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# Sources of Free or Low-Cost Food and Nutrition Materials

June 1994



**United States  
Department of  
Agriculture**

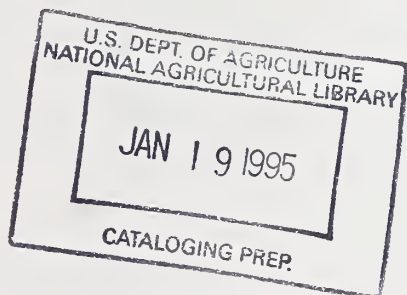


**National Agricultural Library**

# Sources of Free or Low-Cost Food and Nutrition Materials

Revised June 1994

Food and Nutrition Information Center  
(301) 504-5719



**Food &  
Nutrition**

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## 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 does not distribute publications in bulk, the Center 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 Associations; and 3) Food Companies. If the organization has materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. Not all publications are available in all languages. The languages are abbreviated as follows:

A	=	Arabic
C	=	Cambodian
Ch	=	Chinese
Cz	=	Czechoslovakian
F	=	Farsi
H	=	Hmong
J	=	Japanese
K	=	Korean
Kh	=	Khmer
L	=	Laotian or Lao
P	=	Polish
R	=	Russian
S	=	Spanish
T	=	Tagalog
Td	=	Tai Dam
Th	=	Thai
Tu	=	Turkish
V	=	Vietnamese

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  
601 E Street, NW  
Washington, DC 20049  
(202) 434-2277

Asociación Nacional Pro Personal  
Mayores (S)  
3325 Wilshire Boulevard, Suite 800  
Los Angeles, CA 90010  
(213) 487-1922

National Institute on Aging (S)  
Information Office  
Building 31, Room 5C-27  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-1752

**Alcohol and Drugs**

National Clearinghouse for Alcohol  
and Drug Information (S)  
Information Specialist  
P.O. Box 2345  
Rockville, MD 20847-2345  
(301) 468-2600  
(800) 729-6686

**Allergies**

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

The Food Allergy Network  
4744 Holly Avenue  
Fairfax, VA 22030-5647  
(703) 691-3179  
(800) 929-4040

**Arthritis**

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

**Cancer**

American Cancer Society  
1599 Clifton Road, NE  
Atlanta, GA 30329  
(404) 320-3333  
(800) 227-2345

American Institute for Cancer Research  
1759 R Street, NW  
Washington, DC 20009  
(202) 328-7744  
(800) 843-8114

National Cancer Institute  
Office of Cancer Communications  
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 (S)  
Department of Public  
Information and Education  
211 East Chicago Avenue  
Chicago, IL 60611  
(312) 440-2593

National Institute of Dental Research  
Public Information and Reports Section  
Building 31, Room 2C35  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-4261

## **Diabetes**

American Diabetes Association (S)  
National Service Center  
1660 Duke Street  
Alexandria, VA 22314  
(703) 549-1500  
(800) 232-3472

National Diabetes Information  
Clearinghouse (S)  
Box NDIC  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 654-3327

## **Digestive Diseases**

Celiac Disease Foundation  
13251 Ventura Boulevard, Suite 3  
Studio City, CA 91604  
(818) 990-2354

CSA/USA  
Celiac Sprue Association/United  
States of America, Inc.  
P.O. Box 31700  
Omaha, NE 68131-0700  
(402) 558-0600

Crohn's and Colitis Foundation  
of America, Inc.  
386 Park Avenue, South, 17th Floor  
New York, NY 10016-8804  
(212) 685-3440  
(800) 932-2423

The Gluten Intolerance Group of North  
America  
P.O. Box 23053  
Seattle, WA 98102-0353  
(206) 325-6980

## **Eating Disorders**

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

National Association of Anorexia Nervosa  
and Associated Disorders  
P.O. Box 7  
Highland Park, IL 60035  
(708) 831-3438

## **Fitness and Nutrition**

International Center for Sports Nutrition  
502 South 44th Street, Suite 3012  
Omaha, NE 68105  
(402) 559-5505

The President's Council on Physical  
Fitness and Sports  
701 Pennsylvania Avenue, NW  
Room 250  
Washington, DC 20004  
(202) 272-3424

Women's Sports Foundation  
Eisenhower Park  
East Meadow, NY 11554  
(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 (S)  
Office of Consumer Affairs  
Department of Health and Human  
Services, Room 1685  
5600 Fishers Lane (HFE-88)  
Rockville, MD 20857  
(301) 443-3170

