

ACNAS • another NAQ Nutrition program

'Nourishing Nibbles' is a cookbook developed for carers and cooks to help them gain inspiration for preparing nourishing finger food meals and snacks to support better health and wellbeing for people living with dementia.

**Available for purchase for \$25 plus postage and handling**



'Nourishing Nibbles' provides:

- Nutrition information and guidance for carers and cooks to confidently offer finger foods for breakfast, lunch, dinner, mid-meals and desserts.
- Recipes for breakfast, lunch, dinner, mid-meals and desserts along with the nutrient profile for each recipe.

This information can be used to guide your choice of recipe for individuals who may have higher or lower protein, energy or fibre requirements.



**To order, please complete the form on the following page and email to [info@naqld.org](mailto:info@naqld.org) or fax to (07) 3257 4616. For more information, phone (07) 3257 4393.**

## Order Form

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Option	Quantity	Total \$
'Nourishing Nibbles' Cookbook (\$25)		
<b>Postage &amp; Handling (*Postage prices are estimates only, please contact us for pricing)</b>		
<b>Option One:</b> Australia Post 1 - 2 copies: postage and handling of <b>\$6.95</b> 3 - 10 copies: postage and handling <b>\$14 + GST</b> 11 – 20 copies: postage and handling <b>\$17 + GST</b>		
<b>Option Two:</b> Courier delivery Brisbane Metro: <b>\$11</b> Gold Coast, Sunshine Coast and Ipswich: <b>\$15.40</b> All other areas phone NAQ Nutrition on 07 3257 4393 to find out pricing Courier delivery option is not available for PO Boxes		
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<b>NB:</b> If you choose this option, your name <b>MUST</b> be used as a reference. Please advise NAQ Nutrition of the direct deposit via email – info@naqld.org.	