



# Healthy Active Living Educational Materials Catalog

## ORDER FORM

### Division of Chronic Disease & Injury Prevention

Los Angeles County Department of Public Health  
3530 Wilshire Blvd., 8th Floor  
Los Angeles, CA 90010

DATE: [ \_\_/\_\_/\_\_ ]

### RECIPIENT'S ADDRESS:

[Name]  
[Company Name]  
[Street Address]  
[City, ST ZIP Code]  
[Phone Number]

### PLEASE DIRECT ANY INQUIRIES

### ABOUT THE CATALOG TO:

Email: [ChooseHealthLA@ph.lacounty.gov](mailto:ChooseHealthLA@ph.lacounty.gov)

CATALOG NUMBER	PRODUCT DESCRIPTION	QUANTITY	QUANTITY FULFILLED (DPH USE ONLY)

Plan for Distribution (to which community partner, etc.):

Submit order form only once via email to [ChooseHealthLA@ph.lacounty.gov](mailto:ChooseHealthLA@ph.lacounty.gov).

- \* Please see Materials Catalog for quantity limits. Quantities are not guaranteed and are based upon availability.
- \* Please note, materials can be sent via County mail (up to 25 lbs.)
- \* Community partners should make arrangements for pickup when submitting order form.

# 11 x 17 "CHOOSE LESS, WEIGH LESS" POSTERS

## PORTION POSTER SANDWICH – ENGLISH

CATALOG ITEM: PPS1-E  
QUANTITY LIMIT: 10



## PORTION POSTER SANDWICH – SPANISH

CATALOG ITEM: PPS1-S  
QUANTITY LIMIT: 10



## PORTION POSTER BREAKFAST – ENGLISH

CATALOG ITEM: PPB1-E  
QUANTITY LIMIT: 10



## PORTION POSTER BREAKFAST – SPANISH

CATALOG ITEM: PPB1-S  
QUANTITY LIMIT: 10



# PORTION POSTER PIZZA – ENGLISH

CATALOG ITEM: PPP1-E  
QUANTITY LIMIT: 10

**990 CALORIES**

**CHOOSE LESS. WEIGH LESS.**

**660 CALORIES**

**PORTION SIZE MATTERS.**  
2000 calories a day is all most adults need.

County of Los Angeles Public Health Choose Health LA

# PORTION POSTER PIZZA – SPANISH

CATALOG ITEM: PPP1-S  
QUANTITY LIMIT: 10

**990 CALORÍAS**

**ELIJA MENOS. PESE MENOS.**

**660 CALORÍAS**

**EL TAMAÑO DE LA PORCIÓN IMPORTA.**  
2000 calorías al día es lo que la mayoría de adultos necesitan.

Comunidad de Los Angeles Salud Pública Choose Health LA

# PORTION POSTER BURGER – ENGLISH

CATALOG ITEM: PPU1-E  
QUANTITY LIMIT: 10

**1250 CALORIES**

**CHOOSE LESS. WEIGH LESS.**

**680 CALORIES**

**PORTION SIZE MATTERS.**  
2000 calories a day is all most adults need.

County of Los Angeles Public Health Choose Health LA

# PORTION POSTER BURGER – SPANISH

CATALOG ITEM: PPU1-S  
QUANTITY LIMIT: 10

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Comunidad de Los Angeles Salud Pública Choose Health LA

