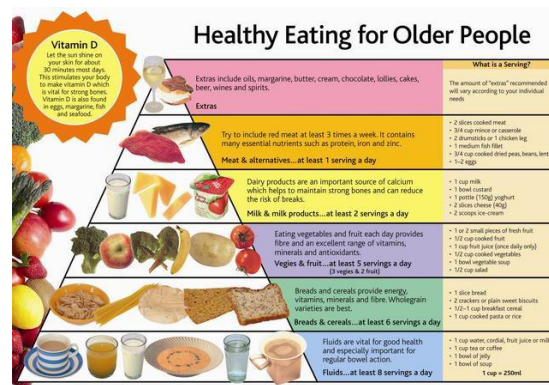


Nutrition Information For Older People

Series of 9 leaflets

The Nutrition Information For Older People series was produced in 2005 in response to an identified need for nutrition resources targeting specifically at community-living older people.

The series comprises of 9 leaflets covering nutrition topics relevant to older people including healthy eating, shopping and meal preparation, gaining weight, bone and bowel health, and overcoming a poor appetite.



Leaflets are free to those within the Canterbury District Health Board service area but available to those outside this area for a small charge.

To place an order and enquire about postage, please contact:
Sue Burgess, Resource Co-ordinator
Community and Public Health
PO Box 1475, CHRISTCHURCH
Phone (03) 3786 721 Fax (03) 3796 125
sue.burgess@cdhb.govt.nz

Leaflet Title	Price/Leaflet (including GST)	Quantity Ordered	Price
Healthy Eating For Older People	0.74		
Are You Drinking Enough?	0.74		
How to Overcome a Poor Appetite	0.74		
Fibre and Fluid For Healthy Bowels	0.74		
Quick Easy Meals	0.74		
How to Eat More Vegetables & Fruit	0.74		
Shopping And Cooking For One	1.12		
How To Gain Weight	1.12		
How to Look After Your Bones	1.12		
Postage and Packaging			\$.
Total Price			\$.

Payment Method

Cheque enclosed made out to Community and Public Health

Send to: Name:.....

Address:.....

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