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.

SUNDAY 11TH OCT 10-11AM

PLATE UP FOR THE PLANET

JOIN US AS WE KICK OFF NATIONAL NUTRITION WEEK IN NSW

VIRTUAL BRUNCH AND COOKING CLASS: ALL ABOUT SUSTAINABLE EATING

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