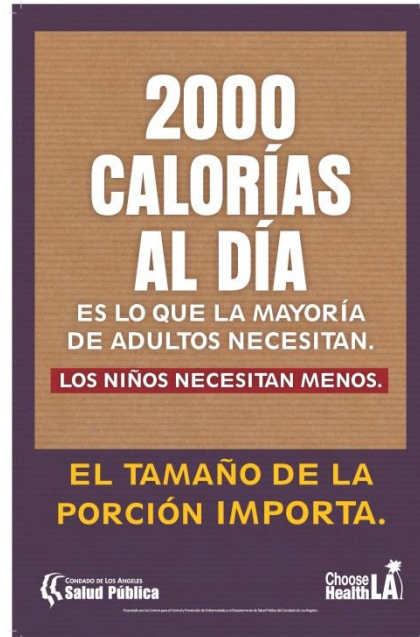
## PORTION POSTER CALORIES – ENGLISH

CATALOG ITEM: PPC1-E  
 QUANTITY LIMIT: 10



## PORTION POSTER CALORIES – SPANISH

CATALOG ITEM: PPC1-S  
 QUANTITY LIMIT: 10



## 5 x 9 “VISUALIZE YOUR PORTION SIZE” TRI-FOLD CARDS

Spanish only, Folds to 3 X 5

CATALOG ITEM: VTF1-S  
 QUANTITY LIMIT: 200  
**SPANISH FRONT**



**SPANISH INSIDE**





# 8 1/2 x 11 "SUGAR PACK" HEALTHY DRINK TIPS

CATALOG ITEM: SPHDT-E  
 QUANTITY LIMIT: 200  
 ENGLISH FRONT

**YOU WOULDN'T EAT 22 PACKS OF SUGAR. WHY ARE YOU DRINKING THEM?**

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers.

**CHOOSE HEALTHY LA.COM**

## ENGLISH BACK

**TIPS FOR HEALTHY DRINK CHOICES:**

- Choose water or low-calorie drinks instead of sugary drinks.
- Keep water stocked in your refrigerator and readily available for when you're thirsty. Carry a bottle with you and refill it throughout the day.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a few spoonfuls of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened drink, choose a smaller size. An 8-oz. soda contains about 100 calories.

**DID YOU KNOW?**

- A 20-ounce soda can contain 65 grams of sugar that's approximately 22 packets of sugar in just one bottle. All that added sugar can have serious health consequences. The extra calories in sugary drinks may lead to obesity, diabetes and heart disease.
- A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
- A typical 10-year-old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.
- Health experts recommend that we limit or eliminate sweetened beverages from our diet and replace sugar-sweetened drinks with water, unsweetened beverages and/or low-fat or non-fat milk.

**HEALTHY DRINK ALTERNATIVES:**

- WATERMELON DELIGHT:** Blend 1/2 cup cubed watermelon with 1/2 cup water, strain pulp, and add a lime slice.
- CITRUS LIGHT:** Cut up oranges, lemons, and cucumbers, place them in a pitcher of water for 2 hours, strain and serve.
- GRAPE SPARKLER:** Wash a handful of sweet grapes into a bowl, pour juice into a glass and fill to top with seltzer water.
- LITE LEMONADE:** Mix juice from 1 squeezed lemon with 1 cup water, then add a few drops of honey for sweetness. Try it with hot water on a cool day!
- WATERMELON LEMONADE:** Puree 4 cups cubed seedless watermelon with juice from 3 lemons and pour over ice.
- FRESH FRUIT COOLER:** Blend 1/2 cup ice, 3/4 cup sugar-free sparkling water, 1/3 cup melons or berries until slushy. Garnish with mint leaves or citrus slices.
- TROPICAL SMOOTHIE:** Blend melon chunks or peach slices with fat-free (skim) milk, crushed ice, and a touch of ginger or cinnamon until smooth.

**CHOOSE HEALTHY LA.COM**

CATALOG ITEM: SPHDT-S  
 QUANTITY LIMIT: 200  
 SPANISH FRONT

**USTED NO SE COMERÍA 22 PAQUETES DE AZÚCAR. ¿POR QUÉ SE LOS TOMA?\***

Calorías en exceso en bebidas cargadas de azúcar pueden causar obesidad, diabetes, enfermedades del corazón y algunos tipos de cáncer.

**CHOOSE HEALTHY LA.COM**

## SPANISH BACK

**CONSEJOS PARA TOMAR BEBIDAS SALUDABLES:**

- Elija agua o bebidas con pocas calorías en lugar de bebidas cargadas de azúcar.
- Mantenga agua almacenada en su refrigerador y fácilmente disponible para cuando usted tenga sed. Cargue una botella con agua y rellénela durante todo el día.
- Haga su agua más emocionante agregando rebanadas de limón, lima, pepino, o sandía, o tome agua mineral.
- Agregue un poquito de 100% de jugo de agua mineral para una bebida refrescante, baja en calorías.
- Cuando usted escoja una bebida cargada de azúcar, escoja el tamaño más pequeño de la bebida. Una soda de 8 onzas contiene cerca de 100 calorías.

