



Paper Birch Publishing

Diabetes & Nutrition Resources ORDER FORM

Fax your order to **1-866-480-0253**
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Would you like help in filling 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@karengraham.ca or 1-250-707-3762

Sorry, Guide and Cookbook are SOLD OUT — New Editions coming Fall 2019

<p>Diabetes Guide</p> 	<p>Cookbook</p> 	<p>First Nation Recipes</p> 	<p>Healthy Eating Posters (Indigenous and Canadian Version)</p> <p>Indigenous Version Canadian version</p> 
<p>Placemat</p> <p>Place these on the table at home or community feasts. <u>Front</u>: A variation of the Indigenous Healthy Eating Guide. <u>Back</u>: A beautiful healthy food-themed page for adults or children to color before or after the meal.</p>		 <p>Coloring page designed by First Nation artist Jackie Traverse.</p>	

Order Date _____ P.O. # _____
 Name _____ Organization _____
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 City _____ Province _____ Postal Code _____
 Tel _____ Email _____

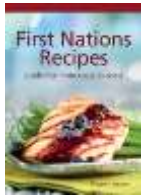
Please let us know if your shipping and billing address are different.





<p>Mail cheque and/or Order Form to: Paper Birch Publishing 1701 Vineyard Drive West Kelowna, BC V4T 2V8</p>	<p>Paying by credit card: VISA <input type="checkbox"/> MasterCard <input type="checkbox"/></p> <p>Credit Card # _____</p> <p>Expiration Date: _____ Signature: _____</p> <p>Your credit card statement will show a purchase from "PB Publish"</p>
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Are you a First Nation customer? If you have a GST exempt number or band number please contact karen@karengraham.ca to get the Order Form that does not show tax.

Order Form for GST Exempt First Nations Customers

(Go to Page 3 of Order Form if you are not GST Exempt)

The Diabetes Guide & Meals for Good Health cookbook			Sorry SOLD OUT NEW EDITIONS COMING FALL 2019	
First Nation Recipes (book)			Circle your order	
	5.5 x7.5", full-colour cookbook Sold as a single order, sets of ten, or by the box \$5.50 each for single order \$5.00 each for 10, 20, 30 or 40 \$4.00 each book when bought in full boxes of 48	1 = \$5.50 10 = \$50.00 20 = \$100.00 30 = \$150.00 40 = \$200.00	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 and Placemats – 11 x 17” Mix and Match – Sold in packages of 25. Minimum Order of 100.				
# of Posters and/or Placemats ordered	# copies of Posters	# copies of Placemats	Total # copies	
100-175	_____	_____	x \$1.00 each	
200-475	_____	_____	x \$0.80 each	
500 or more	_____	_____	x \$0.70 each	
SUB-TOTAL (add up all columns above)				
ADD SHIPPING (based on sub-total)				
If your order is \$25 or less: 30% of your sub-total (sub-total x 0.30) If your order is \$200 or less: 20% of your sub-total (sub-total x 0.20) If your order is \$500 or less: 15% of your sub-total (sub-total x 0.15) If your order is \$1,000 or less: 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 may be charged to fly-in communities.				
TOTAL				

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Add 5% GST to cost of First Nation Recipes (above)						
Healthy Eating Guide POSTERS and Placemats – 11 x 17” Mix and Match – Sold in packages of 25. Minimum Order of 100.						
# of Posters and/or Placemats ordered	# copies of Canadian Posters 	# copies of Indigenous Posters 	# copies of Indigenous Placemats 	Total # copies		
100-175	_____	_____	_____	x \$1.00 each		
200-475	_____	_____	_____	x \$0.80 each		
500 or more	_____	_____	_____	x \$0.70 each		
Add % GST/HST to cost of posters or placemats						
ON, NB, NL: 13% PE: 14% NS: 15% BC, QC, MB, SK, AB and Territories: 5%						
SUB-TOTAL (add up all columns above)						
ADD SHIPPING (based on sub-total)						
If your order is \$25 or less: 30% of your sub-total (sub-total x 0.30) If your order is \$200 or less: 20% of your sub-total (sub-total x 0.20) If your order is \$500 or less: 15% of your sub-total (sub-total x 0.15) If your order is \$1,000 or less: 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)						
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