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Sources of Free or Low-Cost Food and Nutrition Materials

September 1990



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Sources of Free or Low-Cost Food and Nutrition Materials

Revised September 1990

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**Food &
Nutrition**

National Agricultural Library Cataloging Record:

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1. Nutrition – Information services – Directories. 2. Food – Information services – Directories.

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	Page
Introduction	i
Section I Nutrition, Medical, and Health Organizations:	1
A. National Contacts:	
Aging	
Alcohol and Drugs	
Allergies	
Arthritis	
Cancer	
Dental Health	
Diabetes	
Digestive Diseases	
Eating Disorders	
Fitness and Sports	
Food and Nutrition	
Food Safety	
General Health	
Heart Disease	
Maternal and Child Health	
B. Local Contacts	
Section II Food-Related Trade Associations	5
Beverages	
Dairy, Eggs, and Cheese	
Dried Fruits, Nuts, and Legumes	
Fish and Seafood	
Fruit	
Meat and Poultry	
Other Food Related Organizations	
Pasta, Potatoes, and Rice	
Vegetables	
Section III Food Companies	11

Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and has a limited number of publications to send in bulk, FNIC has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into three sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Trade Organizations; and 3) Food Companies.

FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

Section I. Nutrition, Medical, and Health Organizations

A. National Contacts

Aging

American Association of Retired Persons
1909 K Street, NW
Washington, DC 20049
(202) 872-4700

National Institute on Aging
Information Office
Federal Building, Room 6C-12
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-1752

Alcohol and Drugs

National Clearinghouse for Alcohol
and Drug Information
Information Specialist
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

National Council on Alcoholism
12 W. 21st Street, Suite 700
New York, NY 10010
(800) NCA-CALL

Allergies

American Allergy Association
P.O. Box 7273
Menlo Park, CA 94026
(415) 322-1663

Arthritis

Arthritis Foundation Information Line
1314 Spring Street, NW
Atlanta, GA 30309
(800) 283-7800

National Institute of Arthritis and
Musculoskeletal and Skin Diseases
Information Office
Building 31, Room 4C05
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-8188

Cancer

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 237-0159

Cancer Information Center
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A-24
9000 Rockville Pike
Bethesda, MD 20892
(800) 4-CANCER
in Alaska (800) 638-6070
in Hawaii (800) 524-1234

Dental Health

American Dental Association
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2500

National Institute of Dental Research
Information Office
Building 31, Room 2C34
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-4261

Diabetes

American Diabetes Association
National Service Center
1660 Duke Street
Alexandria, VA 22314
(800) 232-3472

American Dietetic Association
216 W. Jackson Blvd.
Chicago, IL 60606
(312) 899-0040

Juvenile Diabetes Foundation
International Hotline
432 Park Avenue South
New York, NY 10016
(800) 223-1138
in New York (212) 889-7575

National Diabetes Information
Clearinghouse
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-2162

Digestive Diseases

American Digestive Disease Society
60 E. 42nd Street, Room 411
New York, NY 10165
(212) 687-4185

National Digestive Diseases Education
and Information Clearinghouse
Box NDDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-6344

Eating Disorders

American Anorexia/Bulimia Association
133 Cedar Lane
Teaneck, NJ 07666
(201) 836-1800

Anorexia Nervosa and Related Eating
Disorders
P.O. Box 5102
Eugene, OR 97405
(503) 344-1144

National Anorexic Aid Society
5796 Karl Road
Columbus, OH 43229
(614) 436-1112

National Association of Anorexia
Nervosa and Associated Disorders
Box 7
Highland Park, IL 60035
(312) 831-3438

National Food Addiction Hotline
F.I.T.-Heritage-FAP
2000 Commerce Drive
Melbourne, FL 32904
(800) USA-0088

Fitness and Sports

Aerobics and Fitness Foundation
15250 Ventura Blvd., Suite 310
Sherman Oaks, CA 91403
(800) 233-4886

Women's Sport Foundation
342 Madison Avenue, Suite 728
New York, NY 10173
(800) 227-3988

Food and Nutrition

Community Nutrition Institute
2001 S Street, NW, Suite 530
Washington, DC 20009
(202) 462-4700

Food and Drug Administration
Office of Consumer Affairs
Department of Health and Human
Services
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705
(301) 344-3719

Human Nutrition Information
Service/USDA
Public Affairs Staff
6505 Belcrest Road
Hyattsville, MD 20782
(301) 436-8498

Nutrition Center
The Pennsylvania State University
Benedict House
University Park, PA 16802
(814) 865-6323