**¿SABÍAS QUE?**

- Una soda de 20 onzas puede tener 65 gramos de azúcar. Eso es alrededor de 22 paquetes de azúcar en una sola botella. La azúcar agregada puede tener efectos graves para la salud. Las calorías agregadas en las bebidas cargadas de azúcar pueden llevar a la obesidad, la diabetes y enfermedades del corazón.
- La mayoría de los adultos tienen que caminar vigorosamente durante 46 minutos para quemar las calorías de una soda de 20 onzas.
- La mayoría de niños de 10 años de edad tienen que andar vigorosamente en una bicicleta durante 30 minutos para quemar las calorías de una soda de 12 onzas.

**ALTERNATIVAS PARA BEBIDAS SALUDABLES**

- DELICIA DE SANDÍA:** Mezcle 1/2 taza de sandía en pedazos con 1/2 taza de agua, cuele la pulpa, y agregue una rebanada de limón.
- CÍTRICO LIGERO:** Corte naranjas, limones, y pepinos, póngalos en una jarra de agua por 2 horas, cuele y sirva.
- UVA ESPUMOSA:** Muelle un puño de uvas dulces en un recipiente, sirva el jugo en un vaso y llénelo hasta arriba con agua mineral.
- LIMONADA LIGERA:** Mezcle el jugo de un limón exprimido con una taza de agua, luego agregue unos gotos de miel para endulzarlo.
- LIMONADA DE SANDÍA:** Agregue 4 tazas de pedazos de sandía sin semillas con jugo de 3 limones y echarlo sobre hielo.
- FRUTA FRESCA REFRESCANTE:** Mezcle 1/2 taza de hielo, 1/4 de taza de agua mineral sin azúcar, de taza de melones o bayas (frambuesas, cerezas, moras etc.) hasta que estén medio derretidas. Decore con hojas de menta o con una rebanada de fruta agria.
- BATIDO TROPICAL:** En una licuadora, haga puree trozos de melón o rebanadas de duraznos con leche sin grasa (descremada), hielo picado, y un toque de jengibre o canela hasta que esté suave.

**CHOOSE HEALTHY LA.COM**

# 24 x 36 "SUGAR PACK" POSTERS

CATALOG ITEM: SPP-E  
QUANTITY LIMIT: 10  
ENGLISH



**YOU WOULDN'T EAT 22  
PACKETS OF SUGAR. WHY ARE  
YOU DRINKING THEM?**

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers.

COUNTY OF LOS ANGELES  
**Public Health**

**Choose  
Health LA**

CATALOG ITEM: SPP-S  
QUANTITY LIMIT: 10  
SPANISH



**USTED NO SE COMERÍA  
22 PAQUETES DE AZÚCAR.\*  
¿POR QUÉ SE LOS TOMA?**

Calorías en exceso en bebidas cargadas de azúcar pueden causar obesidad, diabetes, enfermedades del corazón y algunos tipos de cáncer.

CONSEJO DE LOS ANGELES  
**Salud Pública**

**Choose  
Health LA**

# 11 x 17 "SALT SHOCKER" POSTERS (ENGLISH ONLY)

## SALT SHOCKER – SALAMI

CATALOG ITEM: SSPS-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount advised by most adults: 3400 mg

Daily sodium limit recommended for most adults: 1500 mg

Amount of sodium in 1 slice of salami (20% daily limit): 300 mg

CHOOSEHEALTHLA.COM

Public Health

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – KETCHUP

CATALOG ITEM: SSPK-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount advised by most adults: 3400 mg

Daily sodium limit recommended for most adults: 1500 mg

Amount of sodium in 3 ketchup packets (20% daily limit): 314 mg

CHOOSEHEALTHLA.COM

Public Health

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – COTTAGE CHEESE

CATALOG ITEM: SSPCC-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount advised by most adults: 3400 mg

Daily sodium limit recommended for most adults: 1500 mg

Amount of sodium in 1/2 cup cottage cheese (20% daily limit): 280 mg

CHOOSEHEALTHLA.COM

Public Health

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – BREAD

CATALOG ITEM: SSPB-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount advised by most adults: 3400 mg

Daily sodium limit recommended for most adults: 1500 mg

Amount of sodium in 2 slices of bread (20% daily limit): 280 mg

CHOOSEHEALTHLA.COM

Public Health

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

# SALT SHOCKER – GREEN BEANS

CATALOG ITEM: SSPGB-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels.  
Choose foods with less sodium.

