

## Living Strong Resource Order Form – November 2009

Your name \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Occupation \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_



THE DR EDWARD KOCH  
FOUNDATION

Resource	Unit Price \$	Qty	Sub- total \$
<p><b>Facilitator's Manual and CD with PowerPoint Presentations of all workshops</b> A step by step guide to running the Living Strong program at a community level. PowerPoint presentations of each of the Living Strong workshop flipcharts including - Why do people get too heavy?, What to eat to stay healthy, Move more &amp; lose more, Buying healthy food, Self Esteem &amp; Behaviour Change, Diabetes Awareness, Healthy Cooking, How to spend your food shopping money and Staying on track. Use the CD to present each workshop directly to a group (using a data projector), or you can print the flips to use as overhead transparencies or handouts.</p>	\$65.00  Only out of state orders		
<p><b>Workshop Flipcharts – A2 size – Set of 9</b> Why do people get too heavy?, What to eat to stay healthy, Move more &amp; lose more, Buying healthy food, Self esteem &amp; behaviour change, Diabetes awareness, Healthy cooking, How to spend your food shopping money and Staying on track.</p>	\$690.00		
<p><b>What's in Food Photos</b> Set of 64 A4 photographs of individual foods and meals with teaspoons indicating fat &amp; sugar content of commonly eaten food and meals</p>	\$200.00		
<p><b>What's in Food Breakfast Poster</b> A 2 Poster Graphical representation of commonly eaten breakfast foods with teaspoons indicating the fat and sugar content of each food or meal. To be used in the work place, during training or other related healthy lifestyle talks, (ideally used in conjunction with other 'What's in Food posters').</p>	\$28.00		
<p><b>What's in Food Takeaway Poster</b> A 2 Poster Graphical representation of commonly eaten takeaway foods with teaspoons indicating the fat and sugar content of each food or meal. To be used in the work place, during training or other related healthy lifestyle talks, (ideally used in conjunction with other 'What's in Food posters').</p>	\$28.00		
<p><b>What's in Food Dinner Meals Poster</b> A 2 Poster Graphical representation of commonly eaten Dinner meal/foods with teaspoons indicating the fat and sugar content of each food or meal. To be used in the work place, during training or other related healthy lifestyle talks (ideally used in conjunction with other 'What's in Food posters').</p>	\$28.00		
<p><b>What's in Food Snacks Meals</b> A 2 Poster Graphical representation of commonly eaten snack foods with teaspoons indicating the fat and sugar content of each food or meal. To be used in the work place, during training or other related healthy lifestyle talks. (ideally used in conjunction with other 'What's in Food posters')</p>	\$28.00		
<p><b>What's in Food Posters (Set of 4) – one of each of the above</b></p>	\$112.00		
<p><b>What's in Food CD</b> This CD can be used as an interactive game at education sessions.</p>	\$ 16.00		
<p><b>T Shirts – Sky blue with LS artwork on the front</b>  <input type="checkbox"/> Small  <input type="checkbox"/> Medium  <input type="checkbox"/> Large</p>	\$24.00		



<input type="checkbox"/> X Large <input type="checkbox"/> XX Large <input type="checkbox"/> XXX Large			
<b>DVD- Don't dream it, Just do it!</b> This 30 minute DVD provides low intensity physical activity options to help people become more active. Activities include stretching, movements that can be done while sitting down in a chair, slightly more aerobic activities, and strengthening activities.	\$16.00		
<b>Video - Don't dream it, Just do it! (Captioned version)</b> As above	\$16.00		
<b>Living Strong Healthy Lifestyle Cookbook</b> This cookbook provides a variety of healthy recipe ideas and some traditional cooking for you and your family to enjoy. The recipes contain information about the number of serves of fruit and vegetables. Please note that serve sizes are an approximate guide only.	\$15.00 or \$10 each for orders over 15		
<b>Aboriginal and Torres Strait Islander Guide to Healthy Eating Vinyl Mat</b> This is a mat that is without graphics and will assist with many of the activities in the program. <b>This mat can be ordered from Mac Print, Mackay QLD 4870 Ph: 07 49573983 Fax: 07 4957 3985 or email <a href="mailto:print@macprint.com.au">print@macprint.com.au</a></b>	\$121.00 (postage extra)	<b>Please Note: Only available by direct order to Mac Print</b>	
<b>Postage and Handling charges (refer below)</b>			
<b>Total cost (ALL PRICES INCLUDE GST)</b> 1. Please be advised that prices may change without notice. 2. We will endeavour to fill your order as per this request however this is dependent upon availability of stock.	\$		\$

**Please mail/fax to:**

ATTENTION: Dulcie Bird  
Dr Edward Koch Foundation Pty Ltd  
P O Box 2964 CAIRNS QLD 4870  
Tel: 07 40310145  
Fax: 07 40310744  
Email: [dulcie.bird@kochfoundation.org.au](mailto:dulcie.bird@kochfoundation.org.au)

**Postage & Handling charges**

\$0	to	\$25	\$10.00
\$26	to	\$50	\$17.00
\$51	to	\$1,300.00	\$35.00

\$1,301 and above – Postage as applicable. Please enquire.  
If ordering (1 only) 'Fat in Food Photos' or (1 only) 'Facilitators Manual' - \$11.00 for postage - otherwise above rates apply.  
If ordering (1 only) T Shirt - \$5.50 – otherwise above rates apply.

ABN: 19 078 012 576

The Living Strong program resources can only be purchased from the Dr Edward Koch Foundation according to the following guidelines:

1. For people living outside of Queensland the Living Strong resources can be purchased as per the order form.
2. For people who have been trained in Living Strong and are in Queensland the following items can only be purchased:
  - Workshop Flipcharts A2 Size
  - What's in Food – Photos
  - What's in Food – Posters (individual or in a set of 4)
  - What's in Food – CD
  - Living Strong Healthy Lifestyle Cookbook
  - Don't Dream It Just Do It! DVD or Video
  - Participant T Shirts – Aqua with artwork on the front.

Certain resources can be viewed online at [www.gofor2&5.com.au](http://www.gofor2&5.com.au) or [www.findthirty.com.au](http://www.findthirty.com.au)

Updated November 2009 – to be revised February 2010