Nutrition Information Center
515 East 71st Street S 904
New York, NY 10021
(212) 746-1617

Food Safety

Food Safety and Inspection Service
Meat and Poultry Hotline
USDA, Room 1163-S
Washington, DC 20250
(202) 447-3333; (800) 535-4555

General Health

American Medical Association
535 N. Dearborn Street
Chicago, IL 60610
(312) 645-5000

American Public Health Association
1015 15th Street, NW
Washington, DC 20005
(202) 789-5600

Center for Science in the Public Interest
1501 16th Street, NW
Washington, DC 20036
(202) 332-9110

Consumer Information Center
Pueblo, CA 81009

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010
(212) 578-2211

National Council Against
Health Fraud, Inc.
P.O. Box 1276
Loma Linda, CA 92354
(714) 824-4690

ODPHP Health Information Center
P.O. Box 1133
Washington, DC 20013-1133
(800) 336-4797

Public Voice
For Food and Health Policy
1001 Connecticut Avenue, NW, Suite 522
Washington, DC 20036
(202) 659-5930

Heart Disease

American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

National Cholesterol Education Programs
NCEP Information Center
4733 Bethesda Avenue
Bethesda, MD 20814
(301) 951-3260

NHLBI Information Center
(National Heart, Lung, Blood Institute)
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
(301) 951-3260

Maternal and Child Health

Allegheny County Health Department
Nutrition Service
Diagonal WIC Program
Investment Building
239 4th Avenue, 1st Floor
Pittsburgh, PA 15222

American College of Obstetricians
and Gynecologists
Office of Public Information
409 12th Street, SW
Washington, DC 20024
(202) 638-5577

Division of Maternal and Child Health
BHCDA/HRSA/PHS/DHHS
5600 Fishers Lane, Room 9-11
Rockville, MD 20857
(301) 443-2170

March of Dimes (Birth Defects
Foundation)
(for maternal and infant nutrition
information)
Supply Division
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

National Maternal and Child Health
Clearinghouse
38th and R Streets, NW
Washington, DC 20057
(202) 625-8410

B. Local Contacts for Nutrition, Medical, and Health Organizations

Local Contacts (listed in telephone directory)

Ask for the:

American Cancer Society (city, county, or state)	Health Educator
American Heart Association (city, county, or state)	Health Educator
Cooperative Extension Service (county or university)	Home Economist/Nutritionist
Diabetes Association (city or state)	Health Educator
Dial-a-Dietitian	Registered Dietitian
F.D.A. Consumer Affairs Office	Consumer Affairs Officer
Health Department (city, county, or state)	Public Health Nutritionist
Hospital	Registered Dietitian
March of Dimes (local chapter)	Health Educator

Section II. Food-Related Trade Associations

Beverages

National Coffee Association
P.O. Box 4060
Westbury, NY 11592
(800) 321-4100

Dairy, Eggs, and Cheese

American Dairy Association
6300 N. River Road
Rosemont, IL 60018
(708) 696-1880

American Dairy Products Institute
130 N. Franklin Street
Chicago, IL 60606
(312) 782-4888

American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068
(312) 694-0450

California Milk Advisory Board
P.O. Box 4680
Modesto, CA 95352
(209) 521-1060

National Dairy Board
2111 Wilson Blvd., Suite 600
Arlington, VA 22201
(703) 528-4800

National Dairy Council
6300 North River Road
Rosemont, IL 60018-4233
(708) 696-1020

Wisconsin Milk Marketing Board/
Dairy Farmers of Wisconsin
4337 Beltline Highway
Madison, WI 53711
(608) 836-8820

Dried Fruits, Nuts, and Legumes

American Soybean Association
540 Maryville Center
St. Louis, MO 63141
(314) 576-1770

Beans of the West
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

California Pistachio Commission
Dept. QRS
1915 N. Fine Avenue
Fresno, CA 93727
(209) 252-3345

California Prune Board
55 Union Street
San Francisco, CA 94111
(415) 984-6206

California Raisin Advisory Board
55 Union Street
San Francisco, CA 94111
(415) 984-6376

Dried Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447

Idaho Bean Commission
P.O. Box 9433
Boise, ID 83707
(208) 334-3520

National Pecan Marketing Council
4348 Carter Creek, Suite 101
Bryan, TX 77802
(409) 846-1681

National Sunflower Association
4023 N. State Street
P.O. Box 2533
Bismarck, ND 58501
(701) 224-3019

