

Order Form for GM Nutrition and Hydration Resources

Please email this form to carmelberke@ageuksalford.org.uk by the 21st of September 2020.

You can view and download all our resources at:

<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources/>

Your organisation and postal address:

Product	Description	Quantity required and intended use
<p>A5 Leaflet</p> 	<p>Leaflet on how to spot signs of weight loss and stay well hydrated. Suitable for general public for awareness raising.</p>	
<p>A5 Booklet: Eat, Drink, Live Well</p> 	<p>A booklet designed for those who need to put weight on featuring food first advice and tips on how to increase food intake when appetite is low.</p>	
<p>A5 Booklet: Food Fortification Recipes</p> 	<p>A booklet designed for those who need to put weight on and provides easy to make nourishing and high calorie foods and drinks.</p>	
<p>Paperweight Armband ©</p> 	<p>An armband which wraps around the person's middle upper arm and if loose, can indicate an increased risk of malnutrition. Single use.</p>	
<p>A5 Booklet: Staple Cupboard Recipes</p> 	<p>A booklet featuring recipes using staple cupboard foods. Suitable for the general public.</p>	

<p>A4 booklet: Eating and Drinking Well With Dementia</p> 	<p>A guide for carers, family and friends to help someone who is suffering from dementia to eat and drink well.</p>	
<p>A5 Booklet: Meal and snack ideas from different cultures</p> 	<p>A booklet featuring nourishing and high calorie foods from different cultures, designed for those who need to put weight on.</p>	
<p>Posters: Hydration promotion Good nutrition awareness</p> 	<p>2 x A4 posters which can be displayed to raise awareness of good nutrition and hydration</p>	
<p>Posters: Care home kitchens</p>	<p>2 x A4 posters with guidance on food fortification and snack ideas for care home kitchens</p>	
<p>Coasters: Promoting good hydration</p> 	<p>Drinks coasters with prompts to start conversations about good hydration</p>	
<p>Banner (limited supply)</p>	<p>Large banner to be displayed in waiting room or public space to raise awareness of good nutrition.</p>	

You can also order:

- Social Media Pack
- 5-minute guide to good nutrition and hydration
- Self-screening tool <https://www.malnutritionselfscreening.org/self-screening.html>