

OFFICE USE ONLY	NAME _____	ORGANIZATION _____
SHIPPED _____	ADDRESS _____	CITY _____ PROVINCE _____
PREPAID _____	PHONE _____	POSTAL CODE _____ PURCHASE ORDER # (IF APPLICABLE) _____

Nutrition Teaching Materials	Qty	Cost
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 Balance Overheads A set of colour overheads designed for teaching FoodTrack to a group.	\$7	
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	
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	
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.	25c	
Tips for Healthy Eating A meal balancing practice booklet suitable for adults, including those with limited literacy.	25c	
Plate Mate Track the number of servings you get from each food group by turning the wheels in this interactive brochure.	25c	
Food Pictures Colourful photographs of food on card stock. Set of 100 5” x 7” cards.	\$10	
Thirst for Nutrition Compares major nutrients of seven beverages. Helps individuals assess fluid intake and add value to their choices.	10c	

Nutrition Teaching Materials	Qty	Cost
Sport Nutrition A colourful set of sport nutrition fact sheets with a self-assessment page.	10c	
Food, Fingers & Fun A colourful booklet loaded with healthy eating ideas for parents and caregivers of preschool and young school age children.	25c	
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	
BOOKMARK SERIES		
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 food.	10c	
Calcium Teaching Materials	Qty	Cost
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	
Osteoporosis—Are You At Risk? An interactive brochure for individuals to assess their risk for osteoporosis and to plan changes.	5c	
Bone Zone—DVD and Teacher Guide Three snappy videos vignettes (total time 13:30) and a teacher guide with student activities to help grades 5–8 students learn how to build healthy bones through calcium intake and exercise.	\$15	

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Milk Product Information	Qty	Cost	Posters	Qty	Cost
Milk Products—A Unit for Food Classes Five lessons for home economics classes. Over 40 masters, recipes, two videos, posters, and reference booklets.		\$15	Serving Size Poster A poster of actual size food photographs, useful for teaching serving sizes.		
			English		\$3
			French		\$3
Take Care of Your Milk A single fact sheet on handling milk safely.		5c	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
Raw Milk A single fact sheet outlining the health concerns about raw milk and how pasteurization overcomes these.		5c	So, What is Normal? Pictures of 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
Milk and Lactose Intolerance Colourful brochure on managing lactose intolerance. Suitable for adults, including those with limited literacy.		10c	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
Lactose Intolerance Fact Sheets Consumer tips for managing lactose intolerance. 50 sheets per pad.		50c	From Farm to Family This poster shows the process of producing milk, from photosynthesis to the milk on your table. Complements the Farm to Family brochure. Suitable for grades 6 and up.		\$1
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 This brochure shows the process producing milk, from photosynthesis to the milk on your table. Suitable for grades 6 and up.		10c			

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

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

BC Dairy Foundation (HST #106811888)
 3236 Beta Avenue, Burnaby, BC V5G 4K4
 Fax: 604.294.8199 Tel: 604.294.3775 or 1.800.242.6455

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