

Cooking for Older People

Recipe Book

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:

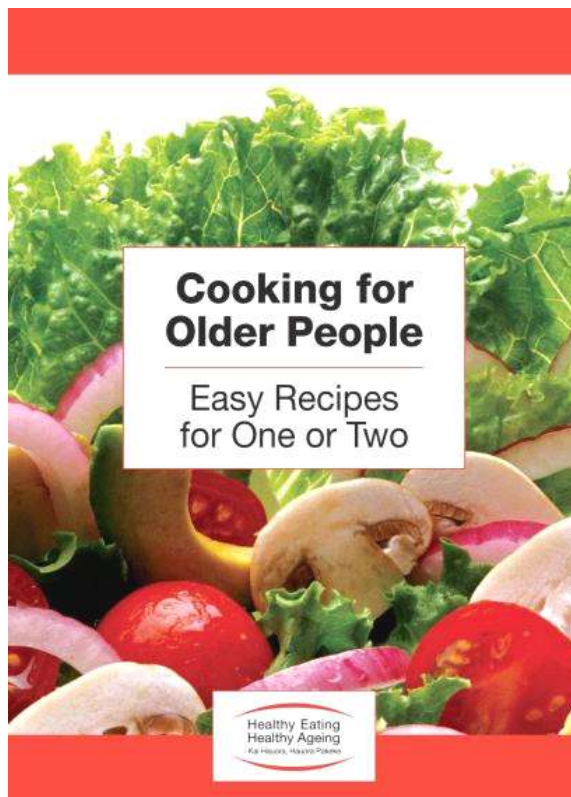
- Older people wanting to eat well and enjoy life to the full.

Suitable for:

- Health professionals working with older people - General Practitioners, Practice Nurses and 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
- Information on healthy eating for older people
- Food safety tips
- A selection of recipes for 1 or 2 people



\$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)

To place an order contact:
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Nutrition and Physical Activity Team
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