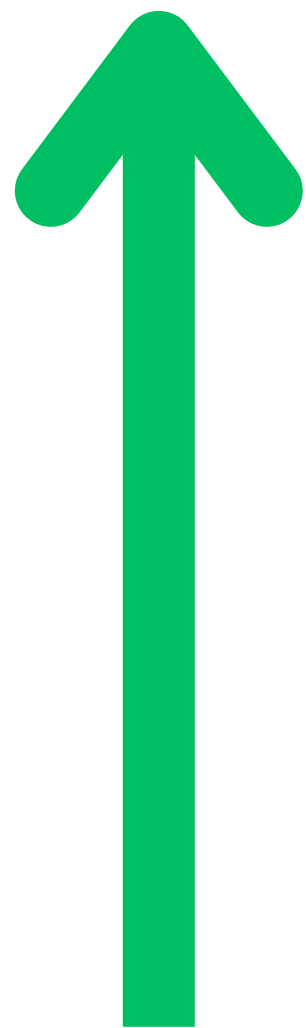


# VU CHEW Program

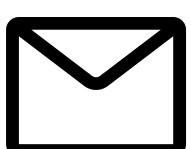
(Cooking, Healthy Eating, and Wellness)

## Healthy fat swaps

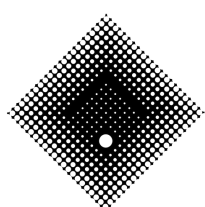
Eat more



Eat less



contact Monica for more information [monica.wellington@vu.edu.au](mailto:monica.wellington@vu.edu.au)



**VICTORIA UNIVERSITY**

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WESTERN VICTORIA  
An Australian Government Initiative

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

