

eat right. Academy of Nutrition and Dietetics



GO FURTHER *with* FOOD

NATIONAL NUTRITION MONTH® 2018



National Nutrition Month®, the Academy's nutrition education and information campaign promotes healthful eating along with physical activity. This year's theme inspires us to make healthier food choices in order to **"Go Further with Food"**.

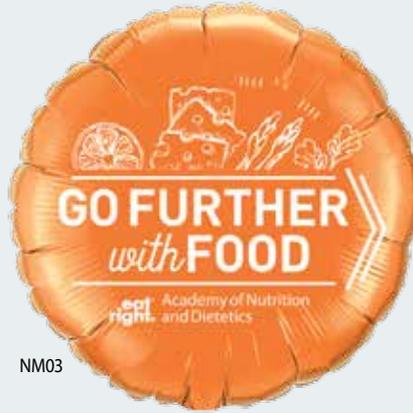


Visit us at: www.eatright.org/nnm for National Nutrition Month® and Registered Dietitian Nutritionist Day event ideas.

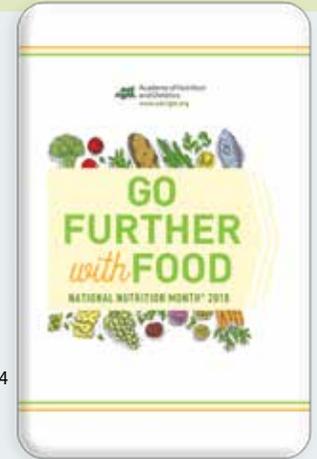
PROMOTE NATIONAL NUTRITION MONTH®!

Celebrate National Nutrition Month®

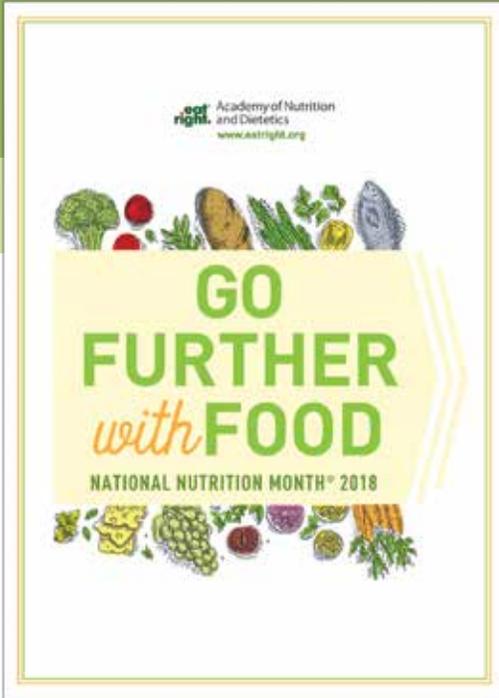
with gifts featuring the 2018 official theme, “Go Further with Food” offered by The Academy of Nutrition and Dietetics and Jim Coleman, Ltd. The “Go Further with Food” message inspires us to make healthier food choices, while reducing food waste.



NM03



NM04



NM01 National Nutrition Month® Poster - With a bright, contemporary design and the “Go Further with Food” message, these decorative posters help reinforce the importance of healthy eating. Large 20” x 28”
\$4.99 Academy Members, \$5.50 Nonmembers

NM02 Mini Posters - Just like the 2018 large poster, our mini 8 ½” x 11” poster is a bright contemporary design with the “Go Further with Food” message. These decorative posters help reinforce the importance of healthy eating.
(Pkg/10) \$19.99 Academy Members, \$21.95 Nonmembers

NM03 Mylar Balloon - 18” round Mylar® balloon will bring attention to nutrition for the entire month. Helium required.
\$3.99 Academy Members, \$4.49 Nonmembers

NM04 Buttons - A classic way to promote the “Go Further with Food” message. 1 ¾” x 2 ¾”
(Pkg/10) \$7.99 Academy Members, \$8.99 Nonmembers

NM05 Latex Balloons - Add a festive touch to your celebration with these colorful 11” latex balloons. (Pkg/20) (10 green/10 yellow)
\$10.99 Academy Members, \$11.99 Nonmembers

NM06 Logo Bookmarks - Colorful bookmarks are great rewards for attending events and a creative reminder that keeps on reminding. The back of the bookmark has tips about preventing food waste while saving money and nutrients.
(Pkg/30) \$7.99 Academy Members, \$8.25 Nonmembers

NM07 Banners - Boldly displaying National Nutrition Month®, take center stage with these colorful banners. At 8” x 20”, they’re the perfect size for bulletin boards, event entrances, and more.
(Pkg/10) \$15.99 Academy Members, \$16.99 Nonmembers

NM08 Vinyl Banner - Make a big statement with this large 6’ x 3’ colorful banner. Durable heavyweight vinyl comes complete with tough brass grommets so it can hang indoors or out. A great way to promote to the public and staff.
\$99.99 Academy Members, \$104.99 Nonmembers



NM05

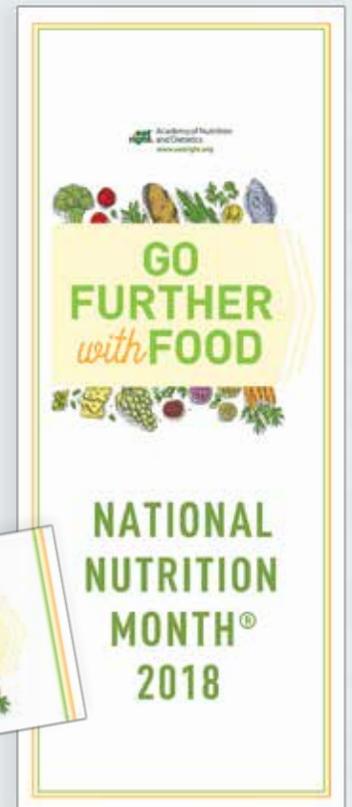
NM01, NM02



NM06



NM07



NM08



CELEBRATE!



NM09

NM10

NM11

NM12

NM13

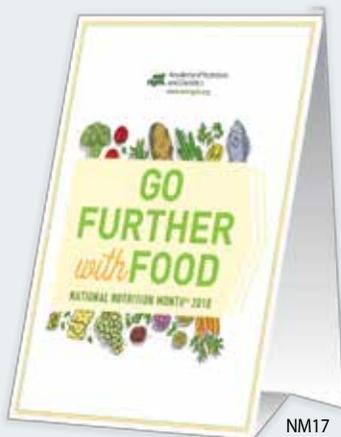
NM14

NM15

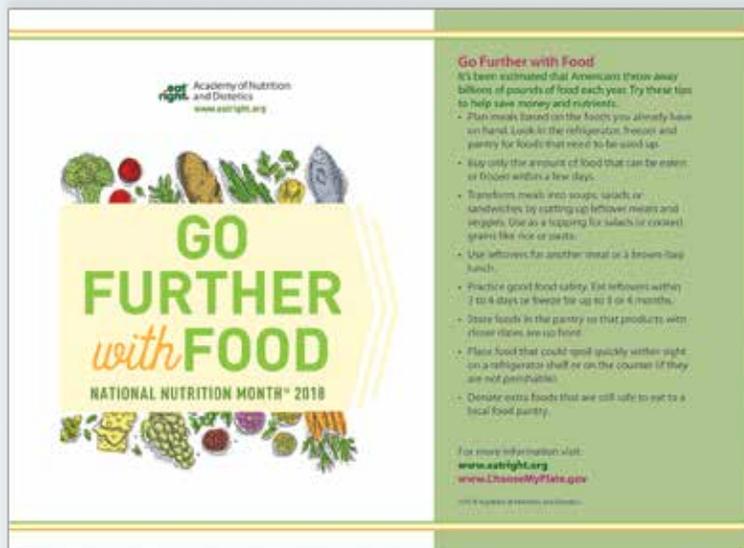
GREAT PROMOTIONAL IDEAS!



