

I'm having a rainbow for dinner Order Form

Food Foundations • an NAQ Nutrition program

'*I'm having a rainbow for dinner*' is a storybook developed for young children that promote fruits and vegetables through story time with parents.

Available for purchase for \$14 plus postage and handling



'*I'm having a rainbow for dinner*' is based on two colourful characters: Kate a young girl and Josh a superhero. It provides both parents and children with messages about the nutritional advantages of fruit and vegetables. It is an adventure story where Kate needs to try different coloured fruit and vegetables to help the rainbow get its colours back, which in turn helps Josh (the superhero) to once again become strong and run, jump and fly!

The book includes educational activities promoting healthy eating messages for parents to do with their children and recipes for parents for families to cook at home. The recipes include Vegetable Pikelets, Rainbow Slice and Fruit and Yoghurt Ice blocks and are all healthy, economical and easy to prepare.

**Please complete the form on the following page and email to info@naqlld.org
or fax to (07) 3257 4616. For more information please phone (07) 3257 4393**

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Order Form

Name: _____

Postal Address: _____

Contact Telephone: _____

Email: _____

Option	Quantity	Total \$
'I'm Having A Rainbow for Dinner' storybook (\$14)		
Postage & Handling		
Option One: Australia Post 1 - 2 copies: postage and handling of \$6.95 3 - 10 copies: postage and handling \$14 + GST 11 - 20 copies: postage and handling \$17 + GST		
Option Two: Courier delivery Brisbane Metro: \$11 Gold Coast, Sunshine Coast and Ipswich: \$15.40 All other areas phone NAQ Nutrition on 07 3257 4393 to find out pricing Courier delivery option is not available for PO Boxes		
TOTAL		

Payment Details (please tick):

- Money Order
- Cheque
- Credit Card Visa/Mastercard/Bankcard (Please circle)+

Credit Card Number: _ _ _ _ _ _ _ _ _ _

Expiry date: _ / _ / _

Signature: _____

- Direct Debit (details on right)

Account Name:	Nutrition Australia Qld
BSB:	114 879
Account No:	429886676
NB: If you choose this option, your name MUST be used as a reference. Please advise NAQ Nutrition of the direct deposit via email – info@naqld.org.	