



# GET FIT!

## COOKBOOK

A Guide to  
Healthy Eating  
for Adults with  
Disabilities

Order Form

Have you ever wished there was a cookbook for people with intellectual and developmental disabilities that was easy to use, and provided step-by-step guidance to prepare nutritious meals? We have...and so through the *Get Fit!* Program, a collaborative project of Harbor Regional Center and Frank D. Lanterman Regional Center, we have produced the *Get Fit!* Cookbook!

This cookbook integrates healthy menus, budget-conscious planning and shopping, and safe food handling and storage practices. Recipes from the cookbook were put to the test by individuals with intellectual and other developmental disabilities, and their service providers. They enjoyed planning their meals, making grocery lists, shopping for ingredients, preparing their meals, and of course sitting down together to eat! The recipes from the *Get Fit!* Cookbook passed with flying colors!

The *Get Fit!* Program which led to the development of this cookbook was funded through a Wellness Grant from the State of California, Department of Developmental Services.



# Order Form

Name \_\_\_\_\_

Agency (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Purchase Order No. (if applicable) \_\_\_\_\_

Pricing: 1-10 @ \$17.00 each

11-50 @ \$14.50 each

50 + @ \$12.00 each

Quantity of books \_\_\_\_\_ @ \_\_\_\_\_ each. **Total \$** \_\_\_\_\_.

Please submit order with Purchase Order or Check payable to: **Harbor Regional Center.**

Send order to:

**Resource and Assistive Technology Center**

**Harbor Regional Center**

**21231 Hawthorne Blvd.**

**Torrance, CA 90503**

Tel (310) 540-1711

Fax (310) 540-8471



Developed by



and

FRANK D. LANTERMAN  REGIONAL CENTER

---