USA Dried Pea and Lentil Industry
5071 Highway 8
Moscow, ID 83843
(208) 882-3023

Fish and Seafood

Alaskan Seafood Marketing Institute
P.O. Box DX
Juneau, AK 99801
(907) 586-2902

Maine Sardine Council
P.O. Box 337
Brewer, ME 04412
(207) 989-2180

National Fisheries Institute, Inc.
1525 Wilson Blvd., Suite 500
Arlington, VA 22209
(703) 524-8881

North Atlantic Seafood Association
1422 Euclid Avenue, Suite 333
Cleveland, OH 44115
(216) 781-6400

Oregon Dungeness Crab Commission
2985 River Road South
P.O. Box 256
Salem, OR 97308-0256
(503) 581-7258

Rhode Island Seafood Council
406-A Main Street
Wakefield, RI 02879
(800) 328-3474

Virginia Marine Products Board
97 Main Street, Suite 103
Newport News, VA 23601
(804) 594-7261

Fruit

California Apricot Advisory Board
1280 Boulevard Way
Walnut Creek, CA 94595
(415) 937-3660

California Avocado Commission
23232 Peralta Drive, Suite 109
Laguna Hills, CA 92653
(714) 859-4110

California Cling Peach Advisory Board
P.O. Box 7111
San Francisco, CA 94120
(415) 541-0100

California Fig Advisory Board
P.O. Box 709
Fresno, CA 93712
(209) 445-5626

California Fresh Market Tomato
Advisory Board
2017 N. Gateway Blvd., Suite 102
Fresno, CA 93727
(209) 251-0628

California Kiwifruit Commission
1540 River Park Drive, Suite 110
Sacramento, CA 95815
(916) 929-5314

California Olive Industry
1903 N. Fine Avenue, Suite 102
Fresno, CA 93727
(209) 456-9096

California Strawberry Advisory Board
41 Hanger Way
P.O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301

California Table Grape Commission
2975 N. Maroa
P.O. Box 5498
Fresno, CA 93755
(209) 224-4997

California Tree Fruit Agreement
P.O. Box 255627
Sacramento, CA 95865
(916) 483-9261

Cherry Marketing Institute
2220 University Park Place, Suite 200
Okemos, MI 48864
(517) 321-1231

Concord Grape Association
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

The Cranberry Institute
1101 - 15th Street, NW, Suite 202
Washington, DC 20005
(202) 785-3232

Florida Department of Citrus
1115 East Memorial Boulevard
P.O. Box 148
Lakeland, FL 33802
(813) 682-0171

International Apple Institute
P.O. Box 1137
McLean, VA 22101
(703) 442-8850

Michigan Apple Committee
13105 Schavey Road
De Witt, MI 48820
(517) 669-8353

Michigan Blueberry Growers Association
P.O. Box B
Grand Junction, MI 49056
(616) 434-6791

Michigan Plum Advisory Board
P.O. Box 23218
Lansing, MI 48909
(517) 323-7000

National Cherry Growers and Industry
Foundation (Canned)
1005 Tieton Drive
Yakima, WA 98902
(509) 453-4837

New York Cherry Growers Association
7645 Main Street
P.O. Box 350
Fishers, NY 14453
(716) 924-2171

North American Blueberry Council
P.O. Box 166
Marmora, NJ 08223
(609) 399-1559

Ocean Spray Cranberry, Inc.
One Ocean Spray Drive
Lakeville-Middleboro, MA 02349
(508) 946-1000

Pacific Coast Canned Pear Service
P.O. Box 7111
San Francisco, CA 94120
(415) 541-0451

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

Sunkist Growers, Inc.
P.O. Box 7888
Van Nuys, CA 91409-7888
(818) 986-4800

United Fresh Fruit and Vegetable
Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Washington Apple Commission
2900 Euclid Avenue
Wenatchee, WA 98801
(509) 663-9600

Washington Rhubarb Growers
Association
P.O. Box 887
Sumner, WA 98390
(206) 863-7333

Western New York Apple Growers
Association, Inc.
P.O. Box 350
Fishers, NY 14453
(716) 924-2171

Meat and Poultry

American Lamb Council
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Meat Institute
P.O. Box 3556
Washington, DC 20007
(703) 841-2400

Beef Industry Council - a Division of the
National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

California Beef Council
551 Foster City Blvd., Suite A
Foster City, CA 94404
(415) 571-7100

National Pork Producers Council
P.O. Box 10383
Des Moines, IA 50306
(515) 223-2600

National Turkey Federation
11319 Sunset Hills Road
Reston, VA 22090
(703) 435-7206

