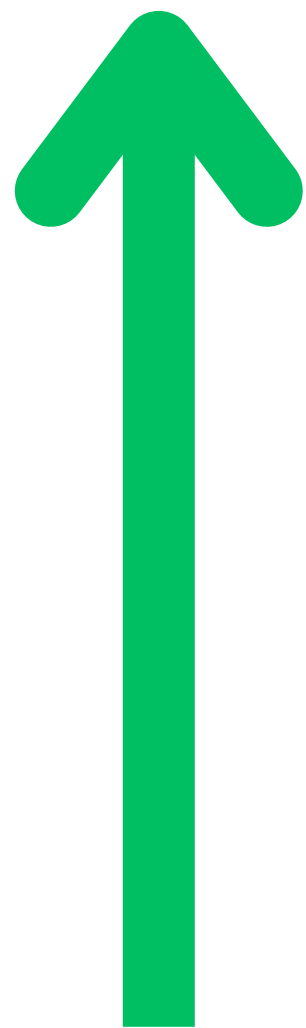


VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Healthy fat swaps

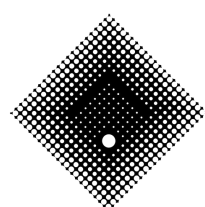
Eat more



Eat less



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



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Supporting People with an Intellectual
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