

Media Release

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Inspiring a connected and nourished Australia!

Nutrition Australia’s National Nutrition Week campaign is here to help rethink the role that food plays in our lives and wellbeing.

This National Nutrition Week, Nutrition Australia is encouraging Australians to celebrate the many ways that food connects and nourishes us.

“Food is a huge part of who we are and is so much more than our physical wellbeing. We want food and eating to be based on enjoyment, nourishment, social connection and self-care” says Kirsty Elliott, Chief Executive Officer Nutrition Australia Qld.

“Food brings people together and creates a sense of belonging and community. For many, food tells a story, and we create memories through our food experiences. Food also connects us to culture and is a celebration of diversity.”

This Nutrition Week reflect on ways that you can connect through food. Here’s some ideas to get started:

- Having mealtimes together is a great way to connect with family or those around you. Get the conversation flowing by sitting together without the distraction of screens.
- Talk positively about food and focus on the different flavours, smells, textures, colours and shapes. Let food nourish you - enjoy it with gratitude and confidence!
- Get your kids in the kitchen to help with preparing meals. This can be a great way to build children’s interest in food and cooking whilst spending time together.
- Connect in the kitchen by inviting friends over to cook and share a meal together.
- Talk about family food traditions with the people in your family and share recipes that have been passed down between generations.
- Host a morning tea or lunch at work and encourage your workmates to share their favourite dishes and their stories behind what makes these meals important.

“At Nutrition Australia, we are passionate about broadening how we view nutrition and wellbeing” says Leanne Elliston, Chief Executive Officer Nutrition Australia ACT. “It’s time to start a new conversation, inspiring Australians to enjoy food in a positive way that nourishes their mind, body and whole being. This includes shifting from diet culture and restriction to nourishment, enjoyment and the social connection that food provides”.

To celebrate National Nutrition Week, visit www.nutritionaustralia.org and follow us on Facebook, Instagram and LinkedIn.

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About Nutrition Week

National Nutrition Week runs from 14 -20 October 2024. It is an annual awareness campaign by [Nutrition Australia](#)

About Nutrition Australia

Nutrition Australia is a registered charity that aims to inspire a connected and nourished Australia

