

# The Food and Mood Project order form

www.foodandmood.org

Name	
Address	
Postcode	Country

In case of a problem with your order please include your email address and/or telephone or fax number:

Email	Telephone/Fax
-------	---------------

I wish to order:

Quantity	Item	Price each	Total
	DIY Food and Mood Workshop Pack	£55.00 together (UK only)*	
	The Food and Mood Self-help Pack	£27.50 each	
	Guide for Workshop Leaders	£29.95 each (UK only)*	
	The Food and Mood Handbook	£11.75 each (UK only)*	
	The Food and Mood Poster	£2.99 each £20.00 (10 copies) (UK only)*	
	The Food and Mood Handbook PLUS POSTER	£13.99 each (UK only)*	
	The Food and Mood Self-help Report	£9.99 each (UK only)*	
	Back issues of the Food and Mood newsletter (see over)	£2.50 each* (issue 9 £3.00)	
	Mind Guide to Food and Mood	£1.50 each / £10.00 (10 copies) (UK only)*	
	'try this' postcard set	£3.95 each £29.95 (10 sets) £59.95 (25 sets) £75.00 (50 sets) (UK only)*	
	'try this' postcard set in box/display holder	£4.95 each £39.95 (10 sets) £85 (25 sets) £115 (50 sets) (UK only)*	
	'try this' A3 posters	£17.50 (set of 10) (UK only)*	
	Mind Meal postcard	£3.00 (25 cards) £5.00 (50 cards) (UK only)*	
	Festive food plan postcard	£3.00 (25 cards) £5.00 (50 cards) (UK only)*	
	Blocks & Tree A2 poster set with post-it note pads (rectangle and leaf-shaped) - <b>unlaminated</b>	£9.99 each (UK only)*	
	Blocks & Tree A2 poster set with self-stick note pads (rectangle and leaf-shaped) - <b>laminated</b>	£19.99 each (UK only)*	
Subtotal £			

\* All prices quoted included postage and packaging to the UK only.  
Non-UK orders please email us at [info@foodandmood.org](mailto:info@foodandmood.org) for cost details.  
Discounts available for multiple copies.

CONTINUED OVERLEAF

Quantity	Item	Price each	Total
	Food and Mood poem booklet	£3.00 each £25.00 (10 copies) £100.00 (50 copies) (UK only)*	
	Food and Mood Action Plan Dialler	£4.45 each £39.95 (10 copies) £172.50 (50 copies) (UK only)*	
Subtotal from overleaf			
Total amount £			

\* All prices quoted included postage and packaging to the UK only.  
Non-UK orders please email us at [info@foodandmood.org](mailto:info@foodandmood.org) for cost details.  
Discounts available for multiple copies.

**Newsletters:** please list below the issue number, quantity and format required...

Newsletter issue number	Quantity	Printed version (UK only)	Emailed pdf version (UK and overseas)
Complete set of issues 1-10 (£20 per set)			

Please send this form with (personal or business) cheque (payable to The Food and Mood Project), money order, UK uncrossed postal order, or (for orders under £3) 1st or 2nd class UK postal stamps to: The Food and Mood Project, PO Box 2737, Lewes, East Sussex BN7 2GN, UK. We regret we cannot dispatch orders without payment. Please email us at [info@foodandmood.org](mailto:info@foodandmood.org) if you require a proforma invoice.

Do you need a receipt? Yes  No  Tick here if you do NOT wish to receive any mailings from the Food and Mood Project: . (We will NOT pass on your details to third parties.)

The Food and Mood Project is not registered for VAT. Please do not add VAT to your order.

Thank you, we look forward to receiving your order

**Deliveries and refunds:** Please allow up to 15 days for delivery of your order. We do not provide refunds but we will replace any items lost or damaged during shipping, provided we are notified within 30 days of your order being placed. If you have any queries about your order please write or email [info@foodandmood.org](mailto:info@foodandmood.org).