

**my plate
my planet**

Grow well. Eat well. Save well.

National Nutrition Week Digital Toolkit

Try for 5 this National Nutrition Week with Sustainable Foods

Join Nutrition Australia NSW in celebrating National Nutrition Week 2020.

National Nutrition Week 2020 takes place from 11-17 October. Nutrition Australia NSW is encouraging all Australians to #Tryfor5 serves of vegetables a day by filling your plate with sustainably-sourced, nutritious foods - especially through embracing Indigenous ingredients and flavours. NSW's campaign, My Plate, My Planet, explores how this sustainable approach to food has the power to improve your health and the environment.

We have developed a toolkit with ready-to-share social media posts and email banners to help you raise awareness of healthy, sustainable eating. Copy and paste our suggested caption – or let it inspire you to write your own!

We hope you also join us in celebrating #PlatePower2020 by answering the question: “What’s your plate power?” Your Plate Power is all about the power the food on your plate has to change your health and the planet. Your Plate Power might be your ability to enjoy in- season produce, to reduce food waste by composting, or even to cook with native, sustainably-grown ingredients. It’s all about the small ways you can enjoy a more sustainable diet.

So, let’s talk health and sustainability this National Nutrition Week in NSW! Don’t forget to use the hashtags #MyPlateMyPlanet #Tryfor5 and #PlatePower2020 and tag us in your posts!

Facebook: @NutritionAusNSW
Instagram: @nutritionaustraliansw
Twitter: @NutritionAusNSW



"Let's Talk Sustainably" Social Media Tile

Share these images on your social media accounts to promote National Nutrition Week! Click each image to download a copy, then share with either the suggested caption or your own caption. Make sure to add the hashtag #platepower2020



It's National Nutrition Week in NSW on the 11th to 17th October 2020! This year's theme is My Plate, My Planet.

It's all about reducing food waste, purchasing sustainable foods and celebrating native Australian ingredients, which benefits the health of ourselves and the planet. So let's start the conversation about enjoying healthy and sustainable foods!

#platepower2020



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"What's Your Plate Power?" Social Media Tile



It's National Nutrition Week in NSW on the 11th to 17th October 2020! This year's theme is My Plate, My Planet! Your Plate Power is all about the power the food on your plate has to change your health and the planet.
My #platepower is that I can purchase local, in-season produce. What's your plate power?
#platepower2020



It's National Nutrition Week in NSW on the 11th to 17th October 2020! This year's theme is My Plate, My Planet! Your Plate Power is all about the power the food on your plate has to change your health and the planet.
My #platepower is that I can enjoy more plant based foods. What's your plate power?
#platepower2020



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Banners

Add these banners to your social media and email to show your support for National Nutrition Week, just click to download.

Email banners: go to the settings in your email, and select 'signature'. Place the banner into the email signature block.



Twitter banner: go to your profile page and click the edit profile button. Then click the pencil image on the top right corner of your header photo. Select 'upload photo' and choose the banner image to upload.



Banners



Facebook banner: go to your profile or page and click 'edit' in the bottom right corner of your cover photo. Click 'upload photo' and choose the banner image.