NM16



NM17



NM18

NM09 New! Eating Right with Less Added Sugars - Features tips on how to identify and reduce sources of added sugars. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM10 Smart Snacking for Adults & Teens - Promotes healthy snacking by choosing fruits, vegetables, whole grains, lean protein and dairy foods. Perfect for community groups, health fairs and high schools. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM11 Eating Right for a Healthy Weight - Tips for making small, gradual changes in eating and physical activity habits to move toward a healthy weight. Appropriate for teens and adults. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM12 Eating Right on a Budget - How to get the most for your food budget with tips for planning, shopping and preparing healthy meals. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM13 New! Go Further with Food: Reduce Food Waste - Promotes ways to reduce food waste, while saving both nutrients and money. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM14 Build a Healthy Plate - Colorful tri-fold brochure is the perfect handout at schools, hospitals, health fairs and more. Features tips for following 2015-2020 Dietary Guidelines for Americans to promote healthy food choices. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM15 Eating Right for Older Adults - Special healthy eating tips for older adults are in easy to read type. Appropriate for use in active senior communities, assisted living or other settings. (Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers

NM16 Logo Stickers - Want to add a decorative touch to your correspondence? These stickers do just that, and much more! Be sure to have plenty on hand to share at NNM events. (Roll/100) \$8.99 Academy Members, \$9.49 Nonmembers

NM17 Table Tents - Spread the word on tables, desks, shelves, displays, classrooms, and bulletin boards. The back of the table tent has tips about preventing food waste while saving money and nutrients. (Pkg/25) \$12.95 Academy Members, \$14.95 Nonmembers

NM18 Traymats/Placemats - With their bright, contemporary design, these 14" x 19" lined traymats/placemats add a decorative touch to your food service operation. (Pkg/50) \$13.99 Academy Members, \$16.50 Nonmembers

WEARABLES

NM19 Unisex Classic Tee - Our 2018 ash grey T-shirt is sure to become one of your favorites. Made of heavy 99/1 preshrunk cotton/polyester with seamless ribbed collar and double-needle stitched hemmed sleeves and bottom for better wear. Small now available — great for kids!
S, M, L, XL, XXL (add \$3 for each XXL)
\$15.99 Academy Members, \$16.99 Nonmembers

NM20 Unisex Color Tee - This preshrunk, 50/50 cotton/polyester tee is soft and long lasting with DryBlend technology that delivers moisture-wicking properties. The 2018 National Nutrition Month® logo shows beautifully against the soft orchid color.
S, M, L, XL, XXL (add \$3 for each XXL)
\$14.99 Academy Members, \$15.99 Nonmembers

NM21 Ladies Color Tee - 4.7 oz., preshrunk cotton T-shirt comes with seamless double needle feminine mid-scoop neck, cap sleeves and side seams in a slightly tapered missy fit. Wild plum.
S, M, L, XL, XXL (add \$3 for each XXL)
\$14.99 Academy Members, \$15.99 Nonmembers

NM22 Ladies Long-sleeved Tee - A classic feminine cut gives this long sleeve tee its unmistakably ladylike silhouette. It is made of 5.3 oz, 100% preshrunk cotton with double-needle stitched neckline and sleeves, shoulder-to-shoulder taping, hemmed cuffs and a narrow 5/8" collar. Carolina blue.
S, M, L, XL, XXL (add \$3 for each XXL)
\$19.99 Academy Members, \$20.99 Nonmembers

NM23 Long-sleeved Unisex Tee - 100% preshrunk cotton is breathable and lightweight. It features a contemporary silhouette with shoulder-to-shoulder taping and double-needle stitched sleeves, bottom and front neck. Ash grey.
S, M, L, XL, XXL (add \$3 for each XXL)
\$21.99 Academy Members, \$22.99 Nonmembers

NM24 Top Seller! Eco Apron - Lightweight, water-resistant nonwoven full apron with two handy front pockets. The darker color easily hides stains and smudges. 24" x 28" Spot Clean/Air Dry.
\$4.49 Academy Members, \$5.49 Nonmembers

NM25 Full Length Cotton Apron - This 100% cotton apron with a large front pocket provides full length coverage while you are creating a masterpiece in the kitchen. Utensils not included.
\$12.99 Academy Members, \$13.99 Nonmembers



WEAR YOUR PRIDE!

NM26 Carrot Lapel Pin - Handcrafted cast in solid, lead-free fine pewter in a three dimensional sculpture.
\$7.49 Academy Members, \$8.49 Nonmembers

NM27 Eat Right Lapel Pin - A lapel pin is the perfect way to spread the "Eat Right" message. Tie-tac backing. 0.875"
\$3.99 Academy Members, \$4.25 Nonmembers

NM28 Top Seller! Green Apple Pin - Apple shaped metal lapel pin with gold trim and a magnetic closure and backing. 1" in diameter.
\$4.99 Academy Members, \$5.25 Nonmember

NM29 Jumbo ID Holder - This 40" auto-retract cord makes it a cinch to display your jumbo ID. Quality swivel alligator clip attachment and sealed weather-resistant case. 2.125" x 3.25" x .35"
\$4.99 Academy Members, \$5.25 Nonmembers



BAGS & TOTES



NM30



NM31



NM32



NM33



NM34



NM35



NM36



NM37



NM38

NM30 Gift Bag - Add this gift bag for the perfect finishing touch. This nonwoven, drawstring gift bag will hold your gifts and express a note of thanks to your special people. 9 3/4" x 11" x 3"
\$1.89 Academy Members, \$1.99 Nonmembers

NM31 Top Seller! Budget Shopper - This lightweight, nonwoven budget shopper tote bag is perfect for trips to the market. It is made of 80 gram nonwoven, coated water-resistant polypropylene and is recyclable, reusable and hand washable. Tote measures 20" x 13" x 8" with 20" handles and 8" gusset. Contents shown not included.
\$3.39 Academy Members, \$3.79 Nonmembers

NM32 Top Seller! Insulated Grocery Tote - This eco-friendly, nonwoven bag will keep your goods cool after a trip to the market. It features a zippered main compartment with an insulated, heat-sealed, water-resistant lining, double 23" handles and a front open pocket. 15" x 13" x 9" Contents shown not included.
\$9.99 Academy Members, \$10.49 Nonmembers

NM33 Top Seller! Vintage Shopper - Classic veggies and antique kitchen utensils take center stage in this vintage print. This laminated nonwoven shopper features a large open main compartment with 10" gusset and supportive bottom board, reinforced handles and binding for added durability, contrasting regular polypropylene front open pocket and 10" handle drop height. The laminated material is water-resistant and easily wipes clean. Perfect alternative to plastic bags. 10" x 13" x 15" Contents shown not included.
\$6.99 Academy Members, \$7.25 Nonmembers

