

January 2012 Order Form For FREE Materials

Ordering Tips

- Specify both the # of packs and total quantity, for example: for FA1, 5 packs = 500 total
- Health Fairs: order no more than half expected attendance
- No orders outside North Carolina
- Keep a copy of your order
- Allow 3 weeks for delivery

Duplicate form as needed

Example: A14 5 packs = 125 total

| Brochures | Quantity | # Packs | Total | Item |
|--|----------|---------|-------|------|
| Healthy Habits For Life! Booklet | 25 / pk | | | A14 |
| Mujer, Madre y Amiga Booklet | 25 / pk | | | A14S |
| Mujer Prevenida Vale por Dos Fotonovela | 100 / pk | | | FA2 |
| Take Control Card | 100 / pk | | | FA3 |
| For Your Baby Card | 100 / pk | | | FA4 |
| Busy Woman's Guide/Guía para la mujer Card | 100 / pk | | | FA6 |
| ¡Felicidades: Información para la nueva mamá! Brochure | 100 / pk | | | FA7 |
| The Healthier I Am, the Happier I Am Card | 100 / pk | | | FA8 |

| Videos | Quantity | Format | Total | Item |
|--|----------|--------|-------|------|
| Combo DVD: Four videos on one DVD Limit 1 copy | | DVD | | FA24 |

| Posters | Quantity | # Packs | Total | Item |
|------------------------------|----------|---------|-------|------|
| Is Your Weight Healthy? | Any | N/A | | PH2 |
| Laminated BMI Chart | Limit 2 | N/A | | PH4 |
| At Our Best | Any | N/A | | FA25 |
| Both of Us | Any | N/A | | FA26 |
| Mujer Prevenida Vale por Dos | Any | N/A | | FA27 |

Name _____

Agency _____

Dept _____ Phone _____

Street Address _____

City _____ State _____ Zip _____ County _____

No delivery without street address. This is a: business address residential address

PO Box _____ City _____ Zip _____

Please include PO Box if you have one.

Email _____ Order Date _____ Date Needed _____

Please include email address. If you don't have one, write NONE.

WE MOVED



Mail to: Shipping Dept., North Carolina Healthy Start Foundation
3725 National Drive, Suite 105, Raleigh, NC 27612

FAX to: 919-828-7470 **Shipping phone #:** 919-256-3581

Brochures ...

- A14 Healthy Habits for Life!** This booklet offers tips and tools for women who want to adopt healthy habits in order to reach or maintain a healthy weight. 5.5" x 8.5" booklet
- A14S Mujer, Madre y Amiga** (*Woman, Mother and Friend*) A Spanish-language companion to Healthy Habits for Life. It offers tips and tools for women who want to adopt healthy habits in order to reach or maintain a healthy weight. 5.5" x 8.5" booklet
- FA2 Mujer Prevenida Vale por Dos** (*A Prepared Woman is Worth Double*) A fotonovela (picture story) of Ana María explaining the importance of a daily multivitamin with folic acid. Spanish only. 3.5" x 8.5" brochure
- FA3 Take Control of Your Life, Take Care of Yourself.** Young woman explains there are lots of great reasons to take multivitamins. For just pennies a day, they are a good way to stay in good health. 4" x 9" card
- FA4 Multivitamins for You, for Your Baby, for Life.** Young mother explains there are lots of great reasons to take multivitamins. Having a baby is one of them. 4" x 9" card
- FA6 The Busy Woman's Guide to Multivitamins/ Guía para la mujer sobre las multivitaminas** (English/Spanish) This handy bilingual card provides information about multivitamins. It also teaches how to check a multivitamin label for folic acid. 3" x 5" card
- FA7 ¡Felicidades: Información para la nueva mamá!** (*Congratulations! Information for new moms!*) A culturally-appropriate Spanish brochure that encourages postpartum Latina women to continue their good habits and replace their prenatal vitamin with an over-the-counter multivitamin containing folic acid. Includes messages about diet and postpartum depression. 4" x 9" brochure
- FA8 The Healthier I Am, the Happier I Am.** A woman explains there are lots of great reasons to take multivitamins. For just pennies a day, they are a good way to stay in good health. 4" x 9" card

Videos ...

FA24 Combo DVD: Four titles on one DVD

What is Folic Acid? Explains the role of folic acid in preventing neural tube defects before pregnancy. English: 6 minutes

Folic Acid for a Healthier Tomorrow North Carolina women talk about why they need folic acid. Closed-captioned. English: 9 minutes

Tres Hermanas This video (*Three Sisters*) follows a family discussion the importance of a multivitamin before, during and after pregnancy. Spanish: 8 minutes

¿Tomaste tu Vitamina Hoy? (*Have you taken your vitamin today?*) Ana María and friends talk about taking a multivitamin with folic acid and eating healthy. Spanish: 14 minutes

Posters ...

- PH2 Is Your Weight Healthy?** Features people doing healthy activities, along with a BMI chart and health tips. 11" x 17"
- PH4 Laminated BMI Chart** BMI chart (for ages 20 and up) with weight tips for the underweight, healthy, overweight and obese 17" x 11"
- FA25 At Our Best. "We can't be our best if we don't feel our best."** Features a group of young women. Message: There are lots of great reasons to take multivitamins. 11" x 17"
- FA26 Both of Us. "I want to stay healthy for the both of us."** Features a mother and infant. Message: There are lots of great reasons to take multivitamins. 11" x 17"
- FA27 Mujer Prevenida Vale por Dos** (*A Prepared Woman is Worth Double*) Ana María talks about Latinas increased risk for having a baby with certain spinal birth defects and the benefits of a multivitamin. Spanish only. 11" x 17"