

NUTRITION MATERIALS ORDER FORM

Dairy & Nutrition Council Inc – “The Nutrition Education People”

South Bend: 61191 US 31 South, Apt. B, South Bend, IN 46614 • (574) 299-8040 • Fax (574) 299-1092

Indianapolis: 9360 Castlegate Drive • Indianapolis, Indiana 46256 • (317) 842-3060 • Fax (317) 842-3065 • (800) 225-6455

WinnersDrinkMilk.com

The Dairy & Nutrition Council Inc. educational materials are available to you through financial support by Indiana dairy farmers.

PLEASE PRINT CLEARLY

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 _____

Phone _____ E-mail _____

| Preschool/Elementary | | PRICE TOTAL |
|----------------------|--|-------------|
| QTY. | ITEM | EACH COST |
| _____ | 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) – 8.5” x 11” (Up to 100 Free)..... | N/C |
| _____ | E0002 Additional Copies..... | .05 |
| MILK FROM COW TO YOU | | |
| _____ | E0003 Poster and Teacher Guide | 3.00 |
| _____ | E0004 Handout – 8.5” x 11” | .05 |
| _____ | E0006 Why Do You Eat Breakfast? Poster/Duplicating Master (34” x 22”)..... | 1.50 |
| _____ | E0007 Start Your Head Poster (Breakfast) w/Activity Ideas 25” x 22”..... | 2.50 |
| _____ | E0015 Sticker: “got flavored milk?” 3-Every-Day (Cow Face) | .01 |
| _____ | E0016 Sticker: FuelUpToPlay60 | .01 |
| _____ | E0017 What Does Your Skeleton Do? Handout | .05 |
| _____ | NKP06 Healthy Eating for Your Preschooler Tip Handout (5 Food Groups/Daily Serving Amounts) | .15 |

| MyPlate/MyPyramid Materials | | PRICE TOTAL |
|-----------------------------|--|-------------|
| QTY. | ITEM | EACH COST |
| _____ | FFG00 MyPlate Materials | N/C |
| _____ | FFG01 Guide To Good Eating Handout – 8.5” x 11” (Up to 100 Free) | N/C |
| _____ | FFG02 MyPyramid Poster – 25.5” x 33”..... | 1.50 |
| _____ | FFG03 MyPyramid MiniPoster – 8 1/2” x 11” (Up to 30 Free) ... | N/C |
| _____ | FFG04 Additional Copies..... | .10 |
| _____ | FFG05√ MyPyramid for Preschoolers Poster | 1.50 |
| _____ | MP001√ What’s on YOUR Plate Poster – 25.5” x 33”..... | 2.00 |
| _____ | MP001√ 10 Tips to a Great Plate/My Personal Plate f/b handout 8.5” x 11”..... | .15 |
| _____ | MP003√ MyPlate Magnet – 2” x 2”..... | .30 |
| _____ | MP004√ MyPlate Stickers – pkg of 60 | 2.00 |
| _____ | MP005√ MyPlate Wheel..... | 3.00 |
| _____ | 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 – 8.5” x 11” (Ages 6–11 yrs.) (Up to 30 Free) | N/C |
| _____ | FFG09 Additional Copies..... | .10 |
| _____ | FFG10 Eat The MyPyramid Way Handout..... | .10 |

| Middle/Senior High/Adults | | PRICE TOTAL |
|---------------------------|--|-------------|
| QTY. | ITEM | EACH COST |
| _____ | 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 See the Difference: Nutrient Bar Graph Cards | 12.00 |
| _____ | MS004 Breakfast Boosts Brain Power Brochure | .20 |
| _____ | MS005 Think Your Drink! Poster 24” x 31” w/Activity Ideas/Duplicating masters | 1.50 |
| _____ | MS007√ Physical Activity & Nutrition Pyramid Handout..... | .10 |
| _____ | MS009√ “Pirate” Bookmark..... | .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) – 25.5” x 22” | 1.50 |
| _____ | MS012 Eat Healthy! Play Hard! Poster – 24” x 28”..... | 1.00 |
| _____ | MS013 Milk: The Original Energy Drink Poster – 24” x 28”..... | 1.00 |
| _____ | MS014√ Got Snacks? | .10 |



Adults

**PRICE TOTAL
EACH COST**

QTY. ITEM

- CALCIUM/DAIRY FOODS -

| | | | | |
|-------|-------|---|-----|-------|
| _____ | NCD01 | Lactose intolerance Brochure | .10 | _____ |
| _____ | NCD02 | Your Kids Need Calcium Handout (preschool) | .10 | _____ |
| _____ | NCD03 | Calcium: Are You Getting Enough? Brochure..... | .10 | _____ |
| _____ | NCD04 | Low Fat Milk is a Healthy Choice for You and Your Family Handout | .10 | _____ |
| _____ | NCD06 | DASH Diet Brochure..... | .20 | _____ |
| _____ | NCD07 | Daily DASH Diary (DASH Diet Tips/Dairy)..... | .10 | _____ |
| _____ | NCD08 | Chocolate Milk Brochure..... | .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) 8 1/2" x 11" | .10 | _____ |
| _____ | NFH03 | Refuel with Chocolate Milk | .10 | _____ |
| _____ | NFH04 | ✓ Fuel Up to Play 60 Guide Book AWSL one at..... | N/C | _____ |

- PREGNANCY/INFANT -

| | | | | |
|-------|-------|---|------|-------|
| _____ | NPI02 | Great Beginnings Calendar (Prenatal)..... | 1.25 | _____ |
| _____ | NPI03 | Pregnancy: A Special Time for Nutrition Booklet | .40 | _____ |

- 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 | _____ |
| _____ | NKP05 | Mealtime: Keep It Simple, Keep It Fun, Just Keep It! Brochure | .20 | _____ |
| _____ | NKP07 | Healthy Snacks for Home & School Tip Handout (Snack Ideas for Parents/Teachers) | .15 | _____ |

HISPANIC/LATINO RESOURCES

To order MyPyramid materials in Spanish, visit www.ces.purdue.edu/MyPyramid or call 888-398-4636.



Billing Summary

| | |
|----------------------------|----------------|
| TOTAL FOR THIS PAGE | \$ _____ |
| TOTAL FOR FIRST PAGE | +\$ _____ |
| SHIPPING/HANDLING | \$ FREE |
| ORDER TOTAL | \$ _____ |
| AMOUNT ENCLOSED | \$ _____ |

(Do Not Send Cash)

Make check or purchase order payable to: Dairy & Nutrition Council Inc. *Thank You!*

Please mail, fax (no cover letter needed) or e-mail (order form on-line @ WinnersDrinkMilk.com) to:
DAIRY & NUTRITION COUNCIL INC.
9360 CASTLEGATE DRIVE, INDIANAPOLIS, IN 46256
FAX (317) 842-3065
ALLOW 2 TO 3 WEEKS FOR DELIVERY!

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Notes:

For office use only

Check# _____ P.O. # _____