

JOIN NUTRITION AUSTRALIA NSW FOR

# NATIONAL NUTRITION WEEK IN NSW

11 - 17 OCT 2020

**my plate  
my planet**

Grow well. Eat well. Save well.

## 2020 IS THE YEAR OF MY PLATE, MY PLANET

It's all about how filling our plates with sustainable food is good for our health, the planet, and our wallets - with a focus on native Australian ingredients and Indigenous cooking

## GET INVOLVED

Host your own My Plate, My Planet event

Use our helpful free resources and Digital Media Kit

Join our free online events throughout the week

To learn more about this week, visit

[WWW.NUTRITIONAUSTRALIA.ORG/DIVISION/NSW/NATIONAL-NUTRITION-WEEK](http://WWW.NUTRITIONAUSTRALIA.ORG/DIVISION/NSW/NATIONAL-NUTRITION-WEEK)