



## NEWSLETTER ORDER FORM (prices good until 6/30/2021)

### Newsletters

1. Select Version  WIC Newsletter Title: WIC News  Head Start Newsletter Title: Head Start News  Preschool Newsletter Title: Nutrition and Health News

### 2. Select Newsletters

Check the desired newsletter titles on page 2. Indicate the total cost on section 4 of this form.

Please note: You may reproduce up to 1,000 copies of an individual newsletter for distribution to clients/participants per site.

3. Personalize Newsletters:  Please change title of newsletters to: \_\_\_\_\_  
(add \$3.00 each)

### Total

4. Total Amount Due: Newsletter total (from page 2): \$ \_\_\_\_\_  
Personalize Total : \$ \_\_\_\_\_  
(total newsletters x \$3.00)  
Subtotal: \$ \_\_\_\_\_  
**Total Amount Due:** \$ \_\_\_\_\_

### Shipping Information

5. Ship To: Business \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Payment Method

6. Payment Method:  Check enclosed  P.O. #  Send an Invoice
- Make checks payable to: Nutrition Consultants  
P.O. Box 1184  
Bowling Green, OH 43402  
419-344-3665  
lwnutritionmaterials@gmail.com
- Credit cards may be used on our website: [www.nutritionmaterials.com](http://www.nutritionmaterials.com)**



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Newsletter Single Issues (\$10 each topic selected)

