



**FREE**  
NUTRITION  
EDUCATION  
RESOURCES

# nutrition +more

**2017 CATALOGUE**



### 5 Steps to a Smarter Smoothie

This infographic provides a basic formula for making delicious smoothies, plus some creative ideas for boosters. Three recipes are also included: Mango Colada, Beat the Blues and Peanut Butter Bananza.

**Audience:** Junior High to Adult



### Canadian Milk - From Farm to Table

Explore the process of milk production in Canada and all the steps along the way to ensure nutritious, safe, high quality milk.

**Audience:** Junior High to Adult



### Body & Bones: Up Close and Personal

Highlights all the important information for building healthy bones to last a lifetime.

**Audience:** Senior High to Adult



POSTER

### Day's Worth of Food for Teens

Teens will see what a day's worth of food looks like, as recommended by Canada's Food Guide.

**Dimensions:** 46 x 61 cm  
(18 x 24 inches)

**Curriculum Links:** W-9.5; CALM; CTS  
**Audience:** Grade 9 to Senior High

### Calcium Calculator

Calcium...getting enough? This assessment tool calculates dietary calcium intake and suggests changes if needed. Includes fortified foods and ethnic foods.

**Curriculum Links:** W-7.5; 8.2; 8.5; 9.5; CALM; CTS

**Audience:** Junior High to Adult



### Eat Together

Helps overcome the barriers to eating together as a family. Contains tips, shopping lists and quick recipes.

**Audience:** Junior High to Adult



### Eating Well series

The *Eating Well* series focuses on practical information for choosing and preparing healthy foods. Order by pad—each pad has 50 tear sheets.

**Audience:** Junior High to Adult

- A Day's Worth of Food for Adults or Teens - REVISED**  
 Represents a day's worth of food for adults/teens according to Canada's Food Guide recommendations.
- The Balanced Plate**  
 Shows what a balanced plate looks like and how to modify food choices to balance any meal.
- Build a Better Breakfast**  
 Covers the importance of eating a well-balanced breakfast with emphasis on the benefits of protein. Includes breakfast makeovers and a recipe for breakfast parfaits.
- Eating Mindfully**  
 Explores mindful eating and tuning in to internal hunger cues. Provides a hunger scale and ten mindful eating tips.
- Grocery List**  
 This grocery list is divided based on typical grocery store sections. Includes tips for making healthy choices from each of the four food groups in Canada's Food Guide.
- Hands up for Portion Control - REVISED**  
 Illustrates how hands can be used as a quick reference for portion size. Provides information on what a serving is and how many servings are recommended daily by Canada's Food Guide.
- Learn to Read Labels**  
 Describes how the % Daily Value (%DV) and the Nutrition Facts table can be used to make healthy food choices, as well as three simple steps to compare foods.
- Weekly Meal Planner**  
 Makes weekly meal planning easy; includes a tear-off shopping list.



### Eating Well for Both of You

Reusable wipe-off board for recording food intake during pregnancy and breastfeeding. Allows user to assess intake against recommendations. Comes with a wipe-off marker.

**Audience:** Teen/Adult

### Feeding Children Ages 2-5

Offers current information on feeding young children and practical tips to help them adopt healthy eating habits.

**Audience:** Parent, Child Care Provider



All resources are free of charge to health professionals and educators in Alberta. We reserve the right to limit quantities.

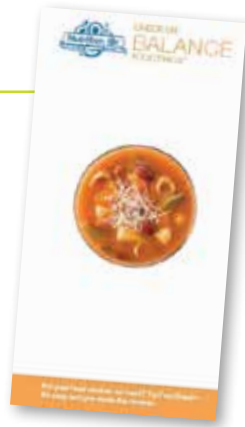
### FoodTrack™ Check on Balance

**FoodTrack™** is the acclaimed series of nutrition education resources that helps users check their food choices to see if they are on track with current recommendations.

Check on Balance helps individuals assess their food intake and compare it to Canada's Food Guide recommendations. Goal setting and implementing dietary changes are also covered.

**Curriculum Links:** W-7.5; 8.2; 8.5; 9.5; CALM; CTS

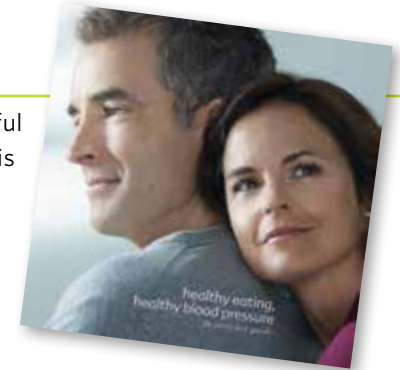
**Audience:** Junior High to Adult



### Healthy Eating, Healthy Blood Pressure

Simple diet and lifestyle changes can be powerful tools in helping control high blood pressure. This everyday guide includes a DASH diet tracker to help clients reach their goals.

