

**Free
Materials**

Wyoming Beef Council Order Form



BEEF NUTRIENTS THAT WORK AS HARD AS YOU DO

Highlights beef's nutrients (protein, iron, zinc, B-vitamins, CLA, selenium, choline), the leanest beef cuts, beef's role in a healthy lifestyle and emerging science on beef's nutritional benefits. Includes a nutritious beef recipe. 100 sheets/pad. (Item # 18-200)

_____ Quantity Requested



EVERYDAY SOLUTIONS FOR EVERYDAY HEROES

Highlights behaviors that help women - *Everyday Heroes* - get through their busy days. Focuses on nutrition, sleep and physical activity and how all these elements fit into a healthy lifestyle. Includes a convenient recipe. 100 sheets/pad. (Item # 18-100)

_____ Quantity Requested



RELAX, RECOVER, RENEW

Offers tips and strategies to help women - *Everyday Heroes* - find balance in their lives and deal with stress. Emphasizes the need for balanced nutrition and physical activity as well as the importance of prioritizing and simplifying all facets of life. Includes an easy dinner recipe. 100 sheets/pad. (Item # 18-500)

_____ Quantity Requested



The Fitness Connection

Emphasizes the importance and lists the benefits of fitness to all life stages. Offers numerous tips for fitting physical activity into hectic lifestyles. Includes a nutritious recipe for active individuals of all ages. 100 sheets/pad. (Item # 18-800)

_____ Quantity Requested



CHILDHOOD NUTRITION

Presents mom with basic information on the nutritional needs of children from birth to five years. Suggests tips and strategies for encouraging healthy eating habits for all stages. Includes a child-friendly beef recipe. (Item # 18-650)

_____ Quantity Requested



EATING FOR 2?

Offers moms-to-be helpful tips for meeting the increased nutritional demands of pregnancy. Explains the function of those nutrients essential to the development of a healthy baby. Includes a healthy beef recipe. (Item # 18-600)

_____ Quantity Requested