Food and Nutrition Information Center  
National Agricultural Library/USDA  
10301 Baltimore Boulevard, Room 304  
Beltsville, MD 20705-2351  
(301) 504-5719

Human Nutrition Information  
Service/USDA (S)  
Public Affairs Staff  
6505 Belcrest Road  
Hyattsville, MD 20782  
(301) 436-8617

National Center for Nutrition and  
Dietetics (S)  
The American Dietetic Association  
216 W. Jackson Boulevard, Suite 800  
Chicago, IL 60606-6995  
(312) 899-4854  
(800) 366-1655

Penn State Nutrition Center  
The Pennsylvania State University  
Ruth Building, 417 E. Calder Way  
University Park, PA 16801-5663  
(814) 865-6323

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

## **Food Safety**

Food and Drug Administration  
Seafood Hotline  
(202) 205-2314  
(800) FDA-4010

Food Safety and Inspection Service (S)  
Meat and Poultry Hotline/USDA  
Room 2925-S  
14th Street, SW  
Washington, DC 20250  
(202) 720-3333  
(800) 535-4555

## **General Health**

Bureau of Refugee Services  
(C,Ch,F,H,K,Kh,L,R,T,Td,Th,V)  
Iowa Department of Human Services  
1200 University, Suite D  
Des Moines, IA 50314  
(515) 283-7999

Center for Science in the Public Interest  
1875 Connecticut Avenue, NW,  
Suite 300  
Washington, DC 20009-5728  
(202) 332-9110

Consumer Information Center (S)  
P.O. Box 100  
Pueblo, CO 81002

Metropolitan Life Insurance Company  
Health and Safety Education Division  
One Madison Avenue  
New York, NY 10010-3690

National Council Against Health  
Fraud, Inc.  
P.O. Box 1276  
Loma Linda, CA 92354-1276  
(909) 824-4690

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

New Mexico Department of Health (S)  
Health Promotion Bureau  
P.O. Box 26110  
Santa Fe, NM 87502  
(505) 827-2504

La Leche League International  
1400 N. Meacham Road  
Schaumburg, IL 60176  
(708) 455-7730

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

March of Dimes Birth Defects  
Foundation  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 428-7100

### **Heart Disease**

National Maternal and Child Health  
Clearinghouse  
8201 Greensboro Drive, Suite 600  
McLean, VA 22201  
(703) 821-8955, Ext. 254 or 265

American Heart Association  
National Center (Ch,J,R,S)  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) AHA-USA-1  
(800) 242-8721

NHLBI Information Center (S)  
(National Heart, Lung and Blood  
Institute)  
P. O. Box 30105  
Bethesda, MD 20824-0105  
(301) 251-1222

### **Maternal and Child Health**

Allegheny County Health Department  
Nutrition Services WIC Program  
Investment Building  
239 4th Avenue, 21st Floor  
Pittsburgh, PA 15222  
(412) 355-5800

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

### **Local Contacts** (listed in telephone directory)

American Cancer Society (city, county, or state)  
Health Educator

American Heart Association (city, county, or state)  
Health Educator

Cooperative Extension Service (county or university)  
Food and Nutrition Specialist

Diabetes Association (city or state)  
Health Educator

F.D.A. Consumer Affairs Office  
Consumer Affairs Officer

Health Department (city, county, or state)  
Nutritionist or Registered Dietitian

Hospital  
Registered Dietitian

March of Dimes  
Health Educator

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who have these materials.

## Section II. Food-Related Associations

### **Beverages**

National Coffee Association of USA  
110 Wall Street  
New York, NY 10005  
(212) 344-5596

### **Dairy, Eggs, and Cheese**

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

Egg Nutrition Center  
1819 H Street, NW  
Suite 520  
Washington, DC 20006  
(202) 833-8850

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

United Dairy Industry Association(s)  
National Dairy Council  
O'Hare International Center  
10255 West Higgins Road, Suite 900  
Rosemont, IL 60018-5616  
(708) 803-2000

National Yogurt Association  
1764 Old Meadow Lane, Suite 350  
McLean, VA 22102  
(703) 821-0770

Wisconsin Milk Marketing Board/Dairy  
Farmers of Wisconsin  
8418 Excelsior Drive  
Madison, WI 53717  
(608) 836-8820

### **Fish and Seafood**

Alaska Seafood Marketing Institute  
1111 West 8th Street, Room 100  
Juneau, AK 99801-1895  
(907) 465-5560

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

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

Virginia Marine Products Board  
554 Denbigh Boulevard, Suite B  
Newport News, VA 23602  
(804) 874-3474