NM34 New! Deluxe Shopper Tote - This lightweight, 80 gram nonwoven grocery tote features a large, open main compartment, open front pocket with Velcro® closure and double 22" handles. 13" x 20" x 8" Contents shown not included.
\$3.99 Academy Members, \$4.25 Nonmembers

NM35 New! Striped Cooler Tote - This versatile tote can be used as a tote bag or as a cooler for packing a healthy lunch. It is made of 80 gram laminated nonwoven, coated water-resistant polypropylene and features a top zippered closure, a large front pocket and reinforced 21" handles. It is perfect for work, market or outings. 13" x 13 3/4" x 7 3/4" Contents shown not included.
\$9.49 Academy Members, \$9.99 Nonmembers

NM36 New! Nonwoven Lunch Cooler - This budget friendly cooler is perfect to pack a healthy lunch. It is made of light-weight, nonwoven, coated water-resistant polypropylene with foil laminated PE foam insulation. It features a zippered main compartment, large front pocket, ID holder and 21" handles. Spot clean/air dry. 8" x 9" x 6" Contents shown not included.
\$6.49 Academy Members, \$6.99 Nonmembers

NM37 New! Heather Grey Lunch Cooler - This trendy, heather grey lunch cooler is made of 300D polyester with foil laminated PE foam insulation. It features a double zippered main compartment, large front pocket and a 22" web carrying handle. It is large enough to hold up to eight cans and measures 11" x 8" x 6 1/2". Contents shown not included.
\$12.99 Academy Members, \$13.49 Nonmembers

NM38 New! Flare Cooler Tote - This handy cooler tote is perfect for simple trips to the market or outdoor festivities. It is made of 210D polyester with foil laminated PE foam insulation. It features a zippered main compartment, front zippered pocket and comfortable 24" web carrying handles. It measures 18" x 14" with a 6" bottom gusset. Contents shown not included.
\$12.99 Academy Members, \$13.99 Nonmembers

NM39 Top Seller! Navy Blue Value Tote - This top-selling, budget-friendly tote is made of durable polycanvas and features a keyring, a zippered main compartment, an open front pocket and a side mesh pocket for maximum storage. The reinforced and webbed double handles allow for easy and comfortable carrying. 4 3/4" x 12" x 13 3/4"; 27" handles. Contents shown not included.
\$9.75 Academy Members, \$10.49 Nonmembers

NM40 New! Zip Tote - This trendy tote is perfect for work or play. It is made of 600D polycanvas and features a large zippered main compartment, a Velcro® closure, front slash pocket, and phone and organizational pockets along the base of the tote that include a pen slot, D-ring, and added corner detail to hang keys or water bottle. It measures 16" x 5 1/2" x 16 1/2" with 14 1/2" handles. Contents shown not included.
\$12.99 Academy Members, \$13.99 Nonmembers

NM41 New! Fitness Tote - This trendy and functional fitness tote is made of lightweight, 190T polyester. It features a large zippered main compartment that allows you to store your clothes, shoes and gym equipment and includes a dedicated yoga mat compartment. 11 3/4" x 8 1/2" x 17 1/2" Contents shown not included.
\$11.99 Academy Members, \$12.99 Nonmembers

GRAB YOUR BAG & GO!



NM39



NM40



NM41

TAKE NOTE!

NM42 New! Graphic Stylus Pen - The stylish slim barrel pen and stylus features the full color 2018 National Nutrition Month® graphic wrapped around the pen. The eversmooth ink gives an extraordinary writing experience in black ink.
\$2.49 Academy Members, \$2.79 Nonmembers

NM43 Inkjoy Pen - Inkjoy revolutionizes the writing experience by combining the best qualities of PaperMate® ballpoint and gel pen technologies. Inkjoy offers incredible smoothness and a fast dry-time to help avoid messy smearing. Black ink.
\$1.19 Academy Members, \$1.39 Nonmembers
(Pkg/30) \$32.99 Academy Members, \$37.99 Nonmembers

NM44 Top Seller! Writing Pen - Single full-color graphic on quality retractable pen. Black ink.
\$1.09 Academy Members, \$1.20 Nonmembers
(Pkg/30) \$29.99 Academy Members, \$32.99 Nonmembers

NM45 Carrot Pen - Carrot pen is a fun way to promote healthy eating. 6"
\$2.49 Academy Members, \$2.79 Nonmembers

NM46 Banana Pen - A fun novelty pen for all banana fans! 6 1/2"
\$2.49 Academy Members, \$2.79 Nonmembers

NM47 Top Seller! Mop Top Stylus Pen/Screen Cleaner - This smiley pen provides excellent writing characteristics and when the pen is retracted, the rubber stylus can be used on any touchscreen device. It also has microfiber hair that can be used as a screen cleaner. Black ink. 6 1/4"
\$3.29 Academy Members, \$3.79 Nonmembers

NM48 Top Seller! Sticky Notes - Write reminders and make to-do lists whenever and wherever you need on these 3M Post-It® notes. The 4" x 6" pad includes 50 sheets with adhesive backs.
\$2.69 Academy Members, \$2.79 Nonmembers

NM49 New! Spiral Flip Pad - This handy memo pad has 50 sheets of lined paper and measures 3" x 5". The "Go Further with Food" message is displayed in full color on the front cover.
\$2.69 Academy Members, \$2.79 Nonmembers



DRINKWARE

NM50 Top Seller! Jogger Bottle - Large 26 oz. sports bottle has a convenient flip-top lid and is BPA free.
\$2.99 Academy Members, \$3.25 Nonmembers

NM51 Stadium Cup - Neon yellow 16 oz. plastic cup makes a great collectible each year. It is BPA free, FDA approved and USA made. Top rack dishwasher safe.
\$1.10 Academy Members, \$1.19 Nonmembers
(Pkg/30) \$31.49 Academy Members, \$33.99 Nonmembers

NM52 New! Economy Color Changing Straw Tumbler - This 16 oz. tumbler is double-wall constructed for insulation of hot or cold liquids. The tumbler changes color when ice-cold beverages are added. It features a snap-on, spill-resistant lid with a matching 9" straw. It is BPA free, meets FDA requirements and is made in the USA.
\$7.49 Academy Members, \$7.99 Nonmembers

NM53 New! Infuser Jogger Bottle - This large 26 oz. bottle is BPA free and features an infuser basket and a flip-top lid.
\$5.99 Academy Members, \$6.49 Nonmembers

NM54 New! Fruit Infuser Sport Bottle - This 25 oz. bottle features a twist-on lid with a flip-top drinking spout. It includes a twist-on infuser to add flavor to your favorite drink. It is USA made, BPA and Phthalate free, and meets FDA requirements. Hand wash only.
\$11.25 Members, \$11.99 Nonmembers

NM55 New! Geometric Hot/Cold Tumbler - 16 oz. tumbler for hot and cold beverages. It has a double-wall acrylic body with a push-on thumb slide lid that is perfect for hot beverages. Insert the polypropylene straw with stopper for your cold beverages.
\$11.99 Academy Members, \$12.99 Nonmembers

NM56 Ceramic Mug - 11 oz. ceramic mug that proudly displays the full color "Go Further with Food" message.
\$9.99 Academy Members, \$10.49 Nonmembers

NM57 New! Aluminum Water Bottle - Lightweight aluminum, this 20 oz. bottle features a spill-resistant screw-top lid, and is shatterproof, reusable and quickly chills your drink. It has a BPA-free internal coating and meets FDA requirements. Full color "Go Further with Food" message. Hand wash only. 8" H
\$15.99 Academy Members, \$16.99 Nonmembers



PACK A HEALTHY LUNCH!