Daily sodium intake advised by most adults: 2,300 mg

Daily sodium limit recommended by most adults: 1,500 mg

Amount of sodium in 1/2 cup of spaghetti: 275 mg

Daily sodium limit recommended by most adults: 1,500 mg

Amount of sodium in 1/2 cup of spaghetti: 275 mg

CHOOSEHEALTHLA.COM

Division of Public Health

Partners include: with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health



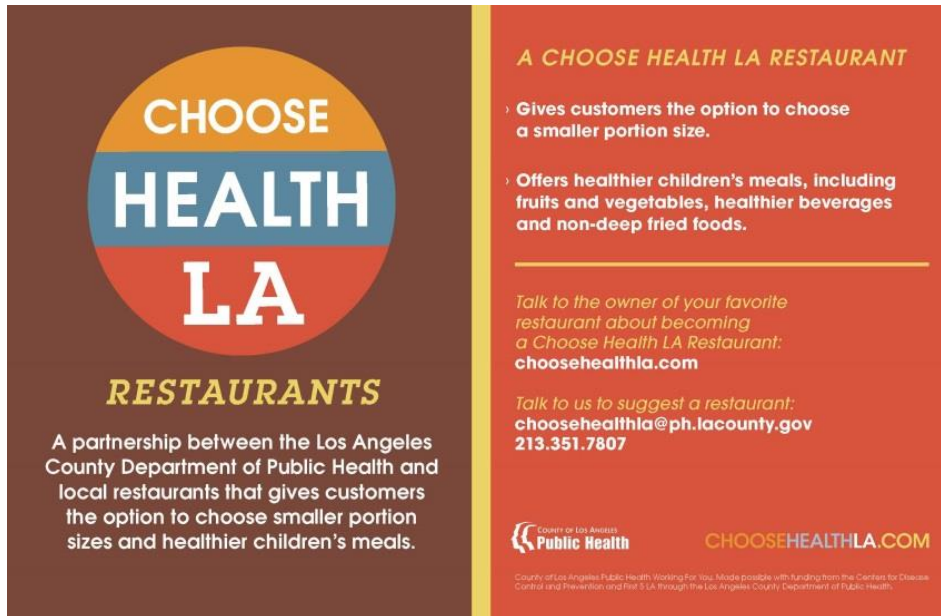
# 8 1/2 x 5 CHOOSE HEALTH LA RESTAURANT POSTCARD

Available in English/Spanish, English/Chinese and English/Korean

CATALOG ITEM: **CHLARP-ES**

QUANTITY LIMIT: 100

**ENGLISH FRONT**



The English front of the postcard features a circular logo on the left with the text "CHOOSE HEALTH LA" in white and yellow on a blue, orange, and red background. Below the logo, the word "RESTAURANTS" is written in yellow. The main text describes the partnership between the Los Angeles County Department of Public Health and local restaurants. On the right, a red background contains the heading "A CHOOSE HEALTH LA RESTAURANT" and two bullet points. At the bottom, there is contact information for becoming a restaurant and for suggesting one, along with the County of Los Angeles Public Health logo and the website "CHOOSEHEALTHLA.COM".

**CHOOSE HEALTH LA**

**RESTAURANTS**


A partnership between the Los Angeles County Department of Public Health and local restaurants that gives customers the option to choose smaller portion sizes and healthier children's meals.

**A CHOOSE HEALTH LA RESTAURANT**

- › Gives customers the option to choose a smaller portion size.
- › Offers healthier children's meals, including fruits and vegetables, healthier beverages and non-deep fried foods.

*Talk to the owner of your favorite restaurant about becoming a Choose Health LA Restaurant:*  
**choosehealthla.com**

*Talk to us to suggest a restaurant:*  
**choosehealthla@ph.lacounty.gov**  
**213.351.7807**

 **CHOOSEHEALTHLA.COM**

County of Los Angeles Public Health Working For You. Made possible with funding from the Centers for Disease Control and Prevention and Part 5 LA through the Los Angeles County Department of Public Health.

