Healthy Choices, Healthy Me!
1st Grade Program

The first grade lessons help students establish an understanding of the five groups. Students will learn how to classify foods into the food groups and how these foods become the base of healthy meals and snacks.

HX0110 Teacher Kit ....................................... $35.00
Kit includes: teacher guide, box of multicultural food picture cards, 35 student workbooks and family homework

HX041 Resupply Kit ...................................... $18.00
Kit includes: 35 student workbooks

HX051 Spanish Materials ............................. $10.00
Kit includes: 20 student workbooks in Spanish

Healthy Choices, Healthy Me!
2nd Grade Program

Building upon the concepts learned in the first grade program, the second grade lessons cover eating a variety of foods from each food group every day, eating a balanced breakfast most days, eating healthy snacks and meals whenever possible and participating in active play for at least 60 minutes a day.

HX0120 Teacher Kit ....................................... $35.00
Kit includes: teacher guide, poster, box of multicultural food picture cards, 35 student workbooks and 35 parent pieces

HX042 Resupply Kit ...................................... $18.00
Kit includes: 35 student workbooks

HX052 Spanish Materials ............................. $10.00
Kit includes: 20 student workbooks in Spanish

Put Your Preschoolers on the Path to Healthy Eating
Preschool Program

Provide your students with age-appropriate nutrition information through fun, engaging activities.

PXI Preschool Resource Kit ............... $30.00
Kit includes: one Preschool Program CD-ROM, set of 50 Making Meals Matter for Your Young Child (English) booklets, set of 50 “Healthy Eating for Your Preschooler” (English) tip sheets

Building a Healthy Me!
Stacking up choices for good nutrition
Kindergarten Program

Introduce food choices and the idea that choosing healthy, good-tasting foods each day is an important habit to establish.

KDX010 Teacher Kit ............... $35.00
Kit includes: teacher guide, poster, box of multicultural food picture cards, 35 student workbooks and 35 parent pieces

KDX040 Resupply Kit ............... $18.00
Kit includes: 35 student workbooks and 35 parent pieces

KDX3030 Spanish Materials ............... $10.00
Kit includes: 20 student workbooks and 20 parent pieces in Spanish
**Shaping Up My Choices**  
**3rd Grade Program**

Help students apply problem-solving, reasoning and critical-thinking techniques as they learn about nutrition and physical activity.

**SX02 Teacher Kit** .......................... $35.00  
Kit includes: teacher guide, color transparencies, 35 student workbooks and family homework

**SX04 Resupply Kit** .......................... $18.00  
Kit includes: 35 student workbooks

**SX05 Spanish Materials** ............... $10.00  
Kit includes: 20 student workbooks in Spanish

**Nutrition Pathfinders**  
**4th Grade Program**

Healthy eating behaviors and attitudes are reinforced in the fourth grade program. All five food groups and their main nutrients and roles in the body are also covered. Students learn how to read a Nutrition Facts label and how to estimate appropriate serving sizes, as well as the importance of eating a healthy breakfast.

**NPX04 Teacher Kit** .......................... $35.00  
Kit includes: teacher guide, color transparencies and 35 student workbooks

**NPX040 Resupply Kit** ....................... $18.00  
Kit includes: 35 student workbooks

**NPX045 Spanish Materials** ............... $10.00  
Kit includes: 20 student workbooks in Spanish

**Nutrition Pathfinders**  
**5th Grade Program**

Help students make healthy food and physical activity choices. Students will learn how to measure an appropriate serving size, analyze food advertisements, choose healthy foods for balanced meals and make good food choices at restaurants.

**NPX05 Teacher Kit** .......................... $35.00  
Kit includes: teacher guide, color transparencies and 35 student workbooks

**NPX050 Resupply Kit** ....................... $18.00  
Kit includes: 35 student workbooks

**NPX055 Spanish Materials** ............... $10.00  
Kit includes: 20 student workbooks in Spanish
Exercise Your Options
**Middle-school Program**

Help middle school students practice making healthier food and activity choices on a daily basis.

- **FX010 Teacher Kit** ....................................... $42.00
  Kit includes: teacher guide, one DVD including teacher PowerPoint and 50 student workbooks
- **FX040 Resupply Kit** ...................................... $20.00
  Kit includes: 50 student workbooks

Dairy Detectives
**Kindergarten-sixth Grade Program**

Provide students with hours of engaging, interactive instruction about dairy cows, production of dairy products and nutrition using this CD-ROM.

- **MDC1 One CD-ROM** ................................. $12.00
- **MDC2 Box of 10 CD-ROMS** ..................... $55.00

Activity & Eating
**High School Program**

Help high school students understand the essential connections between being physically active, making healthful food choices and maintaining long-term good health.

- **HSX010 Teacher Kit** ....................................... $25.00
  Kit includes: teacher instruction sheet, one DVD and 50 student workbooks
- **HSX015 Resupply Kit** ...................................... $20.00
  Kit includes: 50 student workbooks
- **HSX020 Spanish Materials** ......................... $20.00
  Kit includes: 50 student workbooks in Spanish

Food Picture Cards

Supplement your lessons with a box of 141 full-color food picture cards featuring single food items and multicultural dishes. Pictures are indexed by food group, and food names are listed in English and Spanish.

- **S15 Box of Food Picture Cards** ........... $15.00
**Making Meals Matter for Your Young Child**  
*A Guide for Busy Parents*  
This self-instructional booklet for parents of young children provides practical nutrition information and guidance about feeding preschoollers.  

D210  Set of 50 Booklets in English........ $20.00  
D190  Set of 50 Booklets in Spanish........ $20.00  

**Making Meals Matter for Your School-Age Child**  
*A Guide for Busy Parents*  
This self-instructional booklet for parents of school-age children helps parents understand the basics of preparing healthy meals and answering common questions specific to this age group.  

