SS08

Date _____

Name _____

Address _____

Please include 911 street address if your order contains food, appliances, personal care, household products, etc.

City _____

State _____ Zip _____

Daytime Phone _____

Phone number is important as we may have a question about your order.

Please do not rent or exchange my name. ☐

If gift, send to:

Name _____

Address _____

City _____

State _____ Zip _____

Would you like to add some friends to our mailing list?

Name _____

Address _____

City _____

State _____ Zip _____

Shipping is based on delivery to a single address in the continental US only. For orders shipped to more than one address, please figure shipping for each additional address. For shipment to Alaska, Hawaii, Canada, APO, FPO, and locations outside the continental US, please call for rates.

All orders are normally shipped within 5 days. (Allow 2-4 weeks for delivery). In the event of any undue delay, you will be informed. Some weights are approximate. We make every effort to ensure that all information in the catalog is accurate. Occasionally, however, a typographical error may occur. All prices in US dollars.

Item #	Item Name	Qty	@ Price	Total

SHIPPING & HANDLING

Expedited Service

To get your order more quickly, take advantage of our expedited service. Your order will be shipped out by the next business day. Please add $2 to your shipping charge. If you normally receive mail at a PO box, be sure to include your street address, as well.

Shipping & handling charges for

continental US only

Up to $20 . . . . . .$ 7.95
$20.01-$30 . . . .$ 12.50
$30.01-$60 . . . . .$14.95
$60.01-$80 . . . . .$18.95
$80.01-$110 . . . .$21.95
$110.01-$160 . . .$24.95
$160,01-$200 . . .$25.95
over $200 . . . . . .$27.95

SUBTOTAL	
Shipping & Handling	
Expedited Service: add $2	
Tenn.residents only: state tax 9.5%	
Shipping to additional addresses	
Credit from previous orders	
ORDER TOTAL	

Send Check or Money Order Payable to: The Mail Order Catalog (Sorry, no C.O. D.s)

We reserve the right to hold large orders paid by personal check for 2 weeks to allow your check to clear. Please pay by certified check, money order, or credit card to avoid delay in shipment.

VISA ☐ **MasterCard** ☐ **Discover** ☐ **Am Express** ☐

_____ **Print name exactly as it appears on card**

_____ **Expiration Date**

Credit Card Account Number

_____ **Daytime Phone Number**

The Mail Order Catalog
PO Box 180
Summertown, TN 38483
1-800-695-2241

931-964-2241 fax 931-964-2291
info@healthy-eating.com
www.healthy-eating.com

Toll-free Ordering
- 24 hours -
7 Days a Week

Customer Service
9 AM-6 PM CST

(Our 800 service is now available to customers in Alaska, Hawaii, Puerto Rico and the US Virgin Islands)

You may place your order 24 hours a day by calling 1-800-695-2241. Our office is staffed Monday thru Friday from 9 am to 6 pm Central time. If you would like to talk to one of our sales people, please call at that time.

After office hours, you may leave your order on our answering machine. Please have the following information ready:

- **Name, address, and daytime phone number**
- **Your customer number (found on the catalog label above your name)**
- **What you would like to order**
- **Your credit card number and expiration date**

Low Sodium Information

In keeping with USDA guidelines, we label multi-ingredient foods that contain 140 mg or less of sodium per serving with the designation "LS" for "low sodium."

Need more nutritional information?

We are in the process of adding detailed nutritional information to our web site on many of our food products. If we have the information online, there will be a link from where the product description is listed.

www. healthy-eating.com

Our staff members are vegetarians; the products in this catalog are things we eat in our own homes. We feel that eating a vegetarian diet is one of the most important things you can do to ensure good health. Each one of us has different nutritional needs and personal food preferences, so we offer a variety of products from which you may chose. These products will range from organic, unprocessed foods to foods that are processed to taste and look like meat. If you have food allergies or sensitivities, a low tolerance for sodium, or other nutritional concerns, please ask our customer service representatives about which products will suit your needs.

Would you like to receive our Native American catalog?

Native Voices is our Native American book and music catalog, featuring titles on history, culture, crafts, herbology, legends, children's books, music, and selected merchandise.

Please send me Native Voices ☐

Name _____

Cust. Number (above your name on mailing label) _____

Ordering Information

Book Publishing Company Titles

We carry the complete line of books offered by Book Publishing Company. For your convenience these titles are indicated by the symbol above.

New Products

You can easily pick out products we have added to this catalog by looking for these symbols.

NEW!

NEW

Prices and Availability

We guarantee the prices listed in this catalog through August 2008. We make every effort to insure we'll have all our books in stock through that date, but books often go out of print without notice.

Shipping Charges

Our shipping charge also includes handling costs for packing and packaging. We offer a maximum shipping and handling charge of $27.95 on any orders over $200. Also, if you would like your order to receive priority attention (and a faster delivery time), please add $2 to your order.

Returns Policy

Appliances, juicers, sprouters: 100% of product cost refunded if returned unused with all packing materials and paperwork within 30 days. 85% of product cost refunded if used (got wet) and returned within 30 days with all packing materials and paperwork.

Food and books: Unopened food packages and containers and all books may be returned within 30 days of receipt for a refund or credit on the cost of merchandise only. New books must be returned in good condition—no cracked spines or bent covers. There is a $100 return limit per invoice on book purchases.

Unless you are usually home during the day, we encourage you to give us a work address for delivery of food shipments. Many orders are sent out for delivery without requiring a signature, including our frozen shipments. If this is the case, we cannot be responsible for damage or loss occurring to shipments after they are delivered to your door. You may contact us for options for delivery requiring a signature.

Ordering By Phone

You may place your order 24 hours a day by calling 1-800-695-2241. Our offices will be staffed from 9 am until 6 pm Central time to answer your questions.