**SPANISH BACK**



The Spanish back of the postcard features the same circular logo as the English front. Below the logo, the word "RESTAURANTES" is written in yellow. The main text describes the collaboration between the Los Angeles County Department of Public Health and local restaurants. On the right, a red background contains the heading "UN RESTAURANTE DE CHOOSE HEALTH LA:" and two bullet points. At the bottom, there is contact information for becoming a restaurant and for suggesting one, along with the County of Los Angeles Public Health logo and the website "CHOOSEHEALTHLA.COM".

**CHOOSE HEALTH LA**

**RESTAURANTES**

Una colaboración entre el Departamento de Salud Pública del Condado de Los Angeles y restaurantes locales que ofrece a los clientes la opción de elegir porciones más pequeñas y comidas más saludables para niños.

**UN RESTAURANTE DE CHOOSE HEALTH LA:**

- › Ofrece a los clientes la opción de elegir una porción más pequeña
- › Ofrece comidas más saludables para niños, incluyendo frutas y verduras, bebidas más saludables y alimentos sin freír

*Hable con el dueño de su restaurante favorito de convertirse un restaurante de Choose Health LA:*  
**choosehealthla.com**

*Comuníquese para sugerir un restaurante:*  
**choosehealthla@ph.lacounty.gov**  
**213.351.7807**

 **CHOOSEHEALTHLA.COM**

El Departamento de Salud Pública del Condado de Los Angeles trabaja para usted, hecho posible con fondos de los Centros para el Control y la Prevención de Enfermedades y Part 5 LA a través del Departamento de Salud Pública del Condado de Los Angeles.

For **English/Chinese**, use CATALOG ITEM: **CHLARP-EC**

For **English/Korean**, use CATALOG ITEM: **CHLARP-EK**

# 11 x 17 "PORTION SIZE MATTERS" TIP SHEETS

Folds to 8 1/2 x 11; perforated center

## "PORTION SIZE MATTERS" TIP SHEET ENGLISH – FRONT

CATALOG ITEM: RFS1-E

QUANTITY LIMIT: 200

- When dining out
- When eating at home

Restaurants are partnering with the Los Angeles County Department of Public Health to bring healthier choices to communities. **The decal above means a restaurant offers:**

- smaller portion size options
- healthier children's meals

**PORTION SIZE** - the amount you eat and drink - plays an important role in your health.

Choosing smaller portion sizes can be a simple way to make a better choice and still enjoy your favorite foods.

Find a participating restaurant at [ChooseHealthLA.com](http://ChooseHealthLA.com)



## "PORTION SIZE MATTERS" TIP SHEET ENGLISH – INSIDE

### PORTION SIZE MATTERS WHEN DINING OUT



Portion sizes have been growing. So have we. The average restaurant meal today is more than four times larger than in the 1950s. And adults are, on average, 26 pounds heavier.

#### PLAN AHEAD WHEN DINING OUT

- If you know you're going out, **LOOK AT THE MENU ONLINE OR CHECK THE CALORIES ON THE MENU BOARD** so you can make healthier choices.
- Look for this **CHOOSE HEALTH LA RESTAURANTS DECAL** to find restaurants offering smaller portion sizes and healthier children's meals or go to [ChooseHealthLA.com](http://ChooseHealthLA.com) for a list of participating restaurants.
- If you get a full-size entrée, **BOX UP HALF BEFORE YOU START EATING**.

### PORTION SIZE MATTERS WHEN EATING AT HOME

- DISH UP SINGLE PORTIONS.** To minimize the temptation of second and third helpings when eating at home, dish up single portions on individual plates, and keep the serving dishes off the table.
- DOWNSIZE TO 10-INCH PLATES.** Using a 10-inch plate - versus a 12-inch plate or larger - can help you eat smaller portions.
- READ NUTRITION LABELS.** Pay attention to the "Serving Size" and "Servings Per Container" on the nutrition facts label. Even small packages of foods can contain multiple servings, and the calories listed are often based on a serving size much smaller than you would actually consume.
- AVOID MINDLESS MUNCHING IN FRONT OF THE TV.** Place a snack-size amount of food into a bowl or container, and leave the rest of the package out of sight.
- CHOOSE NUTRITIOUS OPTIONS WHEN SELECTING A SNACK BETWEEN MEALS.** Eating a piece of fruit, a small salad or a small handful of nuts between meals can help prevent overeating during mealtimes.
- LEAVE THE "CLEAN PLATE" CLUB.** Most of us eat everything we're served, no matter how big the portion. Dish up a smaller portion, and leave leftovers for the next meal.



