

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Iron

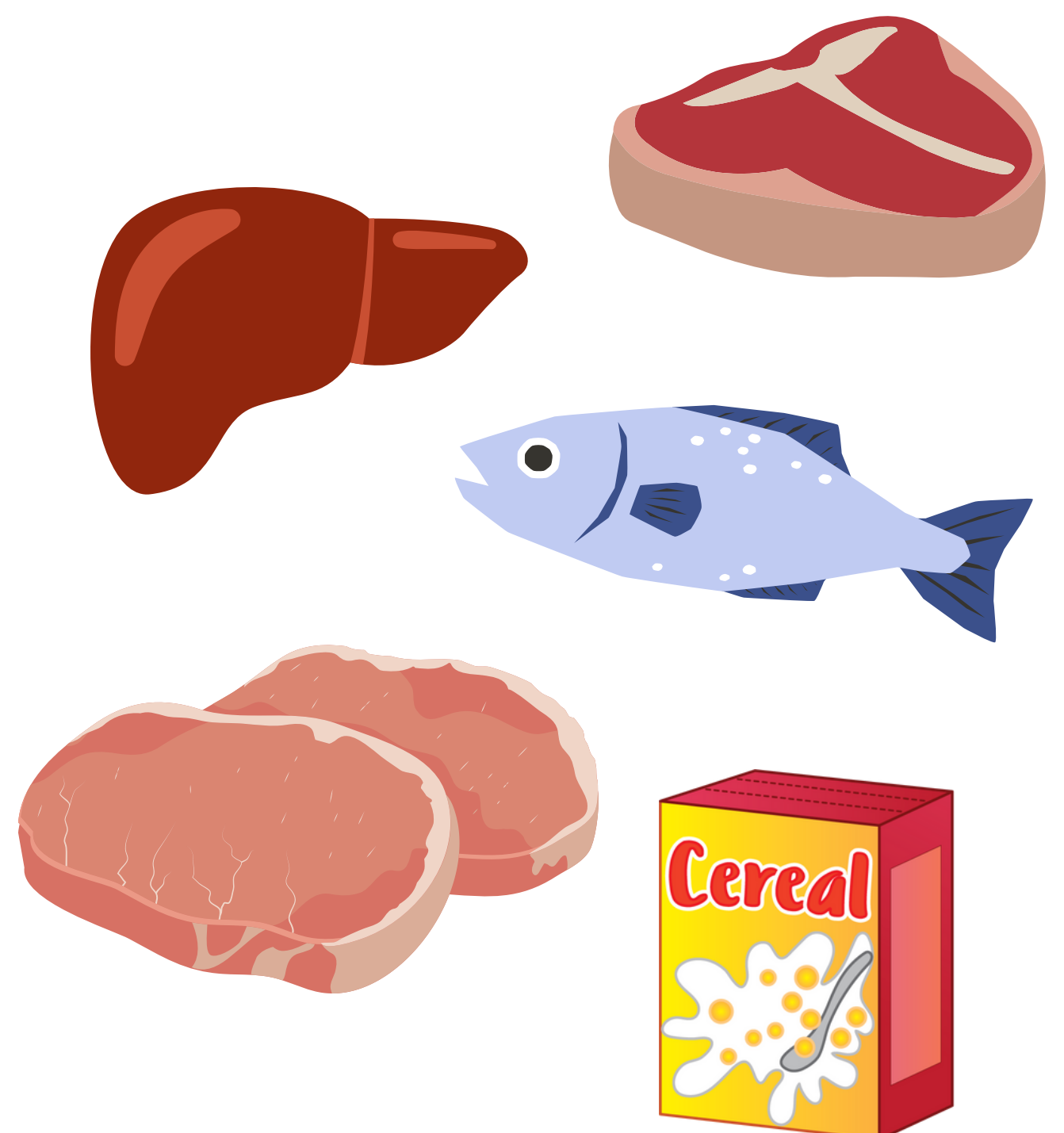
Why is it good for us?

- Helps give us energy
- Helps to keep our muscles strong
- Keeps our hair, skin, and nails healthy

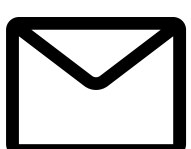
Plant-based



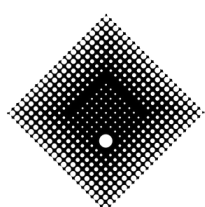
Animal-based



Iron fortified cereal



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WESTERN VICTORIA
An Australian Government Initiative

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

