E0020	Arianna’s Nutrition Expedition Poster – 34” x 22” .....	.65 _____
_____	E0021	Arianna’s Nutrition Expedition Interactive Games CD-ROM .....	2.50 _____
_____	E0022	Make Your Day Poster/4 Duplicating Masters (Grades 5-8) – 26” x 19” .....	2.00 _____

(continued)

**CHECK OUT . . . the lower prices on  
 some of your favorite materials!**

NUTRITION for Elementary (Continued)			
QTY.	ITEM	PRICE EACH	TOTAL COST
_____	E0024	Sticker: “got milk?” for Teeth & Bones .....	.01 _____
_____	E0025	Sticker: Bone Up on Calcium .....	.01 _____
_____	E0026	Sticker: “got flavored milk?” 3-A-Day (Cow Face) ..	.01 _____
_____	E0028	What Does Your Skeleton Do? Handout .....	.05 _____

NUTRITION for Elementary/Middle/Senior High			
QTY.	ITEM	PRICE EACH	TOTAL COST
_____	MS001	Food Models: 200 Foods (Preschool-Adult) .....	18.00 _____
_____	MS002	Breakfast Boosts Brain Power Brochure .....	.20 _____
_____	MS003	Think Your Drink! Poster w/Activity Ideas/Duplicating Masters (Grades 4-Adult) – 24” x 31” .....	2.50 _____
_____	MS005	Think Your Drink! – Beverage Nutrient Wheel .....	1.50 _____
_____	MS006	Physical Activity & Nutrition Pyramid Handout .....	.10 _____
_____	MS007	Power Up From The Inside Out Brochure .....	.10 _____
_____	MS008	Your One & Only Body . . . Feed It Right! (7-Step Diet Assessment Tool for Teens) .....	.20 _____
_____	MS009	What Is Normal? Poster w/Activity Ideas (Grades 6-12) – 25½” x 22” .....	3.00 _____
_____	MS010 ✓	Eat Healthy! Play Hard! Poster – 24” x 28” .....	1.00 _____
_____	MS011 ✓	Milk: The Original Energy Drink Poster – 24” x 28” ..	1.00 _____
_____	MS012	EXERCISE YOUR OPTIONS (Middle School Nutrition & Physical Education Kit) 2 CD-ROMs, Teacher Guide, Poster, 50 Student Handbooks (AWSL) ..	35.00 _____
_____	MS013	Replacement: 50 Student Workbooks (AWSL) ..	18.00 _____
_____	MS014 ✓	Eat Breakfast. Change Your Life! Poster – 17” x 11” (Elementary/Middle) .....	.25 _____

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.





**FIVE FOOD GROUP/  
MyPyramid Materials**  
Elem/Middle/Senior High/Adults

QTY.	ITEM	PRICE EACH	TOTAL COST
_____	FFG01 Guide To Good Eating Handout – 8½” x 11” (Up to 100 Free) . . . . .	N/C	_____
_____	FFG02 Food Group Guide Handout – 8½” x 11” (AWSL) . . . . .	.10	_____
_____	FFG03 Food Group Guide Poster – 25½” x 35” (AWSL) . . . . .	2.00	_____
_____	FFG04 MyPyramid Poster – 25½” x 33” . . . . .	1.50	_____
_____	FFG05 MyPyramid MiniPoster – 8½” x 11” (Up to 30 Free) . . . . .	N/C	_____
_____	FFG06 Additional Copies . . . . .	.10	_____
_____	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	_____
_____	FFG11 Eat The MyPyramid Way Handout . . . . .	.10	_____
_____	FFG12 MyPyramid Wheel (Interactive, Two-Sided – Male/Female Option) . . . . .	3.00	_____



**NUTRITION for Adults**  
(Some are Appropriate for Senior High)

QTY.	ITEM	PRICE EACH	TOTAL COST
<b>— CALCIUM/DAIRY FOODS —</b>			
_____	NCD01 Banking on Beautiful Bones Brochure . . . . .	.10	_____
_____	NCD02 The Lowdown on Lactose Intolerance Brochure . . . . .	.10	_____
_____	NCD04 Lactose Intolerant? Open the Door to Enjoying Dairy Again Brochure . . . . .	.15	_____
_____	NCD05 ✓ Your Kids Need Calcium Handout (WIC/Ages 2–5) . . . . .	.10	_____
_____	NCD06 Calcium: Are You Getting Enough? Brochure . . . . .	.10	_____
_____	NCD07 ✓ Low Fat Milk is a Healthy Choice for You and Your Family Handout (WIC) . . . . .	.10	_____
_____	NCD08 DASH Diet Poster – 24” x 36” . . . . .	3.00	_____
_____	NCD09 DASH Diet Brochure . . . . .	.20	_____
_____	NCD10 ✓ Daily DASH Diary (DASH Diet Tips/Dairy) . . . . .	.10	_____
_____	NCD11 Grab It: Milk Brochure (Flavored Milk) . . . . .	.10	_____
_____	NCD12 ✓ Flavored Milk – It’s More Than Flavor . . . . .	.05	_____
<b>— FITNESS/HEALTHY WEIGHT —</b>			
_____	NFH02 Activity & Eating: Linking Together for Optimal Health & Fitness – (Self-Guided Booklet) (AWSL) . . . . .	.20	_____
_____	NFH07 10 Steps to a Healthier Me! (Self-Guided Booklet) . . . . .	.20	_____
_____	NFH08 Healthier Eating: Getting Where You Need To Be Handout (Food Groups to Encourage) 8½” x 11” . . . . .	.10	_____
<b>— PREGNANCY/INFANT —</b>			
_____	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	_____
<b>— HEALTHY KIDS/PARENTS —</b>			
_____	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

**VISIT THESE WEBSITES**  
for additional  
nutrition & fitness resources:

- IndianaDairyCouncil.org
- ActionForHealthyKids.org
- IndianaActionForHealthyKids.org
- NutritionExplorations.org
- NationalDairyCouncil.org



**SPANISH RESOURCES**

To order MyPyramid materials in Spanish visit [www.ces.purdue.edu/MyPyramid](http://www.ces.purdue.edu/MyPyramid) or call 888-398-4636

QTY.	ITEM	PRICE EACH	TOTAL COST
_____	SR001 Guía Para La Buena Alimentación (Spanish Guide to Good Eating) Handout – 8½” x 11” (Up to 100 Free) . . . . .	N/C	_____
_____	SR003 El Embarazo: El Tiempo Especial Para La Buena Nutrición (Pregnancy: A Special Time for Good Nutrition) Booklet . . . . .	.40	_____
_____	SR004 Guía de Nutrición Para Niños Pequeños (A Nutrition Guide for Toddlers) Brochure/Poster – Ages 18 mos.-3 . . . . .	.20	_____
_____	SR005 ¿Calcio Toma Lo Suficiente? (Calcium: Are You Getting Enough?) Brochure . . . . .	.10	_____
_____	SR008 ✓ 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	_____
_____	SR009 ¡La Hora De Comer: Manténgala Sencilla, Manténgala Divertida, Pero Manténgala! (Mealtime: Keep It Simple, Keep It Fun, Just Keep It!) Brochure . . . . .	.25	_____
_____	SR010 Alimentación Más Sana: Pasos Para Una Salud Mejor (Healthier Eating: Getting Where You Need To Be) Handout 8½” x 11” . . . . .	.10	_____
_____	SR011 ¿Tiene Intolerancia Lactosa? (Lactose Intolerant?) Brochure . . . . .	.15	_____

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