



healthy food
helps young minds



Health
Murrumbidgee
Local Health District



Everyday Food, Every Day



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A healthy
lunch fuels
a healthy
body.



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This guy ate his veggies today!



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choose
healthy
snacks



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Fill half your plate
with vegies



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Butterfly
diner

“The fruit of your
own hard work
is the sweetest.”

Deepika Padukone



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“Growing your
own food may be
one of the most
powerful steps you
can take for the
health of yourself,
your family, and
your planet.”

Food Revolution.org



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A young boy with blonde hair, wearing a red superhero mask and a red cape, is smiling and holding a single strawberry in his hand. The background is a blurred indoor setting with warm lights and a wooden structure.

Even SUPERHEROES
need a healthy
START to their day.



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5 serves of
vegetables
each day

One serve =
1 cup salad

or

1/2 cup cooked veg

or

1 medium potato

A close-up photograph of a young child with dark, curly hair, looking directly at the camera while holding a red apple with a bite taken out of it. The child is wearing a purple long-sleeved shirt and a beaded necklace. The background is a soft-focus outdoor setting with green foliage.

Give
them
the
best
start



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