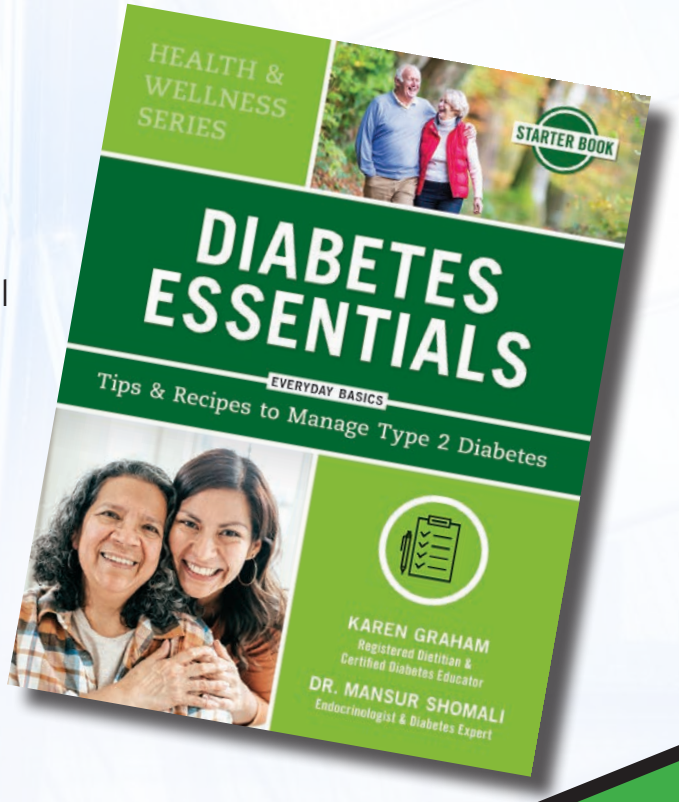
DIABETES BOOKS

(formerly known as Paper Birch Publishing)

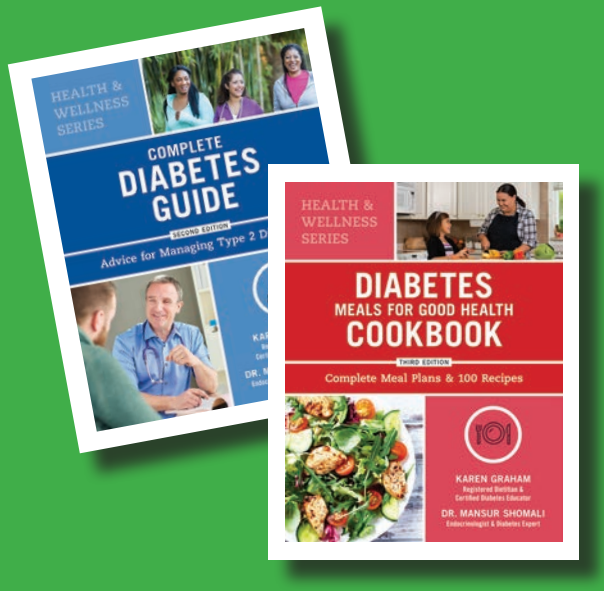
www.diabetesbooks.ca

Brand new AWESOME diabetes book!

- Latest expert advice from Karen Graham, a Registered Dietitian and Certified Diabetes Educator & Dr. Mansur Shomali, a Diabetes Endocrinologist. They share 50 years of practical diabetes knowledge with you.
- Innovative format with beautiful photos.
- Fifty **Top Ten** quick-and-easy lists on important diabetes subjects.
- Over 50 easy-to-make and delicious diabetes recipes.
- 10 diabetes quizzes — a fun way to learn!
- This book is an absolute must-have for educators and community members.



The new and improved editions of **Diabetes Meals for Good Health Cookbook** and **Complete Diabetes Guide** will be available for sale in the spring!



OTHER POPULAR RESOURCES:

FIRST NATIONS RECIPES: This small but handy cookbook is by Chef Gregory Lepine. It includes recipes that celebrate traditional foods such as Nettle Soup, Roasted Duck with Blueberry Sauce and Tasty Moose Pie. One of our biggest sellers!