**Audience:** Adult



### Milk and Lactose Intolerance

Helps those with lactose intolerance enjoy milk and milk products without discomfort.

**Audience:** Junior High to Adult



### Fuel Up!

Offers hydration tips, as well as quick and easy meal and snack ideas for active youth.

**Curriculum Links:** W-7.5; 8.2; 8.5; CTS

**Audience:** Junior to Senior High



### Menu Planner

This tool is based on Canada's Food Guide and helps menu planning for healthy meals. It is a re-usable wipe-off board with a shopping list and includes a marker. Works well with The Plate Mate.

**Curriculum Links:** W-9.5; CALM; CTS

**Audience:** Grade 9 and Senior High to Adult

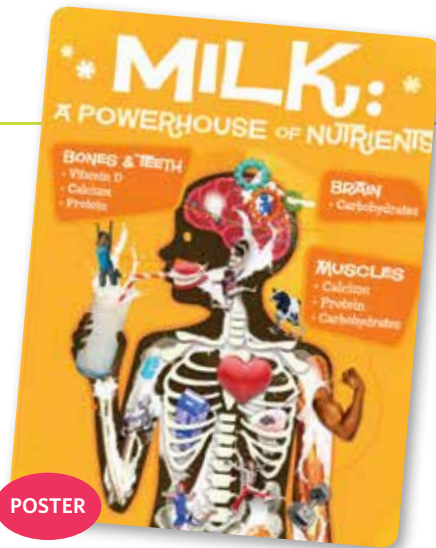


**Milk: A Powerhouse of Nutrients (Elementary)**

Appealing to elementary school aged children, this poster highlights key nutrients in milk and their benefits.

**Dimensions: 46 x 61 cm (18 x 24 inches)**

A bundle of 30 activity booklets can also be ordered with the poster or separately.



POSTER

**Milk: A Powerhouse of Nutrients (Junior High)**

For junior high school aged youth, this poster highlights key nutrients in milk and their benefits.

**Dimensions: 46 x 61 cm (18 x 24 inches)**

A bundle of 30 activity booklets can also be ordered with the poster or separately.



POSTER

**Nutrition File® Fact Sheets**

Provides the latest information on hot nutrition topics. Order by pad—each pad has 50 tear sheets.

**Audience:** Adult/Parent

- DASH (Dietary Approaches to Stop Hypertension)
- Eating for Action
- Eating on the Run
- Healthy Tweens & Teens
- Healthy Weights, Healthy Kids
- Milk Matters for Children
- Focus on You: Key Nutrients for Women
- Vitamin D: Bone Health and Beyond
- What's the Scoop on Dairy





**Plate Mate**

This interactive tool is based on Canada's Food Guide. It helps determine daily recommended number of servings from each food group and has a unique feature to keep track of actual servings.

**Curriculum Links:** W-4.5; 5.5; 6.5; 7.5; 8.5; 9.5

**Audience:** Grade 4 to Adult



**Smoothies**

Want to add more milk to your diet? Looking for a healthy treat? Try these quick, easy and tasty smoothie recipes that are loved by all ages.

**Curriculum Links:** W-7.5; 8.2; 8.5; 9.5; CALM; CTS

**Audience:** All ages

**Sizing Up Food Guide Servings**

A poster to assist educators in teaching the concept of serving sizes, based on Eating Well with Canada's Food Guide. Features actual size photographs of foods from each of the four food groups.

Dimensions: 66 x 99 cm  
(26 x 40 inches)

**Curriculum Links:** W-2.5; 3.5; 4.5

**Audience:** Junior High to Adult



**Snacks for a Healthy Smile and Child**

Provides information about the importance of snacks for children and their relationship to dental health.

**Audience:** Adult/Parent or Child Care Provider

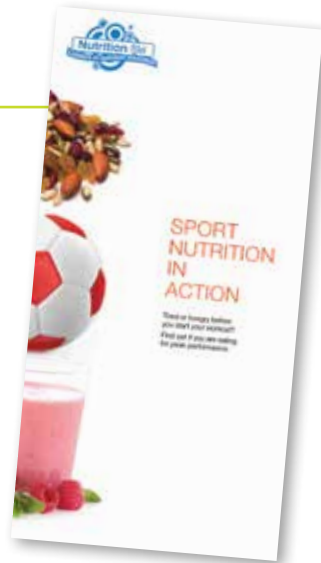


**Sport Nutrition in Action**

NEW

Offers practical sport nutrition tips for athletes and active individuals. Helps them to fuel and refuel for peak performance. Full of action ideas.