X210  Set of 50 Booklets in English........ $20.00  
X190  Set of 50 Booklets in Spanish........ $20.00  

**Activity & Eating**  
*Small Steps to a Healthier You*  
This self-instructional booklet for adults helps men and women understand the important role that healthful food choices and physical activity has on promoting weight management and optimal health.  

P2130  Set of 50 Booklets in English........ $20.00  
P190  Set of 50 Booklets in Spanish........ $20.00  

**Pregnancy**  
*Developing Healthy Moms & Babies*  
This self-instructional booklet for pregnant and lactating women provides helpful information on nutrition, exercise, weight gain and other key topics to support healthy moms and babies.  

PR210  Set of 50 Booklets in English........ $20.00  
PR190  Set of 50 Booklets in Spanish........ $20.00  

**Calcium Connection**  
*Healthy Bodies, Healthy Bones: A Lifelong Pledge*  
This self-instructional booklet for adolescents to adults provides age-specific information about calcium’s wide range of health benefits. Calcium’s role in weight management is addressed, as are topics ranging from supplements to lactose intolerance and vitamin D to physical activity.  

K21  Set of 50 Booklets in English........ $20.00  
K19  Set of 50 Booklets in Spanish........ $20.00
Healthy Eating for Your Preschooler
This tip sheet provides information for feeding preschoolers and preparing food from all five food groups.
TS210  Set of 100 Tip Sheets in English  $15.00
TS215  Set of 100 Tip Sheets in Spanish  $15.00

Healthy Snacks for Home & School
This tip sheet provides quick and nutritious snack ideas for parents and teachers.
TS190  Set of 100 Tip Sheets in English  $15.00
TS195  Set of 100 Tip Sheets in Spanish  $15.00

Healthier Eating and Physical Activity: Tips for Older Adults
This tip sheet provides information on healthy eating, physical activity and meal planning to help achieve optimal wellness while aging.
TS230  Set of 100 Tip Sheets in English  $15.00
TS235  Set of 100 Tip Sheets in Spanish  $15.00

Healthy Lifestyle Tips
This tip sheet offers ways to make wiser food choices and become more physically active. Recommendations are based on the 2010 Dietary Guidelines for Americans.
TS245  Set of 100 Tip Sheets in English and Spanish—Double-sided  $15.00

Beverages: Make Every Sip Count
This tip sheet provides parents with ways to give the healthiest beverage choices to their children.
TS225  Set of 100 Tip Sheets in English and Spanish—Double-sided  $15.00

Calcium and Kids
This tip sheet shows parents how much calcium their kids need, which foods are the best sources of calcium and ways to ensure that children get enough each day.
TS120  Set of 100 Tip Sheets in English  $15.00
TS125  Set of 100 Tip Sheets in Spanish  $15.00

Boost Brainpower With Breakfast
This tip sheet for parents and kids teaches the benefits of eating breakfast and ways to create a balanced breakfast every day.
TS240  Set of 100 Tip Sheets in English  $15.00

Milk!
Secrets, Stories & Facts of America’s Favorite Natural Beverage
This brochure provides engaging information about nature’s nutrient-rich beverage. Learn the many secrets and facts about milk and the numerous health benefits that have made it an integral part of the American diet for centuries.
TS250  Set of 100 Brochures  $25.00
Nutrition Education Resources Order Form

For more information visit our website at HealthyEating.org or call 866.572.1359.

Prices are subject to change.

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SUBTOTAL

SHIPPING AND HANDLING (see chart)

GRAND TOTAL

Please photocopy this form for future use.

Payment Options

When paying by check or purchase order, make payable to:
Dairy Council of California
1101 National Drive, Suite B
Sacramento, CA 95834

You can also fax your order to us at 916.263.3566

Credit Card Type: (please circle)    Visa    MC    Discover    AmEx

Credit Card Number: ____________________________

Exp. Date: ____ / ____ (month/year)

Call 866.572.1359 to place order by phone.

Customer Information

Name: _____________________________ Organization: _____________________________

Address/City/State/Zip (no P.O. Boxes) _________________________________________

Phone: ________________ Fax: ________________ Email: _______________________

Ship To: (if different)

Name: _____________________________ Organization: _____________________________

Address/City/State/Zip (no P.O. Boxes) _________________________________________

Phone: ________________ Fax: ________________ Email: _______________________

Shipping and Handling Chart

If your total is:   Please add:
$0.00 -   $35.00   $7.50
$35.01 -   $100.00 $10.00
$100.01 -   $150.00 $15.00
$150.01 -   $250.00 $22.00
$250.01 -   $300.00 $30.00
$300.01 -   $400.00 $40.00
$400.01 -   $500.00 $48.00
$500.01 and over   Please call

Hawaii, Alaska & International customers   Please call
Dairy Council of California’s Story
Since 1919, Dairy Council of California has been an innovator in nutrition education and the dairy industry’s contribution to community health. We produce balanced nutrition education programs and resources that are used in schools, health care settings and workplace wellness programs.

Our programs focus on making the best choices from all five food groups, with milk and milk products as a cornerstone of the diet. All of Dairy Council of California’s nutrition education programs teach children and adults about healthy food choices based on the 2010 Dietary Guidelines for Americans.

For over 90 years, we have been dedicated to helping people make healthful food and lifestyle choices that match individual values. We thank you for being our partner in improving the health of those in our communities. We encourage you to contact us should you have any questions, or visit our website, HealthyEating.org, for additional resources and more information.

To order nutrition education programs for your classroom or health care setting, contact Dairy Council of California at:

1101 National Drive, Suite B
Sacramento, CA 95834
Toll-free 866.572.1359
Fax 916.263.3566
HealthyEating.org

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