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PURCHASE ORDER # (IF APPLICABLE)

Nutrition Brochures	Qty	Cost	Total
FoodTrack™—Check on Balance An interactive brochure for individuals to assess what they eat, compare this to recommendations, and plan changes.		10c	
FoodTrack™—Check on Protein An interactive brochure for individuals to check when and how much protein they eat, compare this to recommendations and plan changes.		10c	
FoodTrack™—Check on Fibre An interactive brochure for individuals to assess the amount of fibre they eat, compare this to a recommended standard, and plan changes.		10c	
FoodTrack™—Check on Fat An interactive brochure for adults to assess the amount of fat they eat, compare this to a recommended standard, and plan changes.		10c	
FoodTrack™—Check on Caffeine An interactive brochure for individuals to assess the amount of caffeine they consume, compare this to a suggested maximum, and plan changes.		10c	
BC's Food Mosaic A chart of foods common to South Asian, First Nations, Chinese, Southeast Asian, and Latin American cultures, listed according to the four food groups in Canada's Food Guide.		10c	
Tips for Healthy Eating Practice choosing balanced meals. Booklet suitable for adults, including those with limited literacy.		10c	
Thirst for Nutrition Compares major nutrients of seven beverages. Helps individuals assess fluid intake and add value to their choices.		10c	
Sport Nutrition in Action An interactive brochure to help teen and young adult athletes plan to fuel and refuel for peak performance. Full of ideas for action.		10c	
Sport Nutrition A colourful booklet of sport nutrition fact sheets.		10c	
Food, Fingers & Fun A colourful booklet loaded with healthy eating ideas for parents and caregivers of preschool and young school age children.		10c	
Kitchen Essentials Get your students ready to set up their own kitchen. This handy, colourful bookmark lists essential equipment and ingredients. Includes recipes for a simple day's menu.		10c	
Brief Breakfasts A handy, colourful bookmark with recipes and loads of ideas sure to help those who complain they never have time for breakfast.		10c	

Cheap Eats A colourful bookmark for young adults with recipes and appealing ideas on how to save money on foods.		10c	
Nutrition Posters	Qty	Cost	Total
Serving Size Poster A poster of actual size food photographs, useful for teaching serving sizes.			
	English	\$3	
	French	\$3	
Four Food Group Poster A teaching poster for foods arranged by food group with a corresponding agricultural scene. For grade 2 to adult.			
	English	\$3	
	French	\$3	
So, What is Normal? Seven teens, all different heights and weights, but all normal. Shows healthy teens come in a variety of shapes and sizes. For grades 7 and up.		\$3	
Picnic at the Farm Preschoolers can identify a wide variety of healthy foods in this colourful picnic/ farm scene created using a combination of illustration and photography. 17" x 22"		\$1	
Where do the foods I eat come from? Colourful laminated poster and accompanying activity leaflet help educators guide exploration with young children. 27" x 18.5"		\$1	
More Nutrition Resources	Qty	Cost	Total
BODYSENSE Life Skills for Weight Management A workbook which guides you to practice eating well, exercising and managing stress to gain a satisfying sense of control over your weight.		\$15	
Food Pictures Colourful photographs of food on card stock. Set of 100 5" x 7" cards.		\$10	
Good Beginnings Preschool Puzzle Explore foods and where they come from. Four large, colourful pieces with 16 smaller pop-out food pieces. Puzzle can be wiped clean and stored in provided resealable bag. 9" x 48" assembled.		\$5	
Plate Mate Track the number of servings you get from each food group by turning the wheels in this interactive brochure.		25c	
FoodTrack™—Leader's Kit A kit for instructors using FoodTrack™ materials. The kit contains a Serving Size poster, BC's Food Mosaic, overheads for teaching FoodTrack™—Check on Balance, and a sample set of the FoodTrack™ brochures.		\$15	

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FoodTrack™—Check on Balance Overheads		\$7	
A set of colour overheads designed for teaching FoodTrack™ to a group.			
Milk Information	Qty	Cost	Total
Take Care of Your Milk A single fact sheet on handling milk safely.		5c	
Raw Milk A single fact sheet outlining the health concerns about raw milk and how pasteurization overcomes these.		5c	
Milk and Lactose Intolerance Colourful brochure on managing lactose intolerance. Suitable for adults, including those with limited literacy.		10c	
Lactose Intolerance Fact Sheets Consumer tips for managing lactose intolerance. 50 sheets per pad.		50c	
Top 10 Reasons to Drink Milk From carbohydrate to calcium, countdown ten nutrients found in milk with a brief description of the function of these nutrients.		10c	
From Farm to Family Poster Complements the Farm to Family brochure. Suitable for grades 6 and up.		\$1	
The Importance of Quality Milk Brochure that describes the extensive checks and tests milk undergoes to ensure it meets the highest quality standards.		5c	
How a Cow Makes Milk Learn about the food and water requirements of a cow and how the unique ruminant stomach works. Brochure includes a brief description of the milking process.		5c	
A Day in the Life of a Dairy Farmer Brochure describes the daily and seasonal chores on a dairy farm, 365 days a year. Helps convey the many skills required to be a dairy farmer.		5c	

Calcium Teaching Materials	Qty	Cost	Total
Calcium Calculator™ An interactive brochure designed to help individuals assess their calcium intake and plan changes.		5c	
Common Calcium Concerns A series of fact sheets that answer frequently asked questions about calcium.		\$1	
Bone Zone—DVD Three snappy video vignettes (total time 13:30) to help grades 5–8 students learn how to build healthy bones through calcium intake and exercise.		\$10	

Visit our website to download many of these materials: bcdairy.ca

Please return with a PO number (if applicable), cheque or money order payable to:

BC Dairy Association (GST #106811888)
3236 Beta Avenue, Burnaby BC V5G 4K4
Tel: 604.294.3775 or Toll Free 1.800.242.6455 Fax: 604.294.8199

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