

RESOURCE ORDER FORM – CD ROM

Dietary Guidelines for Children & Adolescents Display Kit



Print out in colour, laminate and make your own display. Alternatively can be used as a PowerPoint presentation. The Display Kit offers visual information about:

- The Dietary Guidelines for Children and Adolescents
- Ideas for providing foods and snacks that meet the Dietary Guidelines.

The display kit is a great visual addition to any parent display being held at your childcare centre, playgroup, community health centre, school or library. This is what it will look like once you print it out and set it up.

The Great Lunchbox Dilemma Display Kit



Print out in colour, laminate and make your own display. Alternatively can be used as a PowerPoint presentation. The Display Kit offers visual information about:

- A range of great lunchbox ideas
- Cost comparison of some common lunchbox foods
- Great alternatives to chips
- Tips to make lunchboxes interesting.

The display kit is a great visual addition to any parent display being held at your childcare centre, playgroup, community health centre, school or library. This is what it will look like once you print it out and set it up.

Healthy Snacks for Children Display Kit



Print out in colour, laminate and make your own display. Alternatively can be used as a PowerPoint presentation. The Display Kit offers visual information about:

- Snack ideas from the five food groups
- How to make snack time fun
- The nutritional content of a variety of common snack foods.

The display kit is a great visual addition to any parent display being held at your childcare centre, playgroup, community health centre, school or library. This is what it will look like once you print it out and set it up.

5 Lunchbox Ideas Display Kit



Print out in colour, laminate and make your own display. Alternatively can be used as a PowerPoint presentation. The Display Kit offers visual information about:

- 5 great lunchbox ideas based on everyday foods from the five food groups.

The display kit is a great visual addition to any parent display being held at your childcare centre, playgroup, community health centre, school or library. This is what it will look like once you print it out and set it up.

Think Before You Drink Display Kit



Print out in colour, laminate and make your own display. Alternatively can be used as a PowerPoint presentation. This Display Kit offers visual information about:

- Encouraging water and milk as the main drink choice for children
- Comparison of the sugar content of a range of common sweet drinks.

The display kit is a great visual addition to any parent display being held at your childcare centre, playgroup, community health centre, school or library. This is what it will look like once you print it out and set it up.

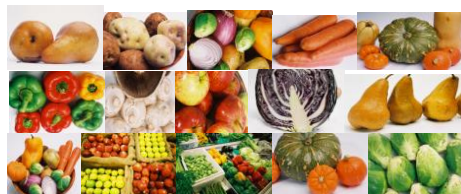
Newsletter Snippets on Children's Nutrition

This CD contains short snippets on a range of nutrition issues that can be included in newsletters and other publications produced by childcare services. For example;

- General healthy eating
- Food refusal and fussy eating
- Snack ideas
- Lunchbox ideas and food safety

The snippets have been created as basic Word files that can easily be cut and pasted into newsletters.

Eat Well Tasmania Fruit and Vegies Images



Use these great images in your publications, resources, posters and newsletters. This CD provides attractive pictures of fruit and vegetables that you can cut and paste as needed.

These pictures can be cut and pasted into your own newsletters.

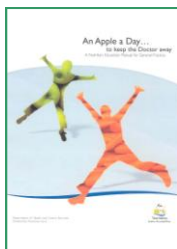
Tuckertalk: A Family Nutrition Education Manual CD of Handouts



The Tuckertalk: A Family Nutrition Education Manual provides information on a range of nutrition issues for children and families. This CD contains a range of handouts that can be photocopied for families, and includes information on:

- Nutritional needs during pregnancy
- Breastfeeding
- Introducing solids and fussy eating
- Food safety
- Label reading
- Breakfast, lunch, snack and drink ideas for children
- And much more ...

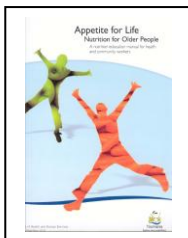
It Takes More Than An Apple A Day Manual CD of Handouts



The It Takes More Than An Apple A Day Manual provides nutrition information relevant for the prevention and management of chronic conditions. This CD contains a range of handouts that can be photocopied for individuals, and includes information on:

- General nutrition e.g. food safety, label reading, recipe modification, increasing fluid intake and much more.
- Cardiovascular disease
- Weight issues
- Diabetes

Appetite For Life: Nutrition For Older People Manual CD of Handouts



The Appetite For Life: Nutrition For Older People Manual provides information on a range of nutrition issues for older people. This CD contains a range of handouts that can be photocopied for individuals, carers or families, and includes information on:

- General nutrition
- Practical food ideas
- Type 2 Diabetes
- Heart disease
- Nourishing ideas
- Gastrointestinal issues
- Other issues e.g. osteoporosis, eating well with dementia, high iron foods and much more.

ORDER FORM – CD ROM



I copy of CD ROM resources are free to organisations and individuals within Tasmania.

For multiple copies within Tasmania or interstate orders:

Product	Quantity	Price per CD	Total
Dietary Guidelines for Children & Adolescents	X	\$22.00	\$
The Great Lunchbox Dilemma	X	\$22.00	\$
Healthy Snacks for Children	X	\$22.00	\$
5 Lunchbox Ideas	X	\$22.00	\$
Think Before You Drink	X	\$22.00	\$
Newsletter Snippets on Children's Nutrition	X	\$22.00	\$
Eat Well Tasmania Fruit and Vegie Images	X	\$22.00	\$
Tuckertalk: CD of Handouts	X	\$22.00	\$
Apple A Day: CD of Handouts	X	\$22.00	\$
Appetite For Life: CD of Handouts	X	\$22.00	\$
Appetite For Life: CD of Manual including Handouts	X	\$22.00	\$
NB: a discount will apply for orders of 10 or more - \$16.50 per CD.			\$

Name.....

Organisation.....

Delivery

Address.....**Postcode**.....

Phone () **Fax** ()

Email

Please return completed order form by fax or mail to:

Community Nutrition Unit | DHHS

Level 2/25 Argyle Street, HOBART TAS 7000

Ph: 03 6222 7222 Fax: 03 6222 7252

Email: community.nutrition@dhhs.tas.gov.au

An invoice will be included when your order is sent to you. Please pay on receipt of invoice. The Invoice will be made out to your organisation unless specified otherwise.