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NAME

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ADDRESS

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POSTAL CODE

PURCHASE ORDER # (IF APPLICABLE)

<b>Nutrition Brochures</b>	<b>Qty</b>	<b>Cost</b>	<b>Total</b>
<b>FoodTrack™—Check on Balance</b> An interactive brochure for individuals to assess what they eat, compare this to recommendations, and plan changes.		<b>20c</b>	
<b>FoodTrack™—Check on Protein</b> An interactive brochure for individuals to check when and how much protein they eat, compare this to recommendations and plan changes.		<b>20c</b>	
<b>FoodTrack™—Check on Fibre</b> An interactive brochure for individuals to assess the amount of fibre they eat, compare this to a recommended standard, and plan changes.		<b>20c</b>	
<b>FoodTrack™—Check on Fat</b> An interactive brochure for adults to assess the amount of fat they eat, compare this to a recommended standard, and plan changes.		<b>20c</b>	
<b>FoodTrack™—Check on Caffeine</b> An interactive brochure for individuals to assess the amount of caffeine they consume, compare this to a suggested maximum, and plan changes.		<b>20c</b>	
<b>BC's Food Mosaic</b> 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.		<b>25c</b>	
<b>Tips for Healthy Eating</b> Practice choosing balanced meals. Booklet suitable for adults, including those with limited literacy.		<b>65c</b>	
<b>Thirst for Nutrition</b> Compares major nutrients of seven beverages. Helps individuals assess fluid intake and add value to their choices.		<b>20c</b>	
<b>Sport Nutrition in Action</b> An interactive brochure to help teen and young adult athletes plan to fuel and refuel for peak performance. Full of ideas for action.		<b>20c</b>	
<b>Sport Nutrition</b> A colourful booklet of sport nutrition fact sheets.		<b>30c</b>	
<b>Food, Fingers &amp; Fun</b> A colourful booklet loaded with healthy eating ideas for parents and caregivers of preschool and young school age children.		<b>80c</b>	
<b>Kitchen Essentials</b> 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.		<b>10c</b>	
<b>Brief Breakfasts</b> A handy, colourful bookmark with recipes and loads of ideas sure to help those who complain they never have time for breakfast.		<b>10c</b>	

<b>Cheap Eats</b> A colourful bookmark for young adults with recipes and appealing ideas on how to save money on food.		<b>10c</b>	
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<b>Nutrition Posters</b>	<b>Qty</b>	<b>Cost</b>	<b>Total</b>
<b>Serving Size Poster</b> A poster of actual size food photographs, useful for teaching serving sizes.			
English		<b>\$5</b>	
French		<b>\$5</b>	
<b>Four Food Group Poster</b> A teaching poster for foods arranged by food group with a corresponding agricultural scene. For grade 2 to adult.			
English		<b>\$5</b>	
French		<b>\$5</b>	

<b>So, What is Normal?</b> 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.		<b>\$6</b>	
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<b>More Nutrition Resources</b>	<b>Qty</b>	<b>Cost</b>	<b>Total</b>
<b>BODYSENSE Life Skills for Weight Management</b> A workbook which guides you to practice eating well, exercising and managing stress to gain a satisfying sense of control over your weight.		<b>\$15</b>	
<b>Food Pictures</b> Colourful photographs of food on card stock. Set of 100 5" x 7" cards.		<b>\$25</b>	
<b>FoodTrack™—Leader's Kit</b> 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.		<b>\$25</b>	
<b>FoodTrack™—Check on Balance Overheads</b> A set of colour overheads designed for teaching FoodTrack™ to a group.		<b>\$10</b>	

Continued on page 2



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Milk Information	Qty	Cost	Total
<b>Take Care of Your Milk</b> A single fact sheet on handling milk safely.		10c	
<b>Raw Milk</b> A single fact sheet outlining the health concerns about raw milk and how pasteurization overcomes these.		10c	
<b>Milk and Lactose Intolerance</b> Colourful brochure on managing lactose intolerance. Suitable for adults, including those with limited literacy.		20c	
<b>Lactose Intolerance Fact Sheets</b> Consumer tips for managing lactose intolerance. 50 sheets per pad.		\$1	
<b>Top 10 Reasons to Drink Milk</b> From carbohydrate to calcium, countdown ten nutrients found in milk with a brief description of the function of these nutrients.		10c	

Calcium Teaching Materials	Qty	Cost	Total
<b>Calcium Calculator™</b> An interactive brochure designed to help individuals assess their calcium intake and plan changes.		20c	
<b>Common Calcium Concerns</b> A series of fact sheets that answer frequently asked questions about calcium.		\$1	
<b>Bone Zone—DVD</b> 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](http://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 Fax: 604.294.8199

Page 1 Subtotal	
Page 2 Subtotal	
Postage & Handling	\$ 7.00
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<b>Total</b>	