**Audience:** Junior High to Adult



**What's true? What's not?  
Get the real story about milk products**

Get the real story on common myths regarding milk products: cheese and constipation, milk and mucus, as well as myths regarding milk production and much more.

**Audience:** Junior High to Adult



**What's in Your Lunch?  
Nutrition Display Boards**

These innovative display boards highlight information on packaged food that can be used to make healthy food choices for lunches. A set consists of five boards: Grain Products, Vegetables & Fruit, Milk & Alternatives, Entrées and Drinks. Each board includes shopping tips for busy people.

Please email [nutrition@albertamilk.com](mailto:nutrition@albertamilk.com) for information on how to borrow these boards free of charge for your school, event or health fair.



**School Milk Programs**

Alberta Milk has two great school milk programs. To register your school, visit [albertamilk.com](http://albertamilk.com) or email [schoolmilk@albertamilk.com](mailto:schoolmilk@albertamilk.com).



**Elementary Schools**

**Club Moo** is an incentive based program that encourages students to drink milk with lunch on school days. Club Moo makes milk fun by providing students with incentives as reminders to drink milk and provides all the resources you need to run a successful milk program in your school. Ask us about the Leadership Module for grades 4, 5 and 6.



**Secondary and Post-Secondary Schools**

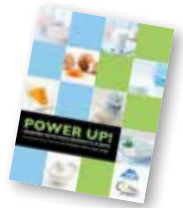
Schools selling milk in a cafeteria or canteen can participate in **Milk Rewards** where students get a scratch card when they purchase milk and can earn prizes. Program runs September through December annually.

Teacher Programs

Teaching just got easier! Alberta Milk offers curriculum-based healthy living programs for Alberta teachers. For more information about these **free** resources visit our website [albertamilk.com](http://albertamilk.com)



**NEW** Introducing **Power 2B Me!** An exciting, innovative program for junior high students that uses technology to address gaps in recommended food intake and kitchen skills. Supports the wellness curriculum for Grades 7, 8 and 9.



**Power Up! Cooking with Milk Products and Eggs** is our program for foods teachers. It aligns with CTS FOD2060, and can be adapted for use in junior high. Hard copies of the teacher guide and student workbooks are now available.



Have you used an Alberta Milk nutrition education program or resource? You could win a **Smoothie Power** kit! Apply online today at [albertamilk.com](http://albertamilk.com).



**Power to Play®** is our K-3 healthy eating and active living program. Teachers attend a free workshop to receive program materials.



**Moo2You.ca** is the next best thing to visiting a dairy farm. Revised online modules for Grades 4 and 5 are ready to go and are now easier to use than ever before.



**Power4Bones** is a web-based bone-health program for grade 5 students. Register at [power4bones.com](http://power4bones.com) to receive your secret box filled with a variety of exciting components to help you teach the program.



Social Media

Looking for more? Visit our website [albertamilk.com](http://albertamilk.com). This colourful, interactive site will give you easy access to cutting-edge dairy information, delicious recipes, newsletters and information about our programs and resources.

Check out our blog [easy.tasty.healthy](http://easy.tasty.healthy) where our nutrition educators and marketing staff share their everyday experiences with cooking and healthy eating.

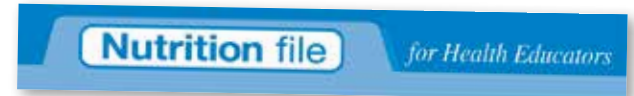


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Newsletters

**Nutrition File® for Health Educators**

Stay in the loop about our new programs and resources, upcoming events and important nutrition information.



**Dairy News** is a pint-sized e-newsletter full of nutrition tips and delicious recipes sent directly to your inbox each month.



**School News**

Find resources, ideas and recipes to make teaching nutrition in the classroom fun and easy.



To receive any of these newsletters sign up on the main page of our website [albertamilk.com](http://albertamilk.com)



## ORDER RESOURCES ONLINE AT ALBERTAMILK.COM

Resources are free of charge to health professionals and educators in Alberta. We reserve the right to limit quantities.



### Alberta Milk

1303 - 91 Street SW, Edmonton, AB T6X 1H1

780.453.5942 Toll free: 1.877.361.1231

Email: [nutrition@albertamilk.com](mailto:nutrition@albertamilk.com)

