



September 12, 2017

Nutrition Matters, Inc. is the sole producer, printer, distributor and **copyright owner** of the following nutrition education materials (English and Spanish):

- Baby Feeding education cards (bottle feeding, safe foods for your baby, baby's first cup, baby's first spoonfuls, homemade baby foods, baby's first finger foods, baby teeth)
- Baby Stages education cards (my first three months, I'm three months, I'm 6 months, I'm nine months, I'm twelve months)
- WeeBites education (baby's first bites, first foods infant guide, baby's first finger foods, easy purees, extra baby food, freeze purees, toddler breakfast, toddler meals, toddler snacks, preschool breakfast, preschool meals, preschool snacks)
- Toddler and Breastfeeding education cards (baby's first month, my plan to breastfeed, breastmilk made easy, bye bye bottle, sippy cup, toddler's veggies, toddler's fruits, easy toddler meals)
- Pregnancy Nutrition guide & Pregnancy nutrition cards (healthy weight gain, control your weight, gain more weight, nausea and vomiting, heartburn, small frequent meals, folic acid, constipation, food safety)
- Steps to a Healthy Child guide & Toddler Nutrition guide
- Preschool Child Nutrition (high calorie foods for kids, constipation in children)
- Preschool Child Food Group cards (vegetables, grains, fruits, milk, meat & beans, prevent choking)
- Preschool Child Activity cards (play outside, play inside, turn on the music, play with a ball, watch less tv, active toys)
- Preschool Child Snacks and Drinks cards (I'm thirsty, snack time, kid snacks, sweet drinks, sweet tooth)
- WIC Foods nutrition education cards (7 ways to eat more fruits and vegetables, frozen fruits and vegetables, dark green vegetables, red and orange vegetables, whole grains, tortillas, brown rice, milk, eggs, beans, yogurt)
- 12 Steps & Family nutrition education cards (which foods have iron, calcium)
- MyPlate nutrition education cards (steps to a healthy plate, fruits & vegetables, whole grains, skim or 1% milk, protein foods, enjoy your food, less sodium, drink water, less often, family meals)
- Mealtime Parenting cards (fussy eater, child's appetite, try it, force feeding, short order cook, mealtime routines, role model, cupboard makeover, comfort with love, reward with love)
- Fruits & Veggies Tear Sheets (tomatoes, pea pods, sweet peppers, squash, leafy greens, berries, carrots, oranges, potatoes, roast veggies, freeze veggies)
- Cooking Tear Sheets (yogurt, canned beans, canned fish, frozen fruits and vegetables)
- Mom Messages Magnets and Tear Sheets (new foods, enjoy meals, family style meals, child's appetite, a single meal, serve at every meal, grab and eat snacks, whole grains, strong bones need milk)
- Clinic Tear Sheets (BMI for children, iron foods for moms and kids, iron foods for women, iron foods for children, iron foods for older babies and toddlers, constipation in children, high calorie foods for kids)
- CACFP Resource Materials (CACFP breakfast, snacks, lunch & supper for 1 & 2 year olds, 3 to 5 year olds, and 6 to 18 year olds)
- NuBites tipsheets
- Book - Veggies for Kids - ISBN 978-1-942530-00-8
- Book - Finger Foods - ISBN 978-1-942530-18-3
- Book - Farmers' Market - ISBN 978-1-942530-08-4
- Book - My Little Helper - ISBN 978-1-942530-10-7
- Book - Baby Purees - ISBN 978-1-942530-14-5

There are no agents or dealers authorized to market or represent these products.
If you have any questions, please contact us. Thanks!

Nutrition Matters, Inc.

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