



NATIONAL NUTRITION WEEK IN NSW IS THE YEAR OF

my plate my planet

the food on my plate has the power to change
my health and the planet



11 - 17 OCT 2020

GET YOUR SCHOOL INVOLVED BY:

- Hosting your own My Plate, My Planet special event
- Using our free-to-download classroom resources
- Booking an interactive and engaging classroom lesson on eating sustainably

Find out more by visiting
www.nutritionaustralia.org/division/nsw/national-nutrition-week