

# Cooking for Older People

## Recipe Book and DVD

This 65-page recipe book and CTV Healthy Eating DVD are 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:**

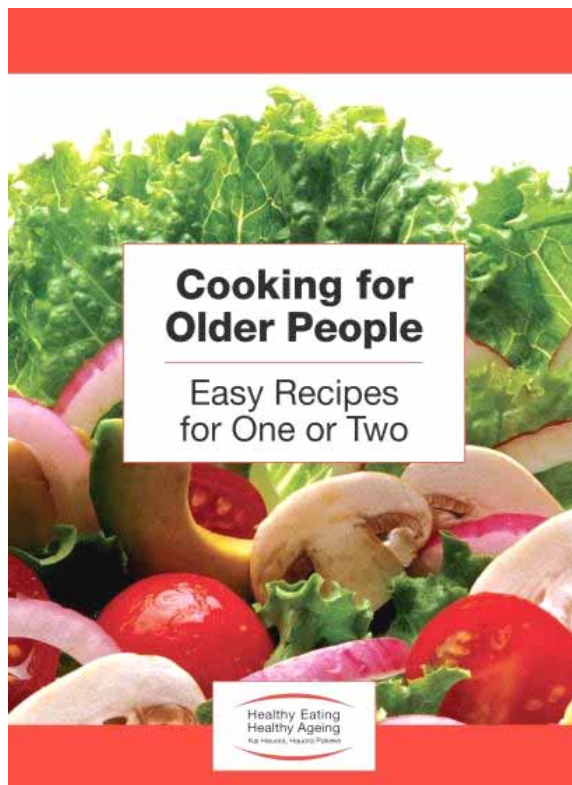
- Older people wanting to eat well and enjoy life to the full.

**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 please contact:**

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Item	Quantity	Price	Postage	Total
Cooking for Older People		\$10.00 (\$7.50 if order more than 10)		
Cooking for Older People DVD		\$25 with cookbook		

**Payment Method**

- Cheque enclosed made out to Community and Public Health

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**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

Nutrition and Physical Activity  
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