

# ORDER FORM



*Families Eating Smart and Moving More* offers families simple solutions to help them eat smart and move more. Eating smart and moving more does not have to be difficult. *Families Eating Smart and Moving More* gives families the skills to be able to eat more meals at home, eat healthy when eating out, move more in their everyday routine and watch less television.

*Families Eating Smart and Moving More* includes four modules:

- Eating Smart on the Run*
- Eating Smart at Home*
- Moving More, Everyday, Everywhere*
- Moving More, Watching Less*

The *Families Eating Smart and Moving More* kit includes:

- **Leader's Guide**
  - 4 PowerPoint presentations with speaker notes & embedded video clips
  - Marketing materials
  - Evaluation instruments
- **DVD** with video clips that correspond to the 4 modules
- **Handouts** for participants in electronic format
- **Fast Food and Families interactive CD**

Make checks payable to:  
NC State University

Mail order form and payment to:  
Box 7605, NCSU, NC Cooperative  
Extension Service, Raleigh, NC 27695  
ATTN: Carolyn Dunn

If you have questions please email  
Carolyn\_Dunn@ncsu.edu

Unfortunately, we do not accept  
credit cards.

Please allow 2-4 weeks for delivery.

Please send me \_\_\_\_\_ *Families Eating Smart and Moving More*  
kit(s) @ \$100.00 each plus \$5.00 per kit shipping.

Total enclosed \_\_\_\_\_

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