

NORTH CAROLINA



December 2009 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

MULTIVITAMINS
TAKE THEM FOR LIFE

Duplicate form as needed

Example: FA1 5 packs = 500 total

Table with 5 columns: Brochures, Quantity, # Packs, Total, Item. Rows include: Take Care of Your Body Brochure, Mujer Prevenida Vale por Dos Fotonovela, Take Control Card, For Your Baby Card, Busy Woman's Guide/Guía para la mujer Card, ¡Felicidades: Información para la nueva mamá! Brochure, The Healthier I Am, the Happier I Am Card.

Table with 5 columns: Videos, Quantity, Format, Total, Item. Row: Combo DVD: Four videos on one DVD Limit 1 copy, Limit 1, DVD, FA24.

Table with 5 columns: Posters, Quantity, # Packs, Total, Item. Rows: At Our Best, Both of Us, Mujer Prevenida Vale por Dos.

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 _____

Email _____ Order Date _____ Date Needed _____

Mail to: Shipping Dept., North Carolina Healthy Start Foundation
1300 St. Mary's St., Suite 204, Raleigh, NC 27605

FAX to: 919-828-7470

Shipping Phone #: 919-256-3581

A PDF of this order form is available at www.getfolic.com
For more information about folic acid call 1-800-662-7030.



Brochures ...

- FA1 Take Care of Your Body, Take Care of Yourself. Your Guide to Multivitamins.**
Encourages young women to find time in their busy schedules to take a multivitamin. Includes tips on taking a multivitamin daily to get the most out of them. 4" x 6" brochure
- 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 postpartum brochure that encourages Latina women to continue their good habit by replacing their prenatal vitamin with an over-the-counter multivitamin containing folic acid. It includes specific 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 ...

- 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 lets Latinas know about their increased risk for having a baby with certain birth defects of the spine and the benefits of a multivitamin. Spanish only. 11" x 17"