

National Nutrition Week 2014 October 12th - 18th



Making yummy, healthy food is a skill everyone can learn



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

JOY



www.naqld.org/nutrition-week-qld www.healthyfoodhealthyplanet.org



COOK

National Nutrition Week 2014 October 12th - 18th

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

EAT

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



www.naqld.org/nutrition-week-qld www.healthyfoodhealthyplanet.org

ENJOY



COOK

National Nutrition Week 2014 October 12th - 18th

Discover the skills and confidence to make great nutritious food

Visit: www.healthyfoodhealthyplanet.org



EAT ENJOY

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







National Nutrition Week 2014 October 12th - 18th





www.naqld.org/nutrition-week-qld www.healthyfoodhealthyplanet.org

COOK.EAT.ENJOY

National Nutrition Week 2014 October 12th - 18th







www.naqld.org/nutrition-week-qld www.healthyfoodhealthyplanet.org

COOK.EAT.ENJOY

National Nutrition Week 2014 October 12th - 18th





www.healthyfoodhealthyplanet.org



COOK.EAT.ENJOY

National Nutrition Week 2014 October 12th - 18th





www.healthyfoodhealthyplanet.org



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



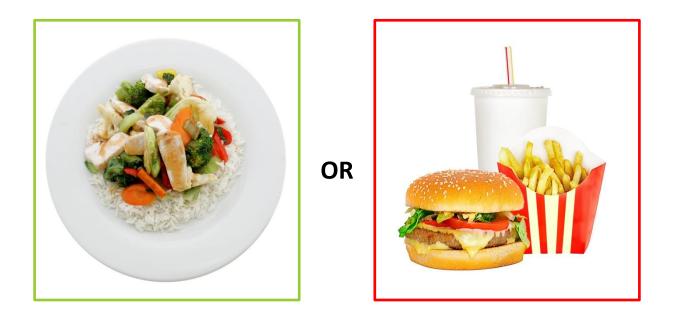
National Nutrition Week 2014 October 12th - 18th

www.healthyfoodhealthyplanet.org





What are you having for dinner tonight?



National Nutrition Week 2014 October 12th - 18th

Visit www.healthyfoodhealthyplanet.org for healthy easy meal ideas and recipes