E = English S = Spanish

- | E                        | S (x = not available)               |   | E                        | S (x = not available)               |                                    | E                        | S (x = not available)               |                                      |
|--------------------------|-------------------------------------|---|--------------------------|-------------------------------------|------------------------------------|--------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/>            | 10,000 Steps                                    | <input type="checkbox"/> | <input type="checkbox"/>            | Fish                               | <input type="checkbox"/> | <input type="checkbox"/>            | Soups & Stews                        |
| <input type="checkbox"/> | <input type="checkbox"/>            | Active Living                                   | <input type="checkbox"/> | <input type="checkbox"/>            | Fitness                            | <input type="checkbox"/> | <input type="checkbox"/>            | Soybeans                             |
| <input type="checkbox"/> | <input type="checkbox"/>            | Alcohol   | <input type="checkbox"/> | <input type="checkbox"/>            | Folic Acid                         | <input type="checkbox"/> | <input type="checkbox"/>            | Spices                               |
| <input type="checkbox"/> | <input type="checkbox"/>            | Balancing a Food Plan                           | <input type="checkbox"/> | <input type="checkbox"/>            | Food Allergies                     | <input type="checkbox"/> | <input type="checkbox"/>            | Start Early to Prevent Child Obesity |
| <input type="checkbox"/> | <input type="checkbox"/>            | Beef  | <input type="checkbox"/> | <input type="checkbox"/>            | Food Habits                        | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Supermarket Tricks                   |
| <input type="checkbox"/> | <input type="checkbox"/>            | Breads  | <input type="checkbox"/> | <input type="checkbox"/>            | Food Poisoning                     | <input type="checkbox"/> | <input type="checkbox"/>            | Sweets are a Treat                   |
| <input type="checkbox"/> | <input type="checkbox"/>            | Breakfast                                       | <input type="checkbox"/> | <input type="checkbox"/>            | Fruit Juice                        | <input type="checkbox"/> | <input type="checkbox"/>            | Teaching Children Nutrition Thirst   |
| <input type="checkbox"/> | <input type="checkbox"/>            | Budget Cooking                                  | <input type="checkbox"/> | <input type="checkbox"/>            | Fruits & Vegetables Matter         | <input type="checkbox"/> | <input type="checkbox"/>            | Vegetarian                           |
| <input type="checkbox"/> | <input type="checkbox"/>            | Caffeine  | <input type="checkbox"/> | <input type="checkbox"/>            | Fussy Eaters                       | <input type="checkbox"/> | <input type="checkbox"/>            | Vitamin A                            |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Calcium & Bones                                 | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Gluten                             | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Vitamin B                            |
| <input type="checkbox"/> | <input type="checkbox"/>            | Canned Foods                                    | <input type="checkbox"/> | <input type="checkbox"/>            | Healthful Eating on a Budget       | <input type="checkbox"/> | <input type="checkbox"/>            | Vitamin C                            |
| <input type="checkbox"/> | <input type="checkbox"/>            | Cereals   | <input type="checkbox"/> | <input type="checkbox"/>            | Healthful Recipes                  | <input type="checkbox"/> | <input type="checkbox"/>            | Vitamin D                            |
| <input type="checkbox"/> | <input type="checkbox"/>            | Cheese  | <input type="checkbox"/> | <input type="checkbox"/>            | Healthful Weight Loss              | <input type="checkbox"/> | <input type="checkbox"/>            | Water                                |
| <input type="checkbox"/> | <input type="checkbox"/>            | Child Obesity                                   | <input type="checkbox"/> | <input type="checkbox"/>            | Hidden Fat in Foods                | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Whole Grains                         |
| <input type="checkbox"/> | <input type="checkbox"/>            | Child Obesity & Diabetes                        | <input type="checkbox"/> | <input type="checkbox"/>            | Hot Dogs                           | <input type="checkbox"/> | <input type="checkbox"/>            | Why Children Eat as They Do          |
| <input type="checkbox"/> | <input type="checkbox"/>            | Child Obesity & Fast Foods                      | <input type="checkbox"/> | <input type="checkbox"/>            | How Companies Market to Children   | <input type="checkbox"/> | <input type="checkbox"/>            | Why Children Need Protein            |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Child Obesity & High Fructose Corn Syrup (HFCS) | <input type="checkbox"/> | <input type="checkbox"/>            | Hunger vs. Appetite                | <input type="checkbox"/> | <input type="checkbox"/>            | Yogurt—Dairy or Dessert?             |
| <input type="checkbox"/> | <input type="checkbox"/>            | Child Obesity & Portions                        | <input type="checkbox"/> | <input type="checkbox"/>            | Is Your Child Getting Enough Iron? |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | ChooseMyPlate for Children                      | <input type="checkbox"/> | <input type="checkbox"/>            | Leftovers                          |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Clean Kitchens                                  | <input type="checkbox"/> | <input type="checkbox"/>            | Legumes                            |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Convenience Foods                               | <input type="checkbox"/> | <input type="checkbox"/>            | Lowfat Cooking                     |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Cooking Basics                                  | <input type="checkbox"/> | <input type="checkbox"/>            | Lunch                              |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Cooking with Children                           | <input type="checkbox"/> | <input type="checkbox"/>            | Making Fun Meals                   |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Crockery Cooking                                | <input type="checkbox"/> | <input type="checkbox"/>            | Meal Planning                      |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Delis   | <input type="checkbox"/> | <input type="checkbox"/>            | Meatless Meals                     |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Eating Out with Children                        | <input type="checkbox"/> | <input type="checkbox"/>            | Molds in Food                      |                          |                                     |                                      |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Energy, Protein & Breakfast Bars                | <input type="checkbox"/> | <input type="checkbox"/>            | Nutrition Facts Label              |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Family Meals                                    | <input type="checkbox"/> | <input type="checkbox"/>            | Pasta                              |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Fast, Easy & Nutritious                         | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Potatoes                           |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Fast Food Salads                                | <input type="checkbox"/> | <input type="checkbox"/>            | Rice                               |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Feeding the Brain                               | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Salt                               |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Feeding Toddlers                                | <input type="checkbox"/> | <input type="checkbox"/>            | Skipping Meals                     |                          |                                     |                                      |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Fiber   | <input type="checkbox"/> | <input type="checkbox"/>            | Snacks & Children                  |                          |                                     |                                      |
| <input type="checkbox"/> | <input type="checkbox"/>            | Fighting Child Obesity in the Home              |                          |                                     |                                    |                          |                                     |                                      |

**Total**

Single Issues Ordered in English = \_\_\_\_\_ Single Issues Ordered in Spanish = \_\_\_\_\_

Total Issues Ordered \_\_\_\_\_ x \$10.00 per title = \$ \_\_\_\_\_ (Enter total cost on section 4 of page 1)