NM58



NM59



NM60



NM61



NM62



NM63

NM58 Top Seller! Snack to Go - Enjoy your favorite yogurt or snack on the go. This four piece set includes a cup with a lid, a domed top, and a spoon. Simply place your favorite snack into the cup and store any toppings in the upper dome piece. A reusable spoon stows away on an attached clip.

\$9.49 Academy Members, \$9.99 Nonmembers

NM59 Top Seller! Salad Shaker Set - Three piece salad shaker set holds up to four cups of salad. Fork slides into the lid for convenient storage and removable dressing container nests in the lid and holds up to four tablespoons of dressing. It is BPA free and meets FDA requirements. 8"

\$9.49 Academy Members, \$9.99 Nonmembers

NM60 New! Steam-in™ Container - This healthy vegetable steamer, made of food grade polypropylene, is perfect for home use or for packing a healthy lunch to go. It features an easy-to-lift steamer tray and a flip-down snap closure lid. The lid has a vent to release steam when open. Simply add water to the bottom and microwave. It is microwave and top rack dishwasher safe and is made in the USA. 7" x 7" x 3"

\$10.49 Academy Members, \$11.49 Nonmembers

NM61 Top Seller! Snap Lid Container - Eating healthy when you're on the go just got a lot easier. This USA made container is BPA free and ideal for keeping salad, fruit, vegetables and dressing fresh. It features a dressing container on the inside and a flip-down, snap closure lid. It is top rack dishwasher safe. 7" x 7" x 3"

\$9.99 Academy Members, \$10.99 Nonmembers

NM62 New! Lunch to Go - This four piece set includes a three section container, lid and a reusable fork and knife that are kept clean and secure in the utensil compartment. 2 1/2" x 9 1/2" x 7.38"

\$10.99 Academy Members, \$11.99 Nonmembers

NM63 Top Seller! Salad Bowl to Go - This convenient five-piece set includes the salad bowl, tray for toppings, dressing container, lid and fork. Dressing container nests in center of vegetable tray and reusable fork snaps into designated slot on lid. All FDA compliant.

\$16.99 Academy Members, \$17.99 Nonmembers

NM64 New! Split-Level Lunch Container - This lunch container features three compartments, one large and two small. The large compartment has a snap-lock lid to keep contents separated. It is microwave safe, top shelf dishwasher safe, BPA free and meets FDA requirements. 4 1/2" x 4" x 3 3/4"

\$10.99 Academy Members, \$11.49 Nonmembers

NM65 Top Seller! Portion Plate - This 10" food grade polypropylene plate has three compartments to help with portion control. The large half is recommended for fruits and vegetables, and two smaller quarters for grains/starches and meats/proteins. It reinforces balanced eating and a healthy diet. It is CPSIA compliant and BPA free. It is top rack dishwasher safe and microwave safe.

\$4.99 Academy Members, \$5.49 Nonmembers

EAT RIGHT ON THE GO!



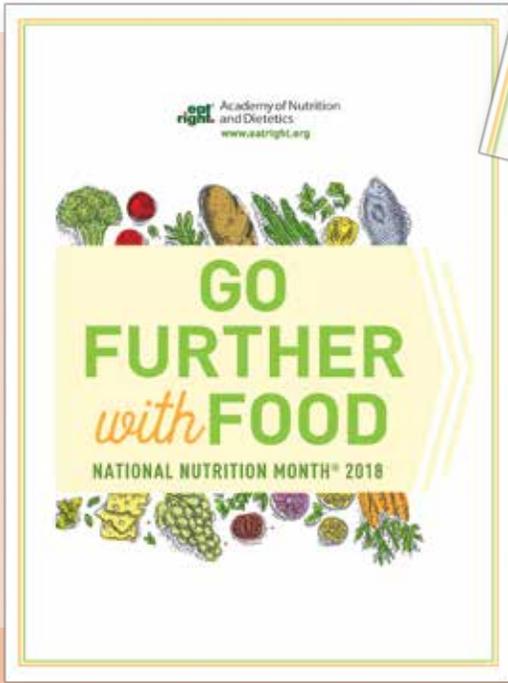
NM64



NM65

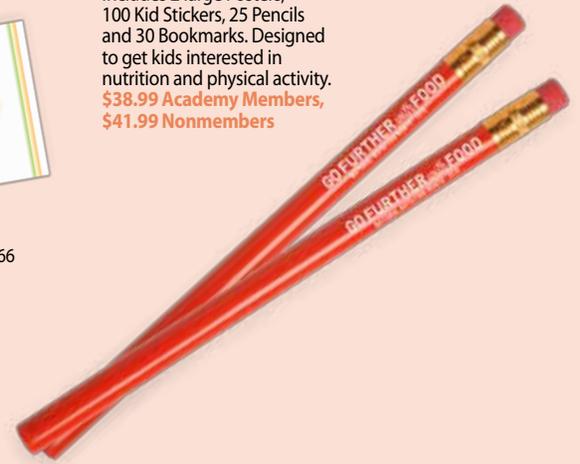


FUN WITH NUTRITION IN THE CLASSROOM!



NM66

NM66 Classroom Kit - Includes 2 large Posters, 100 Kid Stickers, 25 Pencils and 30 Bookmarks. Designed to get kids interested in nutrition and physical activity. **\$38.99 Academy Members, \$41.99 Nonmembers**



CLASSROOM KIT

NM67 Healthy Eating & Me Book - By inserting the child's picture on the back cover of the book, the child becomes an instant star. The child will learn that eating the right types of food will help you grow up to be strong and healthy. 6" x 7"

\$1.99 Academy Members, \$2.09 Nonmembers

NM68 MyPlate Activity Book - 16 pages of text containing coloring, games and activities. Recommended for children ages 3 and up. 8" x 10 1/2"

\$1.19 Academy Members, \$1.29 Nonmembers

NM69 Top Seller! Practice Good Nutrition Activity Book - With the "Let's Practice Good Nutrition" coloring and activity book kids will learn about healthy eating and the importance of maintaining a balanced diet. Featuring a full color cover and 16 pages of coloring fun, this book reminds us that eating nutritious foods helps our bodies grow. Recommended for children ages 3 and up. 8" x 10 1/2"

\$1.19 Academy Members, \$1.29 Nonmembers

NM70 Feel Good, Eat Healthy Activity Book - Available in English and Spanish, the "Feel Good! Eat Healthy!" activity book promotes the importance of eating foods that are good for them. 16 pages including coloring pages, games and activities, word scramble and word search, jokes and funnies. Great story line with creative characters that will teach a fun and valuable lesson. Please indicate English or Spanish. 8" x 10 1/2"

