

# Cooking for Older People

## Recipe book order form

This 65-page recipe book is for older people who are cooking for one or two people. The recipes use readily available ingredients and are quick and easy to prepare as well as nutritious and delicious.

This book accompanies a series of leaflets on a range of nutrition topics.

### Developed for:

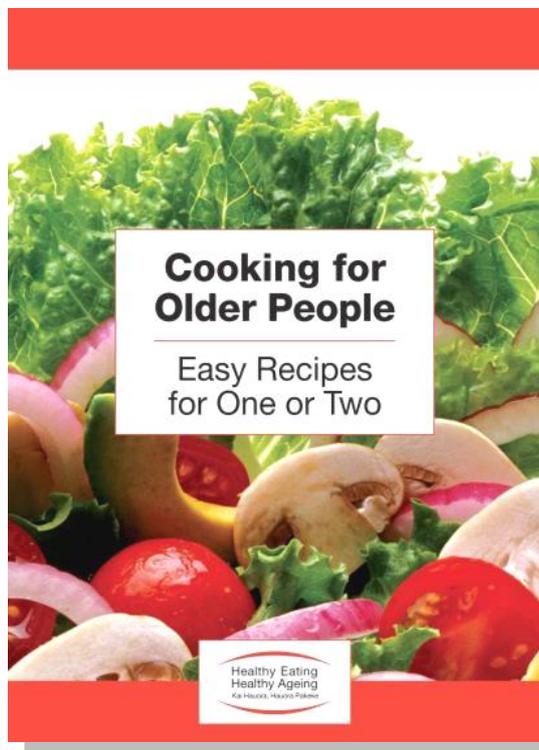
- Older people wanting to eat well and enjoy life to the full.

### Suitable for:

- Health professionals working with older people - GPs, Practice Nurses, Dietitians etc.
- Agencies and associations working with older people eg: Age Concern
- Older people wanting new and nutritious recipe ideas for 1-2 people

### Includes:

- Useful tips on cooking
- Info on healthy eating for older people
- Food safety tips
- A selection of recipes for 1 or 2 people



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### To place an order please contact:

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\$10.00 per copy (including GST)

plus packaging and postage (\$2.00 for 1-5 copies, \$5.00 for 6-10 copies, \$10.00 over 10 copies)

Item	Quantity	Price	Postage	Total
Cooking for Older People		\$10.00		

### Payment Method

- Cheque** enclosed made out to Canterbury District Health Board

### Delivery details

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