

Nutrition- Resources for families

[Healthy Eating for Children](#) –Australian Government Eat for health

[Eat for health](#) – Australian Government - Australian dietary Guidelines

[Go4Fun - Healthy lifestyle program for kids](#) This is a FREE 10 week healthy lifestyle program for NSW kids aged 7-13 who are above a healthy weight. The program focuses on improving eating habits, fitness , teamwork and confidence

[Healthy eating for children](#) – Australian Government - Health Direct