



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

**Section 1: Newsletters:** You may reproduce up to 1,000 copies of each newsletter for clients/participants per site.

To Order: Check desired titles on page 2 of this form.

Quantity \_\_\_\_\_ English Senior Nutrition & Health Newsletters @ \$10.00 each Total: \_\_\_\_\_  
 Quantity \_\_\_\_\_ Spanish Senior Nutrition & Health Newsletters @ \$10.00 each Total: \_\_\_\_\_  
 Newsletter Total: \_\_\_\_\_

Personalize Newsletter  
 (add \$3.00 per newsletter  
 in section 4 below)

Please change title of newsletter to: \_\_\_\_\_

## Section 2: Books: Recipes For The Heart: A Nutrition & Health Guide for People with High Blood Pressure

\_\_\_\_\_ Quantity Recipes For The Heart—PDF teaching copy @ \$25.00 each Total: \_\_\_\_\_  
 \_\_\_\_\_ Quantity Recipes For The Heart—Paperback copy @ \$ 8.00 each Total: \_\_\_\_\_  
 Book Total: \_\_\_\_\_

## Section 3: Senior Posters (18" x 24")

\_\_\_\_\_ Quantity Start Early to Prevent Diabetes poster @ \$16.95 each = Total: \_\_\_\_\_  
 \_\_\_\_\_ Quantity Start Early to Prevent High Blood Pressure poster @ \$16.95 each = Total: \_\_\_\_\_  
 \_\_\_\_\_ Quantity Start Early to Prevent Heart Disease poster @ \$16.95 each = Total: \_\_\_\_\_  
 Poster Total: \$ \_\_\_\_\_

## Section 4: Total Amount Due:

Newsletter Total (quantity from section 1) \_\_\_\_\_ x \$10.00 each = Newsletter Total: \$ \_\_\_\_\_  
 Personalize Newsletters \_\_\_\_\_ x \$3.00 each = Personalize Total: \$ \_\_\_\_\_  
 Book Total: \$ \_\_\_\_\_  
 Poster Total: \$ \_\_\_\_\_  
 Add \$5.00 for a book OR poster order Shipping: \$ \_\_\_\_\_  
**Total Amount Due: \$ \_\_\_\_\_**

## Section 5: Shipping Information:

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

## Section 6: Payment & Contact Information:

Payment:  Check enclosed  
 P.O. #  
 Send an invoice

Make checks payable to: Nutrition Consultants  
 P.O. Box 1184  
 Bowling Green, OH 43402  
 lwnutritionmaterials@gmail.com  
 419-344-3665

Credit cards may be used on our website: [www.nutritionmaterials.com](http://www.nutritionmaterials.com)



## SENIOR ORDER FORM

### Newsletter Main Nutrition Topics (\$10.00 each topic selected)

Please Note: Each newsletter contains a main nutrition article and recipe and other articles on health, safety and food. Newsletters are copyright-free to your site; use them as received, as a reference, or cut and paste articles into your own format. For a small fee we can personalize newsletters. You can reproduce up to 1000 copies of an individual newsletter for distribution with clients. Special pricing is available for agencies wanting to reproduce more than 1000 copies.

E = English S = Spanish

- | E                        | S                        |   |   |
|--------------------------|--------------------------|---|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 10,000 Steps                                  | <input type="checkbox"/> <input type="checkbox"/> Iron ( <u>Spanish Available</u> )               |
| <input type="checkbox"/> | <input type="checkbox"/> | Active Living                                 | <input type="checkbox"/> <input type="checkbox"/> Liquids   |
| <input type="checkbox"/> | <input type="checkbox"/> | Alcohol                                       | <input type="checkbox"/> <input type="checkbox"/> Lowfat Cooking ( <u>Spanish Available</u> )     |
| <input type="checkbox"/> | <input type="checkbox"/> | B Vitamins                                    | <input type="checkbox"/> <input type="checkbox"/> Lunch   |
| <input type="checkbox"/> | <input type="checkbox"/> | Beef  | <input type="checkbox"/> <input type="checkbox"/> Meatless Meals                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Breads  | <input type="checkbox"/> <input type="checkbox"/> Molds in Foods                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Breakfast                                     | <input type="checkbox"/> <input type="checkbox"/> More Healthful Recipes                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Budget Cooking                                | <input type="checkbox"/> <input type="checkbox"/> Nutrition Facts Labels                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Calcium ( <u>Spanish Available</u> )          | <input type="checkbox"/> <input type="checkbox"/> Obesity ( <u>Spanish Available</u> )            |
| <input type="checkbox"/> | <input type="checkbox"/> | Canned Foods                                  | <input type="checkbox"/> <input type="checkbox"/> Pasta   |
| <input type="checkbox"/> | <input type="checkbox"/> | ChooseMyPlate ( <u>Spanish Available</u> )    | <input type="checkbox"/> <input type="checkbox"/> Potatoes  |
| <input type="checkbox"/> | <input type="checkbox"/> | Clean Kitchens                                | <input type="checkbox"/> <input type="checkbox"/> Protein   |
| <input type="checkbox"/> | <input type="checkbox"/> | Cooking Basics                                | <input type="checkbox"/> <input type="checkbox"/> Salt  |
| <input type="checkbox"/> | <input type="checkbox"/> | Crockery Cooking                              | <input type="checkbox"/> <input type="checkbox"/> Snacks ( <u>Spanish Available</u> )             |
| <input type="checkbox"/> | <input type="checkbox"/> | Diabetes ( <u>Spanish Available</u> )         | <input type="checkbox"/> <input type="checkbox"/> Soups and Stews                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Fast, Easy, and Nutritious                    | <input type="checkbox"/> <input type="checkbox"/> Soybeans  |
| <input type="checkbox"/> | <input type="checkbox"/> | Fast Food Salads ( <u>Spanish Available</u> ) | <input type="checkbox"/> <input type="checkbox"/> Supermarket Tricks ( <u>Spanish Available</u> ) |
| <input type="checkbox"/> | <input type="checkbox"/> | Fish  | <input type="checkbox"/> <input type="checkbox"/> Trans Fats ( <u>Spanish Available</u> )         |
| <input type="checkbox"/> | <input type="checkbox"/> | Folic Acid                                    | <input type="checkbox"/> <input type="checkbox"/> Vegetables and Fruits                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Food Poisoning ( <u>Spanish Available</u> )   | <input type="checkbox"/> <input type="checkbox"/> Vitamin A                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Fruits and Vegetables Matter                  | <input type="checkbox"/> <input type="checkbox"/> Vitamin C ( <u>Spanish Available</u> )          |
| <input type="checkbox"/> | <input type="checkbox"/> | Healthful Cooking                             | <input type="checkbox"/> <input type="checkbox"/> Vitamin D                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Healthy Weight                                | <input type="checkbox"/> <input type="checkbox"/> Whole Grains                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Hidden Fat in Foods                           | <input type="checkbox"/> <input type="checkbox"/> Yogurt - Dairy or Dessert?                      |

### Total

Newsletters Ordered in English = \_\_\_\_\_ (Enter total in section 1 of page 1)

Newsletters Ordered in Spanish = \_\_\_\_\_ (Enter total in section 1 of page 1)