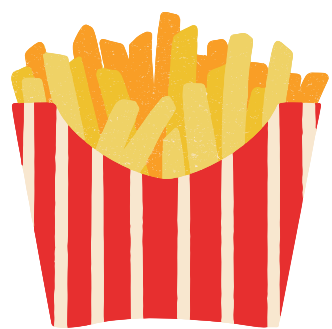
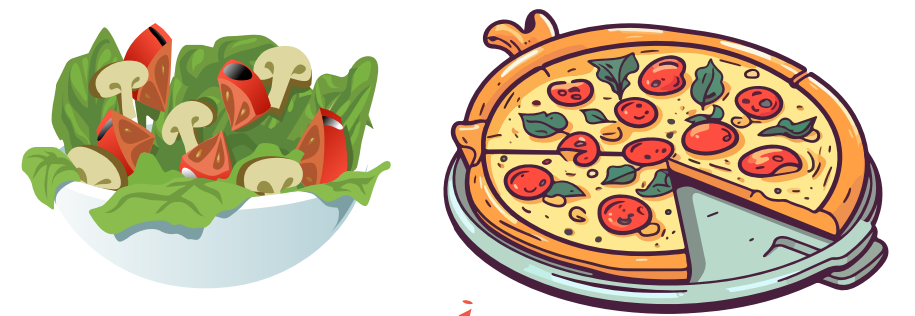


VU CHEW Program

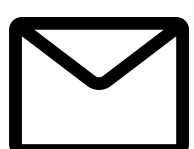
(Cooking, Healthy Eating, and Wellness)

Healthy Homemade Friday night swaps



Less added sugar, salt & saturated fat

**More flavour & nutrients
More fun!**



contact Monica for more information monica.wellington@vu.edu.au