

Name _____
 Profession/Organization _____
 Address _____
 City/Town _____ Province **Manitoba**
 Postal Code _____ Phone _____
 E-mail _____

Please select one of the following: Please use chart below when adding up your order.

- Mail my order, payment is enclosed or in the mail.
- I will pick up my order, call when it is ready and I will bring payment (if applicable).

Postage and Packing Fees		
Quantity of items ordered	Mail	Pick-up
up to 200	\$4.00	N/C
201 - 400	\$8.00	\$4.00

- ### Important Information
- Please allow 2-3 weeks for pick up orders and 3-4 weeks for mail orders.
 - **There is a minimum charge for all mail orders.**
 - Mail orders will not be processed until payment is received.
 - We cannot accept debit or credit card payment.
 - Please make cheque payable to Dairy Farmers of Manitoba.
 - We cannot provide materials for displays or booths. Resources are designed for counselling, education or leader-led programs by health professionals and educators.
 - Maximum order is 400 items in total.
 - If your order exceeds 400 items, please contact us at (204) 488-6455 with details of intended use.
 - **Materials are available to Manitoba residents only.**

Resource	Description	Price	Quantity	Cost
Food Picture Cards (Bilingual)	A set of 103 food pictures with a food group legend on the back (5"x7" cards).	20.00		
Food Pictures with Nutrition Information	185 life-like food photos on sturdy varnished cardboard with nutrient analysis on the back.	30.00		
Preschool Food Puzzle	Colourful, sturdy cardboard floor puzzle links food and agriculture with big pieces, great for little hands.	10.00		
Think Your Drink	Cost and nutrient comparison of various beverages (e.g. pop, sport drinks, juice, water and milk).	5.00		
So What is Normal	Teen body image poster with lesson plans.	8.00		
Serving Size Poster	Full colour poster with real life serving size examples.	5.00		
Food Fingers & Fun	Information, nutrition tips and child-pleasing recipes for parents and care providers.	N/C		
For the Health of You and Your Baby	Nutrition information for expectant moms. Includes recipes, a week by week description of baby's development. Booklet format.	N/C		
Feeding Your Child Ages 2 to 5	Easier reading. Eleven (11) pages of information and tips on healthy eating for preschool children. Blackline Master Limit 1	N/C		
Sport Nutrition	New! This full colour, 8-page booklet provides tips on food intake and fluid replacement for athletes and active individuals.	0.15 ea or \$10/100		
Are You Food Wise	Assess food habits at home, restaurants and the supermarket. Practical tips for on-the-go adolescents and adults. Blackline Master Limit 1	N/C		
Check On Balance	Self assessment planning for healthy eating.	0.10		
Check on Fibre	Self assessment for fibre intake.	0.15		
Check on Caffeine	Self assessment for caffeine intake.	0.15		
Check on Fat	Self assessment for quantity and quality of fat intake.	0.15		
Calcium Calculator	Assess calcium intake and plan for change using this interactive brochure	N/C		
Healthy Eating and Hypertension	Consumer fact sheet with lifestyle information and food choices to help manage hypertension.	N/C		
Milk and Lactose Intolerance	Easy to understand brochure helps those with lactose intolerance enjoy a variety of milk products.	N/C		
A Lactose Intolerance Guide to Milk Products	A lactose intolerance fact sheet.	N/C		
Nutrient Value of Dairy Foods	Nutritional value of 73 dairy products from the "Canadian Nutrient File". Blackline Master Limit 1	N/C		
Recharge with Milk	Information on chocolate milk as a post-workout recovery beverage.	N/C		
Assorted Dairy Recipes	Delicious dairy recipes.	N/C		
Resources For Health Professionals				
Healthy Eating and Hypertension	Key messages from dietary approaches to stop hypertension.	N/C		
Plate Mate (replaces Food Guide Slide)	Tracking tool supporting Canada's Food Guide recommendations for healthy eating.	0.25		
Menu Planner	Sensible information to help plan out weekly meals; weekly schedule template.	1.00		
Smoothies Recipe Booklet	Full colour, smoothie recipe-filled brochure.	N/C		
The Facts About Lactose Intolerance	Summarizes recent research about lactose intolerance with references.	N/C		
The Dairy Advantage	Summary of research on milk and healthy weight.	N/C		

Please return this form by mail or fax:

Dairy Farmers of Manitoba
 36 Scurfield Boulevard
 P.O. Box 724, Station Main
 Winnipeg, MB R3C 2K3

Fax: (204) 488-4772

Subtotal of resource cost \$ _____

Quantity of Resources Ordered # _____ ⇒ Postage or Packing Fee (see chart at top of page) \$ _____

SUBTOTAL \$ _____

If your organization is G.S.T exempt please provide G.S.T # _____

G.S.T. (5% of SUBTOTAL) \$ _____

January 2010 **ORDER TOTAL** \$ _____