SERVE FOOD ON A SMALLER PLATE



SNACK OUT OF A DISH, NOT THE WHOLE PACKAGE



SAVE HALF FOR LATER

**SOURCES**  
 1) Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity and Obesity, How to Avoid Portion Size Pitfalls to Help Manage Your Weight. [http://www.cdc.gov/healthweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthweight/healthy_eating/portion_size.html); 2) National Heart, Lung and Blood Institute, Portion Distortion and Serving Size. <http://www.nhlbi.nih.gov/health/health-topics/deep-dives/portion-distortion>; 3) Brandt L, Robinson D, Chomazang C, et al. Fast-food consumption among US adults and children: Dietary and nutrient intake profile. *J Am Diet Assoc* 2003;103(10):132-138.  
 4) Heron C, and Popkin B. (2015). Food portion problems and obesity among U.S. children and the relationship to their eating occasions. *PLoS ONE*, 10(12), e0182000. <https://doi.org/10.1371/journal.pone.0182000>  
 5) Young L, & Nestle M. (2002). The contribution of expanding portions to the US obesity epidemic. *APPL PHYSIOL*, 94(4), 71-76.  
 6) Young L, & Nestle M. (2002). The contribution of expanding portions to the US obesity epidemic. *APPL PHYSIOL*, 94(4), 71-76.  
 7) CDC, National Health Statistics Report, No. 19, Oct. 22, 2004.

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# 4 x 6 CHOOSE HEALTH LA FARMERS' MARKET POSTCARD

CATALOG ITEM: CHLAFM-ES

QUANTITY LIMIT: 50

ENGLISH FRONT



**USE CALFRESH EBT AT THE FARMERS' MARKET**

Find a farmers' market near you: [dpss.lacounty.gov/dpss/calfresh](http://dpss.lacounty.gov/dpss/calfresh)  
<http://ecologycenter.org/fmfinder>

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

SPANISH BACK



**USE SU TARJETA DE EBT CALFRESH EN LOS MERCADOS DE AGRICULTORES**

Encuentre su mercado de agricultores más cercano: [dpss.lacounty.gov/dpss/calfresh](http://dpss.lacounty.gov/dpss/calfresh)  
<http://ecologycenter.org/fmfinder>

Financiado por los Centros para el Control y la Prevención de Enfermedades a través del Departamento de Salud Pública del Condado de Los Angeles.



## **CHOOSE HEALTH LA DVD**

Information and public service announcements on eating healthy, moving more and living tobacco free in LA County

(Please note that the content on both versions is the same)

### **LOOP**

Plays continuously – best for use in clinical and other community settings with ongoing programming

CATALOG ITEM: **CHLADVD-L**

LIMIT: 1

**ENGLISH**



CATALOG ITEM: **CHLADVDS-L**

LIMIT: 1

**SPANISH**



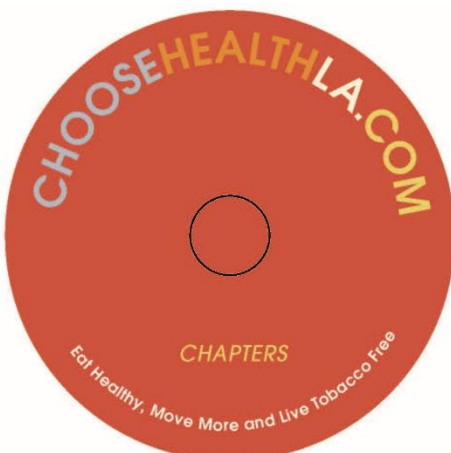
### **CHAPTERS**

Chapters on Sugar-Sweetened Beverages, Sodium Reduction, Portion Control, Safe Places, Tobacco Control

