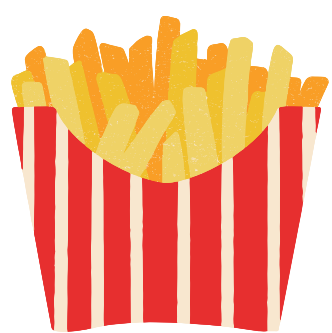
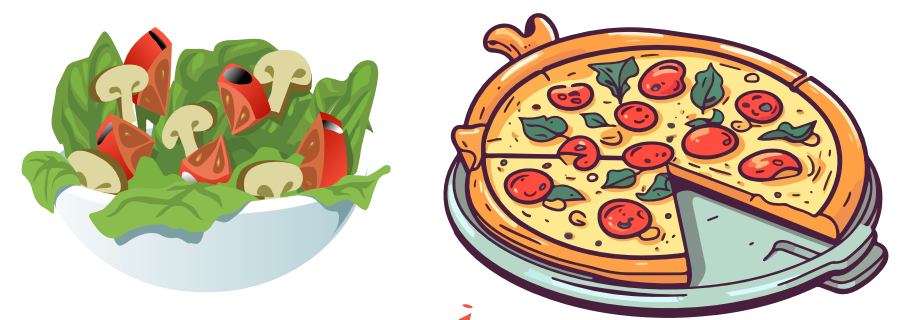


# VU CHEW Program

(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](mailto:monica.wellington@vu.edu.au)



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