### **Meat and Poultry**

American Sheep Industry Association  
6911 S. Yosemite Street  
Englewood, CO 80112-1414  
(303) 771-3500

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



National Live Stock and Meat Board  
444 N. Michigan Avenue  
Chicago, IL 60611  
(312) 467-5520  
(800) 621-7773

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

### **Nuts and Legumes**

American Soybean Association  
P.O. Box 419200  
St. Louis, MO 63141-9200  
(314) 576-1770

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

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

National Sunflower Association  
4023 State Street  
Bismarck, ND 58501  
(701) 221-5100

Peanut Advisory Board  
1950 North Park Place, Suite 525  
Atlanta, GA 30339  
(404) 933-0357

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

### **Other Food Related Organizations**

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  
800 Connecticut Avenue, NW  
Suite 400  
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

Olive Oil Hotline  
Foodcom, Inc.  
708 Third Avenue  
New York, NY 10017  
(212) 297-0136  
(800) 232-OLIVE OIL

Popcorn Institute  
401 N. Michigan Avenue  
Chicago, IL 60611-4267  
(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 and Grains**

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

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

Wheat Foods Council  
5500 South Quebec, Suite 111  
Englewood, CO 80111  
(303) 694-5828

### **Produce**

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

California Apricot Advisory Board  
1280 Boulevard Way, Suite 107  
Walnut Creek, CA 94595  
(510) 937-3660

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

California Avocado Commission  
1251 E. Dyer Road, Suite 200  
Santa Ana, CA 92705  
(714) 558-6761

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

California Fresh Carrot Advisory Board  
15 Willow Street  
Salinas, CA 93901  
(408) 793-2354

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 Prune Board  
Word Trade Center, Suite 103  
San Francisco, CA 94111  
(415) 984-2266

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

California Strawberry Commission  
P.O. Box 269  
Watsonville, CA 95077-0269  
(408) 724-1301

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

California Tomato Board  
2019 N. Gateway Boulevard  
Fresno, CA 93727  
(209) 251-0628

California Tree Fruit Agreement  
P.O. Box 255383  
Sacramento, CA 95865  
(916) 483-9261

Canned Fruit Promotion Service, Inc.  
P.O. Box 7111  
San Francisco, CA 94120  
(415) 495-7714

Cherry Marketing Institute  
2220 University Park Drive, Suite 200  
Okemos, MI 48864  
(517) 347-0010

Florida Department of Citrus  
1115 East Memorial Boulevard  
P.O. Box 148  
Lakeland, FL 33802  
(813) 499-2500

The Frozen Vegetable Council  
c/o Creamer Dickson Basford  
1633 Broadway, 27th Floor  
New York, NY 10019  
(212) 887-8010  
(813) 499-2500

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

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

International Banana Association  
1929 39th Street, NW  
Washington, DC 20007  
(202) 223-1183

Michigan Apple Committee  
13105 Schavey Road, Suite 5  
De Witt, MI 48820  
(517) 669-8353

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

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

New York Apple Association, Inc.  
7645 Main Street  
P.O. Box 350  
Fishers, NY 14453-0350  
(716) 924-2171

North American Blueberry Council  
P.O. Box 1036  
Folsom, CA 95763  
Attn: Mark Villata  
(916) 985-6644

Potato Board  
7555 East Hampden  
Room 412  
Denver, CO 80231  
(303) 758-7783

Produce Marketing Association, Inc.  
1500 Casho Mill Road  
Newark, DE 19714-6036  
(302) 738-7100

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

Washington Apple Commission  
P.O. Box 18  
Wenatchee, WA 98807  
(509) 663-9600

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

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

### Section III. Food Companies

American Home Food Products, Inc.  
5 Jiralda Farms  
Madison, NJ 07940-0873  
(800) 544-5680 (9AM-5PM CST)

Arm and Hammer  
469 N. Harrison Street  
Princeton, NJ 08543  
(800) 524-1328 (9AM-4PM EST)

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

Cadbury Beverages  
Consumer Affairs Office  
6 Highridge Park  
P.O. Box 3800  
Stamford, CT 06913-1051  
(800) 426-4891 (9AM-4PM EST)

Campbell Soup Company  
Corporate Communications Center  
Campbell Place  
Camden, NJ 08103-1799  
(800) 257-8443 (9AM-4PM CST)

ConAgra Frozen Foods  
Consumer Service Department  
6 ConAgra Drive  
P.O. Box 3768  
Omaha, NE 68103-0768  
(800) 722-1344 (10AM-7PM CST)