Pork Industry Group - a Division of the
National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

Other Food Related Organizations

American Bakers Association
1111 - 14th Street, NW, Suite 300
Washington, DC 20005
(202) 296-5800

The Association for Dressings and Sauces
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Calorie Control Council
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Food Marketing Institute
1750 K Street, NW
Washington, DC 20006
(202) 452-8444

The Glutamate Association
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Infant Formula Council
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Additives Council
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Information Council
1100 Connecticut Avenue, NW, Suite 430
Washington, DC 20036
(202) 296-6540

National Honey Board
421 - 21st Street, Suite 203
Longmont, CO 80501
(303) 776-BEES

Popcorn Institute
111 E. Wacker Drive, Suite 600
Chicago, IL 60601
(312) 644-6610

The Sugar Association, Inc.
1101 - 15th Street, NW, Suite 600
Washington, DC 20005
(202) 785-1122

The Vinegar Institute
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Pasta, Potatoes and Rice

Idaho Potato Commission
P.O. Box 1068
Boise, ID 83701
(208) 334-2350

The National Pasta Association
2101 Wilson Blvd., Suite 920
Arlington, VA 22201
(703) 841-0818

The Potato Board
1385 S. Colorado Blvd., Suite 512
Denver, CO 80222
(303) 758-7783

Rice Council of America
P.O. Box 740121
Houston, TX 77274
(713) 270-6699

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845

Vegetables

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348
(215) 388-7806

California Artichoke Advisory Board
P.O. Box 747
Castroville, CA 95012
(408) 633-4411

California Iceberg Lettuce Commission
P.O. Box 3354
Monterey, CA 93942
(408) 375-8277

The Frozen Vegetable Council
1633 Broadway, 27th Floor
New York, NY 10019
(212) 887-8010

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

United Fresh Fruit and Vegetable
Association
727 N. Washington Street
Alexandria, VA 22032
(703) 836-3410

Wisconsin-Minnesota Canned Vegetable
Council
222 N. Midvale Blvd., Suite 29
Box 5258
Madison, WI 53705
(608) 231-2250

Section III. Food Companies

Best Foods
a Division of CPC International Inc.
P.O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307

Butter Buds Sprinkles
685 Third Avenue
New York, NY 10017
(800) 544-5680

Campbell Soup Company
Communications Center
Campbell Place
Camden, NJ 08103-1799
(609) 342-4800

General Mills, Inc.
Nutrition Department
P.O. Box 1113
Minneapolis, MN 55440-1113
(612) 540-7205

Giant Food, Inc.
Consumer Affairs Department
P.O. Box 1804
Washington, DC 20013
(301) 341-4322

Health Valley Foods for Healthier Living
16100 Foothill Blvd.
Irwindale, CA 91706-7811
(818) 969-9176

Hershey Foods Corporation
Consumer Relations Department
P.O. Box 815
Hershey, PA 17033-0815
(800) 468-1714

Hunt-Wesson Foods
1645 West Valencia
Fullerton, CA 92633
(714) 680-1000

Kellogg Company
Consumer Affairs Department
One Kellogg Square
P.O. Box 3599
Battle Creek, MI 49016-3599
(616) 961-2277

Kraft General Foods
250 North Street
White Plains, NY 10625
(914) 335-2500

McDonald's Nutrition Information Center
McDonald's Corporation
McDonald's Plaza
Oak Brook, IL 60521
(708) 575-3000

Nabisco Brands, Inc.
P.O. Box 1928
East Hanover, NJ 07936
(800) 932-7800

NutraSweet Center
The NutraSweet Company
Box 830
Deerfield, IL 60015
(800) 321-7254

Oscar Mayer and Company
P.O. Box 7188
Madison, WI 53707
(608) 241-3311

The Pillsbury Company
Consumer Public Relations
Pillsbury Center
200 South 6th Street
Minneapolis, MN 55402
(612) 330-4728

Proctor and Gamble
301 East Sixth Street
P.O. Box 599
Cincinnati, OH 45202
(513) 983-1100

Quaker Oats Company
Consumer Affairs Center
2400 Merchandise Mart Plaza
Chicago, IL 60654
(312) 222-7111

Sweet'N Low Hotline
Cumberland Packing Corp.
60 Slushing Avenue
Brooklyn, NY 11205
(800) 231-1123
in New York (800) 336-0363

Sweet One Hotline
Stadt Corporation
60 Flushing Avenue
Brooklyn, NY 11205
(800) 544-8610

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