

2026 Annual Lesson Series Order Form

K-State Research and Extension
Department of Communications
and Agricultural Education
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This form features the publications for the 2026 Annual Lesson Series fact sheets and leader guides. If these items are ordered at a later date, delivery may be delayed and the price will increase.

Please order by June 20, 2025.

Order items by June 20, 2025 by email or fax to the Department of Communications and Agricultural Education at orderpub@k-state.edu or (785)532-7938.

Do not send payment with this order. You will be billed for the cost of the publications plus tax (if applicable) and shipping. Credit card payment is also accepted.

RETURN POLICY

Since this is a specialty item order form, NO returns will be accepted.

Shipping: Orders will be shipped via the most economical method, unless otherwise indicated.

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**PRICES ARE A GUIDE AND ARE SUBJECT TO
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K-State Research and
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QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
		The prices of the Annual Lesson Series fact sheets are based on large-quantity printing. Order by June 20, 2025, to receive the pre-order price. After the initial print run is sold, these publications will become print-on-demand titles and the fact sheet prices will increase.	
	MF3691	Early Literacy: Building the Foundation for Lifelong Learning, Fact Sheet. Monique Koerner, Lisa Newman, David Rehfeld. It's never too early to help children develop the skills they need to be successful in life. During the early years of a child's life, parents and other adults can all play a role in supporting children's love of reading and give them a head start on lifelong success. An FCE selection. 4 pages, color	\$1.10
	MF3692	Early Literacy: Building the Foundation for Lifelong Learning, Leader's Guide. Monique Koerner, Lisa Newman, David Rehfeld. It's never too early to help children develop the skills they need to be successful in life. This leader's guide includes teaching tips and activities. An FCE selection. 4 pages, b/w	\$0.40
	MF3693	Good Gut Health, Fact Sheet. Priscilla Brenes, Chelsea Reinberg. The health of your gut plays a fundamental role in your overall well-being and is often overlooked as a contributor to illness and disease. This fact sheet explains the importance of gut health and includes suggestions for a diet that promotes a healthier gut. An FCE selection. 4 pages, color	\$1.10
	MF3694	Good Gut Health, Leader's Guide. Priscilla Brenes, Chelsea Reinberg. The health of your gut plays a fundamental role in your overall well-being and is often overlooked as a contributor to illness and disease. This leader's guide includes teaching tips and activities. An FCE selection. 6 pages, b/w	\$0.50
	MF3695	Healthy Connections: Family Meals in a Snap, Fact Sheet. Christina Holmes, Ashley Svaty, Jodi Drake. Cooking at home offers numerous benefits, including promoting better nutrition, saving money, reducing stress, and strengthening family bonds. With a little planning, practice, and strategy, preparing healthy meals at home can become both manageable and enjoyable. This fact sheet includes helpful tips and even a recipe. 4 pages, color	\$1.10
	MF3696	Healthy Connections: Family Meals in a Snap, Leader's Guide. Christina Holmes, Ashley Svaty, Jodi Drake. Cooking at home offers numerous benefits, including promoting better nutrition, saving money, reducing stress, and strengthening family bonds. With a little planning, practice, and strategy, preparing healthy meals at home can become both manageable and enjoyable. This leader's guide includes teaching tips and activities. 6 pages, b/w	\$1.10

QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
	MF3697	Kindness Matters, Fact Sheet. Elaine Johannes, Lisa Newman. This fact sheet unpacks the health benefits of kindness, explores intentional and random acts of kindness, and provides ways to incorporate kindness into daily routines and workplaces for a healthier, happier life. An FCE selection. 4 pages, color	\$1.10
	MF3698	Kindness Matters, Leader's Guide. Elaine Johannes, Lisa Newman. Kindness in business, interactions with strangers, and in community groups is often understated. This leader's guide includes teaching tips for presenting the lesson along with activities and resources to foster kindness in the community. An FCE selection. 8 pages, b/w	\$0.55
	MF3700	Nourishing Your Body Through Perimenopause, Fact Sheet. Priscilla Brenes, Sara Sawyer. Perimenopause is a natural stage as the body prepares to stop menstruating. Understanding perimenopause and focusing on self-care can make this transition easier, boost confidence, and improve overall well-being. This fact sheet includes a glossary of terms and tips for self-care. 8 pages, color	\$1.30
	MF3701	Nourishing Your Body Through Perimenopause, Leader's Guide. Priscilla Brenes, Sara Sawyer. Perimenopause is a natural stage as the body prepares to stop menstruating. Understanding perimenopause and focusing on self-care can make this transition easier, boost confidence, and improve overall well-being. This leader's guide includes teaching tips and activities to support the lesson. 6 pages, b/w	\$1.10