

OFFICE USE ONLY	NAME _____	ORGANIZATION _____
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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.		30c
FoodTrack™—Check on Balance Overheads A set of colour overheads designed for teaching FoodTrack to a group.		\$10
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.		20c
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.		30c
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.		20c
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.		\$25
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.		65c
Thirst for Nutrition Compares major nutrients of seven beverages. Helps individuals assess fluid intake and add value to their choices.		35c
Sport Nutrition A colourful set of sport nutrition fact sheets with a self-assessment page.		30c
Food, Fingers & Fun A colourful booklet loaded with healthy eating ideas for parents and caregivers of preschool and young school age children.		80c

Nutrition Teaching Materials	Qty	Cost
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
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
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These prices are for residents living outside BC and Yukon

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Milk Products—A Unit for Food Classes Five lessons for home economics classes. Over 40 masters, recipes, two videos, posters, and reference booklets.		\$30
Take Care of Your Milk A single fact sheet on handling milk safely.		10c
Raw Milk A single fact sheet outlining the health concerns about raw milk and how pasteurization overcomes these.		10c
Milk and Lactose Intolerance Colourful brochure on managing lactose intolerance. Suitable for adults, including those with limited literacy.		20c
Lactose Intolerance Fact Sheets Consumer tips for managing lactose intolerance. 50 sheets per pad.		\$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
Posters	Qty	Cost

Serving Size Poster A poster of actual size food photographs, useful for teaching serving sizes.	English	\$5
	French	\$5
Four Food Group Poster A teaching poster for foods arranged by food group with a corresponding agricultural scene. For Grade 2 to adult.	English	\$5
	French	\$5

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

Page 1 Subtotal	
Page 2 Subtotal	
Postage & Handling	\$ 7.00
Subtotal	
12% HST	
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