

WHY THE FUSS?

The three food baskets

*A close up look at...
FAT & SUGAR in our food*



Information & Order Form

The brightly coloured *Why the Fuss?* flipchart and CD has been updated.

It uses pictures of real food and presents healthy alternatives to commonly eaten foods that are high in fat and/or sugar.

It is very visual and easy to use. Graphic teaspoon indicate the fat and sugar content of the foods.

To enable you to quickly access accurate information the flipchart includes teaching notes and key message prompts printed on the back of the flipchart.

The kit comes in a handy carry pouch and contains an A3 flipchart and a CD with a PDF version of the resource that can be displayed on a computer or with a data projector.

The resource is suitable for a general population and can be used by:

- Parent groups
- Marae groups
- Schools
- Community
- Church Groups
- Sports Teams
- People with limited literacy

Training on how to use the resource can be provided by the Northland District Health Board Public Health Unit Dietitian.

Name:

Business:

Courier Address:

Phone:

Mobile:

I want to order (please indicate quantity)

A3 Flipchart, CD and carry case

@ \$75 +GST (orders within Northland)

@ \$90 +GST (orders outside of Northland)

A4 flipchart (only)

@ \$45 +GST (orders within Northland)

@ \$60 +GST (orders outside of Northland)

Please see our order number below.

Please see cheque enclosed

Please make cheque payable to Northland District Health Board and post to:

Why the Fuss Resource Kit, Public Health Dietitian, PO Box 742, Whangarei

