

📅 14-20 October 2024

# NATIONAL NUTRITION WEEK 2024



NNW2024  
communication  
toolkit  
coming soon!

## Inspiring a connected and nourished Australia

We are excited to launch our new theme for National Nutrition Week 2024. National Nutrition Week is an annual awareness campaign that is championed by Nutrition Australia.

We believe in the power of food in nourishing people socially, culturally, emotionally, and physically. Food serves as a universal language that unites people, creating a sense of belonging and community.

- **Mealtimes connect** children, families, friends, work colleagues, and even strangers. Sharing food facilitates conversation and builds relationships.
- **Food connects us to our culture** and is a celebration of diversity.
- **Preparing and cooking food** nourishes us and those we share it with.
- **Food tells a story.** We create memories through our food experiences.
- **Communities connect through food** - from community gardens, local markets and festivals, to shared food traditions.
- **Food demonstrates care** - from cooking for a neighbour in need to sharing a favourite recipe.
- **A positive relationship with food** nourishes our mind and body.



Nutrition  
Australia



#connectedandnourished