

Seniors Eating Well Snippets in Canterbury

Resources order form

To place an order please contact:

Sue Burgess, Resources Co-ordinator

Community and Public Health

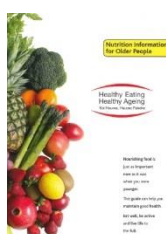
PO Box 1475, CHRISTCHURCH

Phone (03) 378 6721

Fax (03) 379 6125

sue.burgess@cdhb.health.nz

Leaflet Title	Code	Quantity Ordered
Healthy Eating For Older People	NUT0128	
Are You Drinking Enough?	NUT0129	
How to eat More Fruit & Vegetables	NUT0138	
How To Gain Weight	NUT0134	
How to Overcome a Poor Appetite	NUT0131	
Quick Easy Meals	NUT0132	
Shopping and Cooking for One	NUT0133	



NUT0128



NUT0129



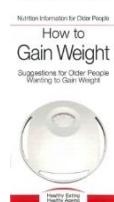
NUT0131



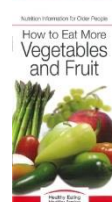
NUT0132



NUT0133



NUT0134



NUT0138

Please allow at least 5 days for delivery. You can also order online: www.cph.co.nz

Delivery details

Name: _____

Address: _____