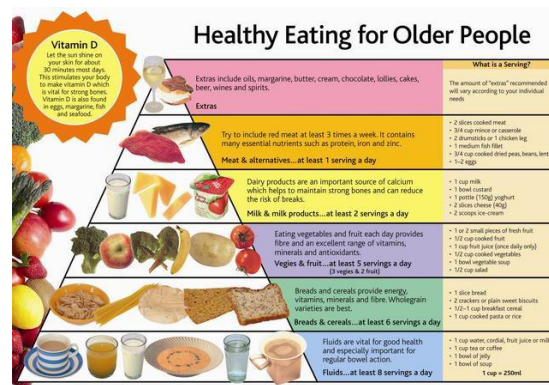


# Nutrition Information For Older People

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 for example fibre and fluid, healthy eating, quick easy meals, shopping and cooking for one, how to gain weight and overcome a poor appetite.



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

**To place an order, contact:**  
**Sue Burgess, Resources Co-ordinator**  
**Community and Public Health**  
**PO Box 1475, CHRISTCHURCH**  
**Phone (03) 378 6721 DDI Fax (03) 3796 125**  
[sue.burgess@cdhb.health.nz](mailto:sue.burgess@cdhb.health.nz)

Leaflet Title	Price / Leaflet (including gst)	Quantity Ordered	Price
Healthy Eating For Older People	0.65		
Are You Drinking Enough?	1.00		
Quick Easy Meals	1.00		
Fibre and Fluids for a Healthy Bowel	1.00		
How to Eat More Fruit and Vegetables	1.00		
Shopping And Cooking For One	1.80		
How To Gain Weight	1.20		
How to Look After Your Bones	1.20		
How to Overcome a Poor Appetite	1.20		
<b>Postage and Packaging *</b>			<b>\$ .</b>
<b>Total Price</b>			<b>\$ .</b>

\* Postage and packaging cost is dependent on the quantity ordered. Contact the Resource Coordinator for details.

**Payment Method**

Cheque enclosed made out to Community and Public Health

**Send to:** Name:.....

Address:.....

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