\$0.99 Academy Members, \$1.09 Nonmembers

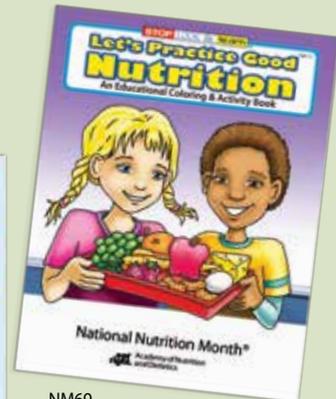
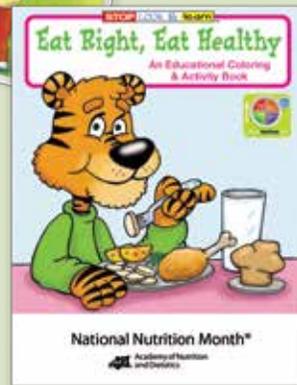
NM71 Top Seller! Coloring Puzzle - This is a great way to give kids a gift that will keep them occupied and teach them about healthy eating. The puzzle is printed in black and includes a box of 4 crayons: red, green, yellow and blue. 5" x 7"

\$2.99 Academy Members, \$3.19 Nonmembers

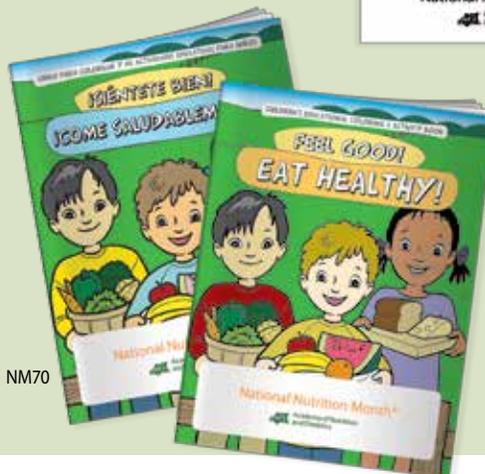


NM67

NM68



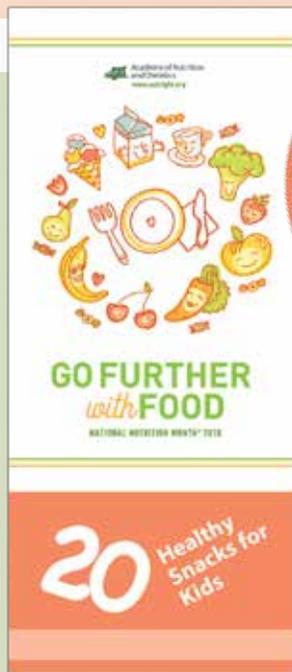
NM69



NM70



NM71



NM72



NM73



NM74



NM75



NM76

NM72 Healthy Snacks for Kids - This kid-friendly brochure encourages healthy food choices with easy, great-tasting snack ideas. Perfect for classrooms, health fairs, community groups and pediatric clinics. **(Pkg/25) \$12.95 Academy Members, \$13.95 Nonmembers**

NM73 Kid Stickers - Kids love stickers! Having every student wear a sticker will create increased awareness for National Nutrition Month®! **(Roll/100) \$8.99 Academy Members, \$9.49 Nonmembers**

NM74 Pencils - The National Nutrition Month® logo is proudly displayed on this bonded, #2 core pencil. **(Pkg/25) \$14.99 Academy Members, \$15.99 Nonmembers**

NM75 New! Strawberry Eraser - Strawberry, scented pencil top erasers. **(Pkg/30) \$22.99 Academy Members, \$23.99 Nonmembers**

NM76 Calculator - The colorful plastic digits on this round calculator make for easy use whether in the hands of a teacher or student. The National Nutrition Month® logo is proudly displayed on the front of the calculator. 3 3/8" **\$3.99 Academy Members, \$4.25 Nonmembers**



NM77



NM78

NM77 "Tomato Delicious" Packet - The whimsical tomatoes on the front of this seed packet will help kids learn about how plants grow and the benefits of eating healthy fruits and vegetables. The "Go Further with Food" logo is on the back of the packet. **\$0.85 Academy Members, \$0.95 Nonmembers**

NM78 New! Carrot Seed Bookmark - This unique bookmark has a detachable eco-friendly paper seed carrot that is infused with carrot seeds. Simply remove the carrot, soak in water overnight and plant under a thin layer of soil. Keep overly moist until seedlings are well established. Germination time is 1-3 weeks. Bookmark size: 1 3/4" x 5 1/2" **\$1.69 Academy Members, \$1.89 Nonmembers (Pkg/20) \$31.99 Academy Members, \$34.99 Nonmembers**

EATING HEALTHY IS FUN!



NM79



NM80



NM81

NM79 Children's Portion Plate - This 9" x 9" food grade polypropylene plate has three compartments to help with portion control. The large half is recommended for fruits and vegetables, and two smaller quarters for grains/starches and meats/proteins. It reinforces balanced eating and a healthy diet and USDA guidelines for children. CPSIA compliant. Top rack dishwasher safe. **\$4.99 Academy Members, \$5.49 Nonmembers**

NM80 Wristbands - Debossed wristbands are the perfect way for both kids and adults to promote the "Eat Right" message. Specify Adult or Child size. Adult size is green, child size is orange. **\$1.49 Academy Members, \$1.59 Nonmembers (Pkg/30) \$39.95 Academy Members, \$42.99 Nonmembers**

NM81 New! 5-Inch Flyer - This flyer lets the "Go Further with Food" message soar. It is made of premium materials that will not shatter or break, in addition to being food-contact safe. **\$1.65 Academy Members, \$1.95 Nonmembers**

SOMETHING'S COOKING!

NM82 New! Full Color Full Size Plate - Measures 9 1/2", BPA free plastic that meets FDA requirements. The 2018 "Go Further with Food" message is in full color against the white plate. Do not microwave and hand washing is recommended for the best care. **\$4.99 Academy Members, \$5.49 Nonmembers**

NM83 New! Full Color Snack Plate - Measures 6 1/2", BPA free plastic that meets FDA requirements. The 2018 "Go Further with Food" message is in full color against the white plate. Do not microwave and hand washing is recommended for the best care. **\$4.25 Academy Members, \$4.75 Nonmembers**

NM84 New! Snack Tray - This snack tray measures 9" in diameter and includes a lid for the center compartment. It is BPA free and microwave safe. It is also top rack dishwasher safe, hand washing is preferred. **\$5.49 Academy Members, \$5.99 Nonmembers**

NM85 Top Seller! Jar Opener - Soft and strong cushioned gripper provides superior gripping power. This fun chef hat shaped vinyl jar opener is 100% USA made and is individually polybagged. 5 1/2" x 4 3/4" **\$1.25 Academy Members, \$1.35 Nonmembers (Pkg/30) \$34.99 Academy Members, \$38.99 Nonmembers**

NM86 Top Seller! Micro Top/Splatter Guard - 9" square clear mat is designed to cover everything cooked in microwave ovens. It ventilates steam for perfect results, speeds cooking time and prevents messy splattering. It may be reshaped with scissors. It is dishwasher and microwave safe and BPA and PVC free. 9" x 9" **\$3.99 Academy Members, \$4.49 Nonmembers**