CATALOG ITEM: **CHLADVD-CH**

LIMIT: 1

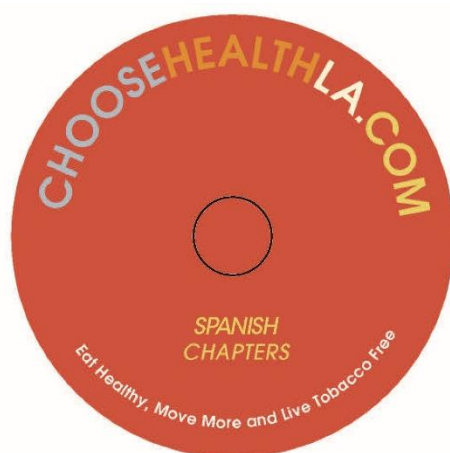
**ENGLISH**



CATALOG ITEM: **CHLADVDS-CH**

LIMIT: 1

**SPANISH**





# "HEALTHY LIVING"/"VIDA SALUDABLE" BINGO GAME FOR KIDS

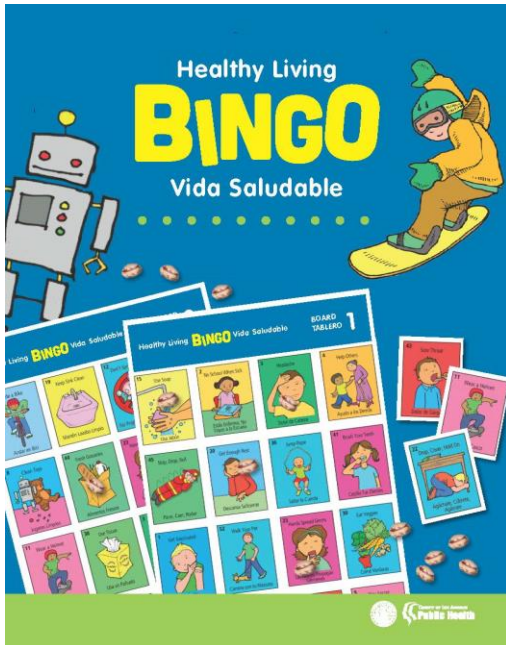
Children's bilingual bingo booklet for up to 7 players with tear-out game boards and playing cards.

CATALOG ITEM: HLB

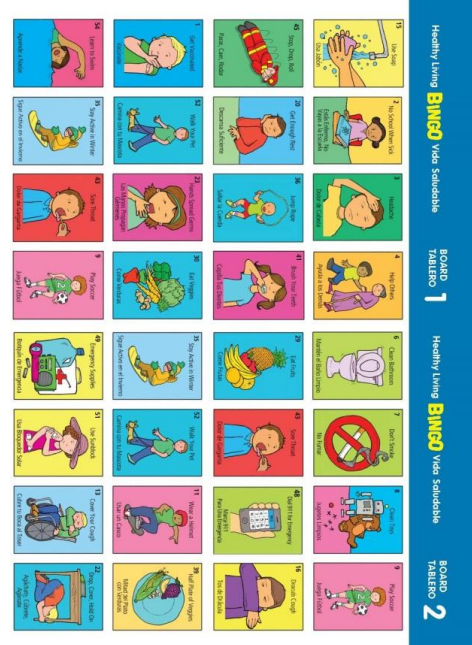
Limit: 5

**ENGLISH/SPANISH**

## COVER



## INSIDE (GAME BOARD)



## 4 in. "I CHOOSE HEALTH" STICKERS

CATALOG ITEM: CHLASTK-AP

Limit: 25



CATALOG ITEM: CHLASTK-FR

Limit: 25



# 11 x 17 "BREAK UP WITH TOBACCO" POSTERS

CATALOG ITEM: BUTP-PU  
QUANTITY LIMIT: 10



CATALOG ITEM: BUTP-GR  
QUANTITY LIMIT: 10



CATALOG ITEM: BUTP-YE  
QUANTITY LIMIT: 10



CATALOG ITEM: BUTP-OR  
QUANTITY LIMIT: 10



CATALOG ITEM: BUTP-PK  
QUANTITY LIMIT: 10

