

THE FOOD ON YOUR PLATE HAS THE POWER TO CHANGE
YOUR HEALTH AND THE PLANET

Celebrate National Nutrition Week in NSW
11 - 17 October 2020

Did you know?

Eating sustainably can improve your health and wellbeing, while protecting our environment for future generations



my plate my planet

Grow well. Eat well. Save well.

Get your workplace involved

- Spread the word
- Host your own My Plate, My Planet event
- Use our helpful free resources and Digital Media Kit
- Join our free online events throughout the week

Learn more about this week by visiting
www.nutritionaustralia.org/division/nsw/national-nutrition-week