NM87 Top Seller! Measure Up Flexible Chopping Mat - This flexible cutting mat features common measurements and conversion tables for quick and convenient reference. It also offers anti-microbial Microban® protection which inhibits the growth of bacteria. Made in the USA. Dishwasher safe, BPA free, PVC free. 7 1/2" x 11 1/2" **\$4.99 Academy Members, \$5.49 Nonmembers**

NM88 New! Apple Cutting Board - This eco-friendly, bamboo chopping board is perfect to protect your countertops or to serve up fruit, vegetables, cheese and more. 8 1/4" x 8 1/2" **\$12.99 Academy Members, \$13.99 Nonmembers**

NM89 Top Seller! Jar and Bottle Scraper - A value-priced, kitchen friend for cooking, baking and cleaning up. It features a long, rugged handle with semi-rigid, white, wipe-clean blade. Great for jam, jelly, mayonnaise and peanut butter. Not for use on hot surfaces. 9.5" **\$1.99 Academy Members, \$2.09 Nonmembers**

NM90 New! Rotating Whisk - Whip up something delicious in the kitchen with this new rotating whisk. It features a stainless steel handle with comfortable grip to make cooking more of a joy and less tiresome. The spring action technology rotates, making it easy to use. Just push down on the handle to start mixing. It is BPA free and meets FDA requirements. Hand washing is recommended. 10" **\$7.99 Academy Members, \$8.49 Nonmembers**

NM91 Top Seller! Nesting Measuring Set - This measuring set includes four combination measuring cups/spoons and a clip for neat keeping. The design is highly functional with spoons integrated into scoop handles and the handles are clearly marked with measurements. All of the items are FDA compliant. **\$7.25 Academy Members, \$7.99 Nonmembers**

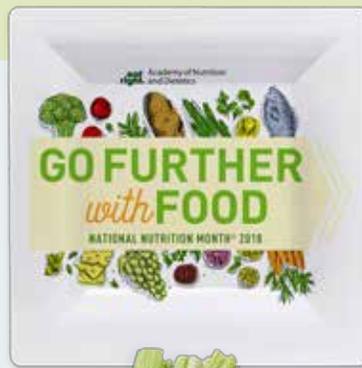
NM92 New! Lemon/Lime Squeezer - This sturdy design allows for squeezing of fruit, especially lemons and limes. **\$3.99 Academy Members, \$4.25 Nonmembers**

NM93 New! Measuring Cup and Spoons Set - This set includes a large measuring cup with lid measuring up to 2 cups, 16 ounces or 0.5 liter and six measuring spoons to guarantee your secret recipes are just right. It is dishwasher safe but hand wash recommended. **\$6.49 Academy Members, \$6.99 Nonmembers**

NM94 Top Seller! 4 Way Spoon - Perfect kitchen accessory for measuring 1/4, 1/2, and 1 teaspoon plus 1 tablespoon. Rugged, dishwasher safe, ABS plastic provides a polished, bright finish and guarantees a long lasting product. Made in the USA. **\$1.69 Academy Members, \$1.89 Nonmembers (Pkg/30) \$48.95 Academy Members, \$53.95 Nonmembers**

NM95 Top Seller! 5 in 1 Spoon - Best-selling spoon measures 1 tsp, 1 1/2 tsp, 2 tsp, 2 1/2 tsp, and 1 tbs. FDA compliant. 5 3/4" x 2" **\$2.99 Academy Members, \$3.19 Nonmembers**

NM96 Measuring Cup - One Cup Measure Up® measuring cup puts a new design twist on an old kitchen classic. Easy to read 1/4, 1/2, 3/4 and 1 cup markings on each distinct step on the inside of the cup. Top rack dishwasher safe. Made in the USA. 3.125" x 5.875" x 3.375" **\$2.99 Academy Members, \$3.25 Nonmembers**



NM82



NM83



NM84



NM85



NM86



NM87

COOKING FUN!



NM88



NM89



NM90



NM91



NM92



NM93



NM94



NM95



NM96

GIFTS & GADGETS



NM97



NM98



NM97 Top Seller! Microfiber Mouse Pad - This versatile microfiber pad can be used as a mouse pad and to clean your screen. The 2018 National Nutrition Month® logo is proudly displayed in full color. 10.25" x 6.3"
\$4.69 Academy Members, \$4.99 Nonmembers

NM98 New! Digital Pedometer Watch - The pedometer watch features a silicone strap with a buckle closure and a large easy to read display. It includes hour and minute functions, counts steps from 1 to 99,999, miles, kilometers and calories. It arrives in a clear plastic case for easy and convenient storage.
\$8.49 Academy Members, \$8.99 Nonmembers



NM99



NM100

NM99 New! Lanyard Phone Holder and Wallet - Carry essentials around your neck when you need to be hands free and don't want your phone left on dirty surfaces. Made of silicone, this unique multi-function item features a 14" adjustable lanyard with a 7" holder that wraps around the corners of your phone. The flexible silicone will stretch over most phone cases. It also has a pocket that is perfect for carrying ID badges, room keys, cash or credit cards. The holder easily clips on and off the lanyard.
\$3.99 Academy Members, \$4.25 Nonmembers

NM100 New! Crystal Block Key Light - Colorful plastic key light that features an extra bright white LED light and a split ring attachment. Push light end to turn on/off. Button cell batteries included. 2 1/2" x 3/4"
\$2.59 Academy Members, \$2.79 Nonmembers



NM101



NM102

NM101 Top Seller! Herb Garden - Add fresh flavor to your cooking! Made of reclaimed organic materials, this set includes three biodegradable natural color planters, three compressed soil wafers and three seed packets; including Parsley, Basil and Chive.
\$10.99 Academy Members, \$11.99 Nonmembers

NM102 Red Apple Clip - Take a bite out of convenience with this Apple Power Clip with magnet. Not intended for children under 3 years old. 2.875" x 2.875" x 1.25"
\$2.49 Academy Members, \$2.79 Nonmembers

SOMETHING FOR EVERYONE!

NM103 New! SimplyFit Cooling Towel & Snack Bottle Kit - Super soft towel is quick-absorbing, quick-drying, and slightly cool to the touch making it perfect for the gym or any outdoor adventure. The clear plastic bottle is FDA approved, has a 1 1/2 cup capacity and a built-in carabiner clip on the handle to keep your healthy snacks close at hand.
\$12.99 Academy Members, \$13.99 Nonmembers

NM104 New! Strawberry Hot/Cold Pack - Ease aches & pains or use to keep your lunch cold. Store in freezer to keep food cold or to use as cold therapy. Soak in hot water for 5 minutes to use as hot therapy. Do not use in microwave. 3 3/4" x 5 1/4" x 1/2"
\$3.99 Academy Members, \$4.49 Nonmembers

NM105 Lime Stress Reliever - Lime stress reliever will keep stress away and remind you that eating healthy can be delicious! Not intended for children under three years old or for pets. 2 1/2" dia. x 3"
\$3.79 Academy Members, \$3.99 Nonmembers

NM106 New! Lemon Hot/Cold Pack - Ease aches & pains or use to keep your lunch cold. Store in freezer to keep food cold or to use as cold therapy. Soak in hot water for 5 minutes to use as hot therapy. Do not use in microwave. 3 3/4" x 5" x 1/2"
\$3.99 Academy Members, \$4.49 Nonmembers