INDIGENOUS HEALTHY EATING GUIDE POSTERS: Especially designed with the traditional drum. It's an easy way for all family members to learn about healthy eating.

INDIGENOUS PLACEMATS: For the table at home or community feasts. The back is a beautiful food-themed coloring page for adults or children, by Indigenous artist Jackie Traverse.

Fax Order: 1-866-480-0253

Phone Order: 1-800-477-7377

Mail Order: Diabetes Books
1701 Vineyard Drive, West Kelowna, BC V4T 2V8

Would you like help to fill out the Order Form? Just give Karen Graham a call. Also, contact Karen if you have any questions about the resources, or for pricing on larger orders. karen@diabetesbooks.ca or 1-250-707-3762

Order Date _____ P.O. # _____

GST Exempt or Band #: _____

Name _____

Organization _____

Address _____

City _____

Province/Territory _____ Postal Code _____

Tel _____

Email _____

Please let us know if your shipping and billing address are different.

Mail cheque and/or order form to:

Diabetes Books
1701 Vineyard Drive
West Kelowna, BC V4T 2V8

If Paying by Credit Card:

VISA ❑ MasterCard ❑

Credit Card # _____

Expiration Date: _____ Signature: _____

GST EXEMPT ORDER FORM

Use this Order Form if you are a GST Exempt First Nation

Diabetes Essentials (first book in HEALTH & WELLNESS SERIES)

8.5 x 11", full-colour book, 192 pages (on back order)

		Price:
1 to 4 books	_____ x $25.00 each	
5 to 9 books	_____ x $23.00 each	
10 books or more	_____ x $18.00 each	
Full box (24 books)	_____ x $450.00 per box	_____

First Nation Recipes

5.5 x7.5", full-colour cookbook, 64 pages

Sold as a single order, sets of ten, or by the box

$5.00 each for single order or up to 9

$4.75 each for 10, 20, 30 or 40

$4.00 each book when bought in full boxes of 48

Please Circle Order:

1-9 = $5.00
10 = $47.50
20 = $95.00
30 = $142.50
40 = $190.00

Please Circle Order:

48 (1 full box) = $192.00
96 (2 boxes) = $384.00
144 (3 boxes) = $576.00
192 (4 boxes) = $768.00

Healthy Eating Guide Posters & Placemats

11" x 17"

Specify if you want the North American version of the poster rather than Indigenous version.

Mix and Match – sold in packages of 25. Minimum order of 100.

Price: _____

	Posters:	**Placemats:**
100-175	_____ x $1.00 each	_____ x $1.00 each
200-475	_____ x $0.80 each	_____ x $0.80 each
500 or more	_____ x $0.70 each	_____ x $0.70 each

SUB-TOTAL (add up all columns above)

Subtotal: _____

ADD SHIPPING (based on sub-total)

If your order is $25 or less:	35% of your sub-total (sub-total x 0.35)
If your order is $25.01-$100:	30% of your sub-total (sub-total x 0.30)
If your order is $100.01-$200:	20% of your sub-total (sub-total x 0.20)
If your order is $200.01-$500:	15% of your sub-total (sub-total x 0.15)
If your order is $500.01- $1,000:	12% of your sub-total (sub-total x 0.12)
If your order is more than $1,000:	10% of your sub-total (sub-total x 0.10)

Additional shipping costs will be charged to fly-in or remote communities.

Shipping Subtotal: _____

TOTAL

$ _____

ORDER FORM

with Canadian Taxes

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5 to 9 books	_____ x $22.00 each	
10 to 23 books	_____ x $21.00 each	
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Add 5% GST (no HST charged)

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Add % GST/HST to posters and placemats

ON: 13% NS, NB, PEI, NL: 15% BC, QC, MB, SK, AB and Territories: 5%

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Additional shipping costs will be charged to fly-in or remote communities.

Add % GST/HST to shipping

ON: 13% NS, NB, PEI, NL: 15% BC, QC, MB, SK, AB and Territories: 5%

GST/HST Shipping Tax: _____

TOTAL

$ _____