



**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**

**COOK**

Making yummy, healthy food is a skill everyone can learn

**EAT**

Eat and discover the textures and tastes of wholesome foods

**ENJOY**

Coming together at the table to enjoy the delicious food that you have created



[www.naqlid.org/nutrition-week-qld](http://www.naqlid.org/nutrition-week-qld)  
[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)



**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**

**COOK**

**EAT**

**ENJOY**



*Everyone can develop the skills to cook tasty, healthy meals from scratch*

*Celebrate the social experience of eating great, healthy food together  
with family and friends*



Nutrition Australia Qld  
**naqnutrition**

[www.naqlid.org/nutrition-week-qld](http://www.naqlid.org/nutrition-week-qld)  
[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)



National Nutrition Week 2014  
October 12<sup>th</sup> - 18<sup>th</sup>

Discover the skills and  
confidence to make great  
nutritious food

Visit:

[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

COOK

EAT

ENJOY



Cook, Eat and Enjoy, the  
fresh, nutritious and tasty  
produce we have in  
Australia



[www.naqlid.org/nutrition-week-qld](http://www.naqlid.org/nutrition-week-qld)



# National Nutrition Week 2014

## October 12<sup>th</sup> - 18<sup>th</sup>



COOK.EAT.ENJOY



Nutrition Australia Qld  
**naqnutrition**

[www.naqlid.org/nutrition-week-qld](http://www.naqlid.org/nutrition-week-qld)  
[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

# COOK.EAT.ENJOY

National Nutrition Week 2014  
October 12<sup>th</sup> - 18<sup>th</sup>



[www.naqlid.org/nutrition-week-qld](http://www.naqlid.org/nutrition-week-qld)  
[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

# COOK.EAT.ENJOY

**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**



[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

[www.naql.org/nutrition-week-qld](http://www.naql.org/nutrition-week-qld)



# COOK.EAT.ENJOY

**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**



[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

[www.naql.org/nutrition-week-qld](http://www.naql.org/nutrition-week-qld)



Did you eat **2 fruit** and  
**5 veg** yesterday?



**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**

[www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org)

[www.naql.org/nutrition-week-qld](http://www.naql.org/nutrition-week-qld)





# What are you having for dinner tonight?



OR



**National Nutrition Week 2014**  
**October 12<sup>th</sup> - 18<sup>th</sup>**

**Visit [www.healthyfoodhealthyplanet.org](http://www.healthyfoodhealthyplanet.org) for healthy easy meal ideas and recipes**