NM103



NM104



NM105



NM106

REGISTERED DIETITIAN NUTRITIONIST DAY

NM107 RDN Poster - Help spread the message about Registered Dietitian Nutritionist Day with this colorful poster announcing the event to all. 18" x 24"
\$4.99 Academy Members, \$5.50 Nonmembers

NM108 New! RDN Stylus Pen - This aluminum ballpoint pen has an anodized powder finish barrel with elegant diamond etched grip for writing comfort. It features a soft rubber stylus, click action mechanism, premium black ink and arrives in a velvet pouch. 5.62"
\$3.99 Academy Members, \$4.49 Nonmembers

NM109 Top Seller! RDN Modern Stretch Full-Zip Jacket - This modern stretch cotton jacket has an updated fit and figure-flattering details. The extra soft cotton is combined with a dash of spandex to retain shape and the added extra length throughout the body allows for exceptional comfort all day long. Navy blue.
S, M, L, XL, XXL (add \$3 for each XXL)
\$44.99 Academy Members, \$49.99 Nonmembers

NM110 RDN Pin - Be clearly recognized with this finely crafted RDN pin. Highlighted with blue enamel in silver plate, the pin is 7/8" in diameter and packaged in a gift box.
\$17.95 Academy Members, \$23.95 Nonmembers

NM111 New! RDN RFID Data Blocking Fabric Card Holder - This card holder is perfect for money, credit cards, etc. It is made of heathered polycanvas with an inner metallic foil lining and features a zippered compartment and a split key ring attachment. The RFID blocking prevents hackers from stealing your identity by blocking data transfer between your cards and RFID scanners. 4 1/2" x 3"
\$4.49 Academy Members, \$4.99 Nonmembers

NM112 RDN ID Holder - This 40" auto-retract cord makes it a cinch to display your jumbo ID. Quality swivel alligator clip attachment and sealed weather-resistant case.
 2 1/8" x 3 1/4" x .35"
\$4.99 Academy Members, \$5.25 Nonmembers

NM113 New! RDN Gradient Travel Tumbler - This 18 oz. gradient design tumbler is double-wall constructed with a stainless steel exterior with a plastic inner liner and lid. It features a twist-on lid with locking flip-top drink opening. Hand wash only. Follow any included care guidelines.
\$13.99 Academy Members, \$14.49 Nonmembers

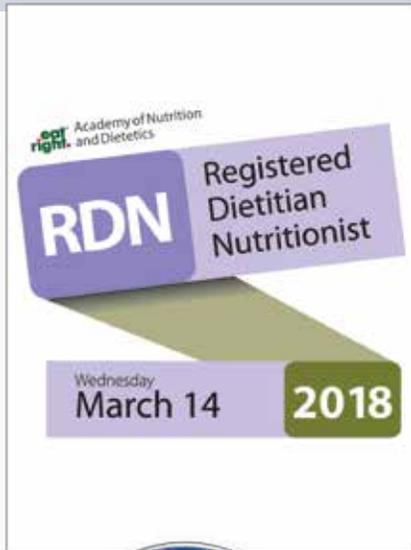
NM114 Top Seller! RDN Refillable Journal-Book™ - Flexible, soft cover refillable journal with built in elastic closure, pen loop and business card slot. It includes 60 sheets of cream lined, 5" x 7" paper. Pen not included. 5 1/4" x 7 1/2"
\$11.99 Academy Members, \$12.99 Nonmembers

NM115 Top Seller! RDN Junior Portfolio - This handy portfolio includes a refillable, 30 page ruled notepad and five assorted color sticky flags. The inside cover panel contains two business card pockets and an elastic pen loop. Portfolio measures 7 1/2" x 9 1/2" and has a laminated polypropylene cover. Pen not included.
\$9.25 Academy Members, \$9.79 Nonmembers

NM116 New! RDN Zippered Business Tote - This trendy tote is made of strong 600D polycanvas with a bold chevron design. It features a zippered main compartment, two side pockets and double reinforced handles with an 11" handle drop height. 12" x 3 1/4" x 17 1/2" Contents shown not included.
\$14.99 Academy Members, \$15.99 Nonmembers

NM117 New! RDN Spirit Lunch Cooler - Made of 210d polyester, this thermal-lined cooler features a zippered main compartment, front zippered pocket and side mesh water bottle pocket. It also has a top grab handle with an attachment buckle that easily secures the cooler to a personal bag, an adjustable shoulder strap and a removable ID tag on the back. It measures 7" x 9 1/4" x 3 3/4" and is PVC- and phthalate-free.
\$13.99 Academy Members, \$14.49 Nonmembers

NM118 New! RDN Buckle Tote - This trendy tote is ideal to carry up to an 11" tablet and other accessories. It is made of strong 600D polycanvas and features a clip and flap main compartment closure. Mesh pockets on both sides of this tote for added storage. 11" handle drop height. 15" x 4 1/2" x 15 3/4" Contents shown not included.
\$15.99 Academy Members, \$16.99 Nonmembers



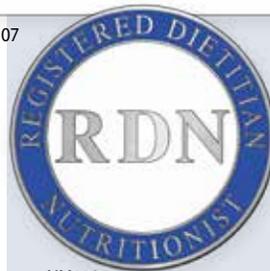
NM107



NM108



NM109



NM110



NM111



NM112

NM113



NM114



NM115

SHOW RDN PRIDE!



NM116



NM117



NM118

PROMOTIONAL KITS



NM119



NM120

NM119 Top Seller! Kitchen Essentials Kit - This essential kit includes the Eco Apron, Budget Shopper, Measuring Cup and Spoons Set, Jar and Bottle Scraper, Rotating Whisk, 4 Way Spoon, Measure Up Flexible Chopping Mat and the Steam-in Container™, all at a reduced price!
\$39.99 Academy Members, \$43.99 Nonmembers

NM120 New! Fun on the Run Kit - This is the perfect kit for your active and healthy lifestyle. It includes the Fitness Tote, Nonwoven Lunch Cooler, Infuser Jogger Bottle and the Snack to Go at a reduced price! Contents shown in Fitness Tote not included.
\$31.99 Academy Members, \$34.49 Nonmembers



NM121



NM122

NM121 Gift Set - Get a perfect ready-made gift for the special people around you! This gift set includes the Economy Color Changing Straw Tumbler, Mop Top Stylus Pen/Screen Cleaner, Sticky Notes, Crystal Block Key Light and the Lanyard Phone Holder and Wallet. All these items arrive in the nonwoven drawstring gift bag at a reduced price.
\$19.99 Academy Members, \$21.99 Nonmembers

NM122 MyPlate Kit - Includes 1 MyPlate Poster, 10 MyPlate Magnets, 30 MyPlate Bookmarks, 30 MyPlate Pens and 5 MyPlate Tear Pads at a reduced price.
\$57.99 Academy Members, \$62.99 Nonmembers

SPECIAL PRICES!

