



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**



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.



connect with us