

# Cooking for Older People

## Recipe Book

This 65-page recipe book is for older people who are cooking for one or two people. The recipes use readily available ingredients and are quick and easy to prepare as well as nutritious and delicious. This book accompanies a series of leaflets on a range of nutrition topics.

**Developed for:**

- Older people wanting to eat well and enjoy life to the full.

**Suitable for:**

- Health professionals working with older people - General Practitioners, Practice Nurses and Dietitians, etc.
- Agencies and associations working with older people eg: Age Concern
- Older people wanting new and nutritious recipe ideas for 1-2 people

**Includes:**

- Useful tips on cooking
- Information on healthy eating for older people
- Food safety tips
- A selection of recipes for 1 or 2 people



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plus packaging and postage  
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