NM123 Celebration Kit - Can't decide which products to use to accessorize your events? The Celebration Kit includes 1 Large Poster, 100 Logo Stickers, 10 Buttons, 20 Latex Balloons, 30 Writing Pens, and 30 Logo Bookmarks.
\$64.99 Academy Members, \$71.99 Nonmembers

NM124 Promo Kit - Includes 25 Table Tents, 10 Banners, 100 Logo Stickers, 10 Buttons, and 1 Large Poster.
\$47.99 Academy Members, \$53.99 Nonmembers

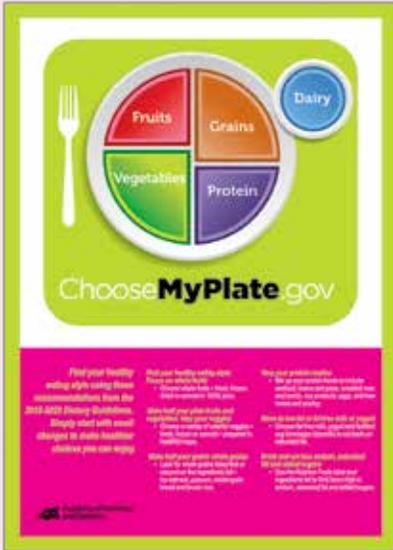


NM123



NM124

MYPLATE ITEMS



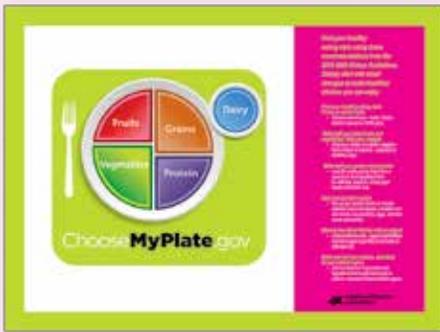
NM125



NM126



NM128



NM127

NM130



NM129



NM132



NM131



NM133

NM134



NM125 MyPlate Poster - With a bright, contemporary design and the MyPlate logo, these decorative posters help reinforce the importance of healthy eating. Large 20" x 28"
\$4.99 Academy Members, \$5.50 Nonmembers

NM126 MyPlate Magnet - Business card sized magnet features the "MyPlate" nutrition messages. 2" x 3 1/2"
(Pkg/10) \$7.99 Academy Members, \$8.99 Nonmembers

NM127 MyPlate Traymats/Placemats - With their bright, contemporary design, these 14" x 19" lined traymats/placemats add a decorative touch to your food service operation.
(Pkg/50) \$13.99 Academy Members, \$16.50 Nonmembers

NM128 MyPlate Bookmarks - Colorful bookmarks are great rewards for attending events and a creative reminder that keeps on reminding. Includes MyPlate healthy eating messages.
(Pkg/30) \$7.99 Academy Members, \$8.25 Nonmembers

NM129 Top Seller! MyPlate Flexible Chopping Mat - This flexible cutting mat features the "MyPlate" food portion guide for a balanced diet. It also offers anti-microbial Microban® protection which inhibits the growth of bacteria. Made in the USA. Dishwasher safe, BPA free, PVC free. 7" x 11 1/2"
\$5.25 Academy Members, \$5.79 Nonmembers

NM130 MyPlate Key Chain - Square, acrylic key chain that shows the colorful MyPlate logo under a protective epoxy dome. 1 1/2" x 1 1/2"
\$2.45 Academy Members, \$2.75 Nonmembers

NM131 MyPlate Tear Pad - 4" x 6" Bic® adhesive notepad with 25 lined sheets. A great way to make a lasting impression!
**\$2.05 Academy Members, \$2.15 Nonmembers
 (Pkg/5) \$9.75 Academy Members, \$10.25 Nonmembers**

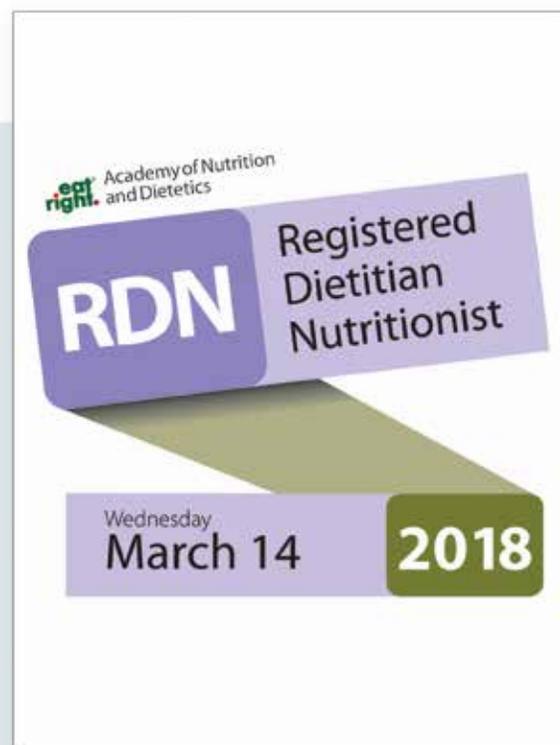
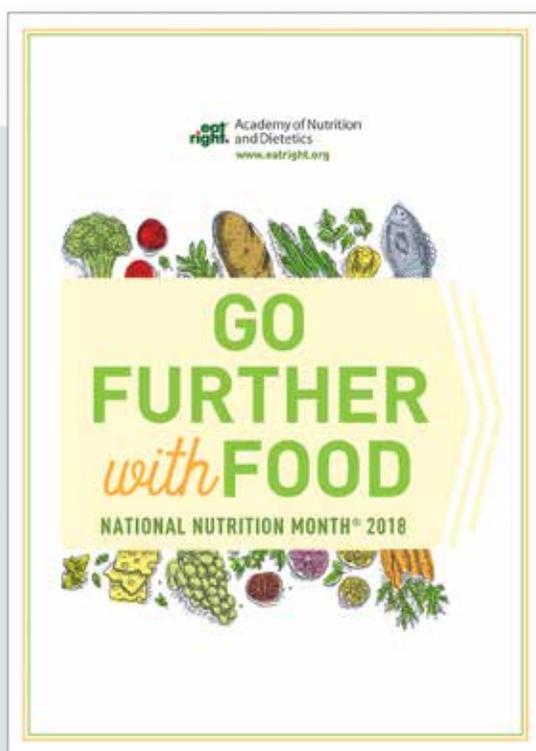
NM132 MyPlate Badge Holder - Large, square translucent retractable badge holder with anti-twist cord attachment. Quality stainless alligator clip attachment. 3.25" x 1.25" x 0.31"
\$4.49 Academy Members, \$4.89 Nonmembers

NM133 MyPlate Pen - Full-color graphic on quality retractable pen. Black ink.
**\$1.09 Academy Members, \$1.20 Nonmembers
 (Pkg/30) \$29.99 Academy Members, \$32.99 Nonmembers**

NM134 MyPlate Budget Shopper - This lightweight, nonwoven budget shopper tote bag is perfect for trips to the market. It is made of 80 gram nonwoven polypropylene and is great alternative to plastic bags. Tote measures 13" x 20" x 8" with 20" reinforced handles.
\$2.99 Academy Members, \$3.15 Nonmembers

FUN WITH MYPLATE!

Attn: Nutrition & Food Department



**National Nutrition Month®
March 2018**

Registered Dietitian Nutritionist Day recognizes the valuable contributions of Registered Dietitian Nutritionists throughout the year.