

# 2022 Annual Lesson Series Order Form

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This form features the publications for the FCS annual series fact sheets and leader guides. If these items are ordered at a later date, delivery may be delayed and the price will increase.

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QUANTITY	ITEM NUMBER	DESCRIPTION	PRICE
		<b>The prices of the FCS annual series fact sheets are based on large-quantity printing. Order by June 11, 2021, to get the pre-press price. After the initial print run is sold, these will become print-on-demand titles and the fact sheet prices will increase.</b>	
	<b>MF3536A</b>	<b>Lower Your Risk of Breast Cancer, Fact Sheet.</b> Sandy Procter, Deb Andres. Some risk factors for breast cancer are controllable. This fact sheet describes actions women can take to reduce their risk of this type of cancer. 2 pages, color	\$0.60
	<b>MF3559</b>	<b>Lower Your Risk of Breast Cancer, Leader's Guide.</b> Deb Andres, Sandy Procter. Some risk factors for breast cancer are controllable. This leader's guide includes tips for presenting actions women can take to reduce their risk of this type of cancer. 4 pages, b/w	\$0.40
	<b>MF2977</b>	<b>More Plants on the Plate, Fact Sheet. Revised.</b> Donna Krug. Choosing a more plant-based diet has recognized health benefits. This fact sheet offers suggestions for introducing more plants into your meals. 4 pages, color	\$1.10
	<b>MF2978</b>	<b>More Plants on the Plate, Leader's Guide. Revised.</b> Donna Krug. Choosing a more plant-based diet has recognized health benefits. This leader's guide includes teaching suggestions to help participants learn to incorporate more plants into their meals. 4 pages, b/w	\$0.40
	<b>MF3566</b>	<b>Make a Med DASH to a Healthy Heart, Fact Sheet.</b> Sandy Procter and Sharolyn Flaming Jackson. Cardiovascular disease, or heart disease, is the leading cause of death in the United States and around the world. But lifestyle changes and a healthier diet can help prevent heart disease. This fact sheet explains how to incorporate these healthy changes into your diet and daily life. 4 pages, color	\$1.10
	<b>MF3567</b>	<b>Make a Med DASH to a Healthy Heart, Leader's Guide.</b> Sandy Procter and Sharolyn Flaming Jackson. Cardiovascular disease, or heart disease, is the leading cause of death in the United States and around the world. But lifestyle changes and a healthier diet can help prevent heart disease. This leader's guide includes teaching tips to explain how to incorporate these healthy changes into participants' diet and daily life. 4 pages, b/w	\$0.40