Del Monte  
Consumer Affairs Department  
P.O. Box 193575  
San Francisco, CA 94119-3575  
(800) 543-3090 (8AM-5PM PST)

Dole Consumer Center  
5795 Lindero Canyon Road  
West Lake, CA 91362  
(800) 232-8888 (8AM-5PM PST)

Empire Kosher Poultry  
Customer Relations  
P.O. Box 165  
Mifflintown, PA 17059  
(800) 367-4734 (8AM-5PM M-Th,  
8AM-3PM F, EST)

General Mills  
Consumer Service  
P.O. Box 1113  
Minneapolis, MN 55440  
(800) 328-6787 (7:30AM-5:30PM EST)

Gerber Products  
445 State Street  
Fremont, MI 49413  
(800) 443-7237 (24 hours/day)

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

H. J. Heinz  
1 Riverfront Place  
Newport, KY 41071  
(800) 252-7022 (9AM-5PM EST)  
(800) USA-Baby

Hershey Foods Corporation  
Consumer Relations Department  
P.O. Box 815  
100 Crystal A Drive  
Hershey, PA 17033-0815  
(800) 468-1714 (9AM-4PM EST)

Hormel Foods Corporation  
Consumer Affairs  
P.O. Box 800  
Austin, MI 55912  
(800) 523-4635 (8AM-4PM CST)

Hunt-Wesson Foods  
P.O. Box 4800  
Fullerton, CA 92633  
(714) 680-1000

Kellogg Company (S)  
Consumer Affairs Department  
P.O. Box 3599  
Battle Creek, MI 49016-3599  
(800) 962-1718 (9AM-5PM EST)

Kretschmer Wheat Germ Sampling Co.  
c/o McDowell & Piasecki  
Food Communications, Inc.  
20 N. Wacker Drive, Suite 1740  
Chicago, IL 60606-0944  
(312) 201-9101

Land O'Lakes  
Consumer Affairs Department  
P.O. Box 116  
Minneapolis, MN 55440-9904  
(800) 328-4155 (9AM-4PM CST)

McDonald's Educational Resource  
Center  
P.O. Box 8002  
St. Charles, IL 60174-8002  
(800) 627-7646

Nabisco Brands, Inc.  
P.O. Box 1911  
East Hanover, NJ 07936  
(800) 622-4726 (9AM-7:30 EST)

Nestle Food Company  
Nestle Consumer Affairs  
800 N. Brand Boulevard  
Glendale, CA 91203  
(800) 637-8537 (8AM-4PM PST)

The NutraSweet Company  
Consumer Affairs  
Box 830  
Deerfield, IL 60015  
(800) 321-7254 (9AM-3PM CST)

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

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

Perdue Farms Inc.  
P.O. Box 1537-NI  
Salisbury, MD 21802  
(800) 442-2034

Perrier Group of America  
Consumer Affairs  
601 East Potrail Grande Drive  
Monterey Park, CA 91754  
(800) 937-2002 (9AM-8PM PST)

The Pillsbury Company  
Consumer Relations  
Pillsbury Center  
200 South 6th Street  
Minneapolis, MN 55402  
(800) 767-4466 (8AM-6PM CST)

Proctor and Gamble  
P.O. Box 599  
Cincinnati, OH 45201  
(513) 983-1100  
(800) 543-7276 (8:30AM-8:30PM EST)

Quaker Oats Company  
321 N. Clark Street  
Chicago, IL 60610-4714  
(312) 222-7111

Sunkist Growers, Inc.  
Consumer Information  
P.O. Box 7888  
Van Nuys, CA 91409-7888  
(818) 986-4800  
(800) CITRUS-5  
(800) 248-7875 (M-F 8:30-5 PST)

Sweet 'N Low-Butter Buds Hotline  
P.O. Box 140  
Great Neck, NY 11021  
(800) 231-1123 (9AM-5PM EST)  
in New York (800) 336-0363

Sweet One Hotline  
Stadt Corporation  
Suite 1, P.O. Box 2160  
Great Neck, NY 11021  
(800) 544-8610 (9AM-5PM EST)

Tyson Foods, Inc.  
P.O. Box 2020  
Springdale, AR 72765-2020  
(800) 233-6332 (8AM-5PM CST)

Van Den Bergh Foods (Ragu)  
Consumer Information Center  
75 Merritt Boulevard  
Trumbull, CT 06611  
(800) 328-7248 (8:30AM-8:30PM EST)





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