

# Healthy food every day

## Feed kids healthy food



Kids need to eat lots of different healthy foods like vegetables, fruits, cereals, meat and dairy.



Keep kids away from food with lots of fat and sugar – like chips, lollies, chocolate, cakes, burgers and fizzy drinks.



Get help managing money for healthy food.

## Make sure kids have enough healthy food



Feed kids first.



Pack healthy food for kids.



Kids can take healthy food when they stay with others.

## Buy healthy food



Kids need healthy food every day. Plan and shop for healthy meals.



Shop for healthy food on pay day. You can get more healthy food next week if you need to.