

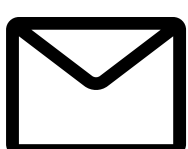
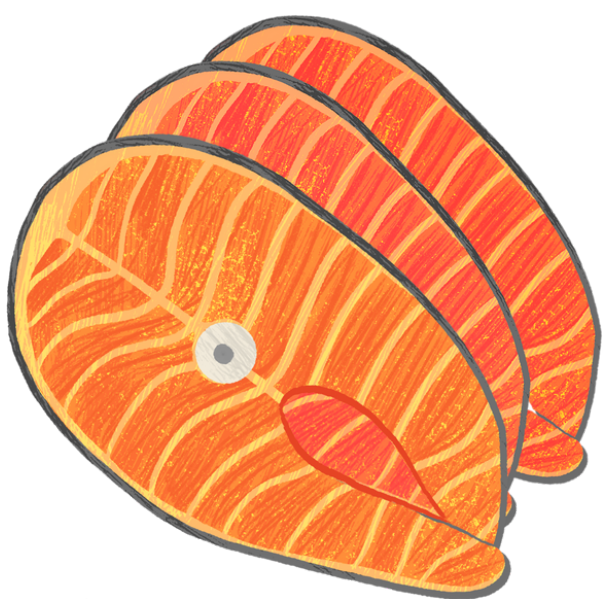
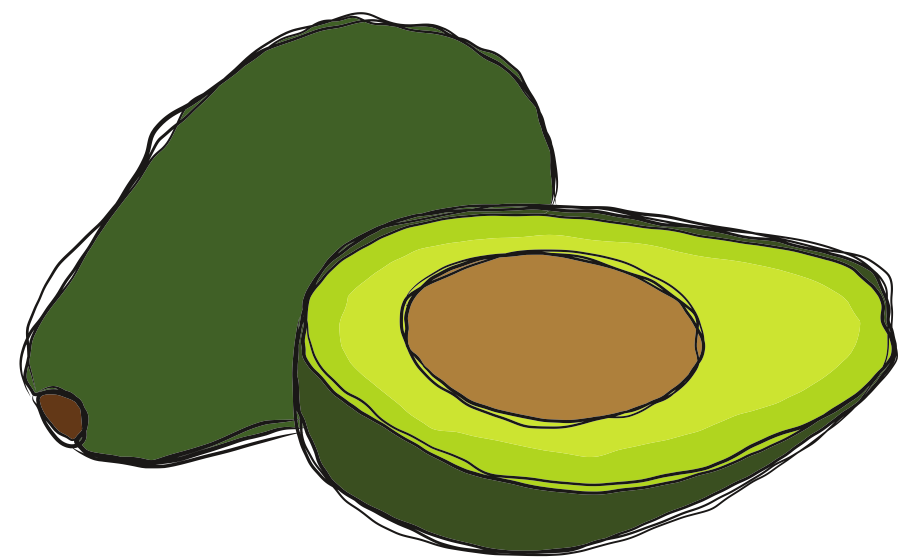
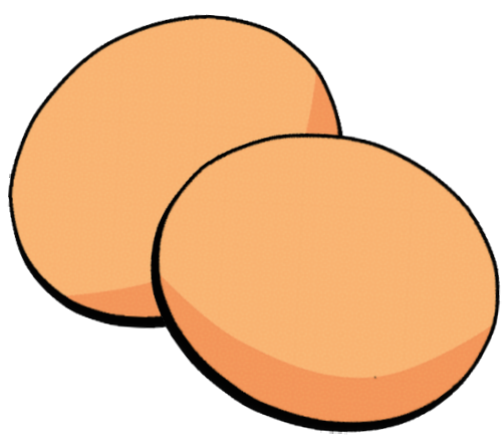
# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

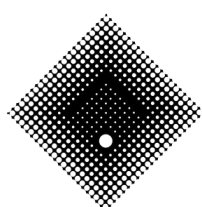
## Healthy fats

**Unsaturated fat** helps to:

- absorb vitamins
- store energy
- create hormones
- keep our brain and heart healthy



contact Monica for more information [monica.wellington@vu.edu.au](mailto:monica.wellington@vu.edu.au)



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WESTERN VICTORIA  
An Australian Government Initiative

Supporting People with an Intellectual  
Disability to Access Health (SPIDAH)

