



# WHAT ARE WE UP TO IN TERM 1, 2021?

To start off this year, we will be focusing on all things **Munch!** There will be nutrition resources and healthy eating ideas sent to you each week. Follow along via email or [visit our website](#) for new content!



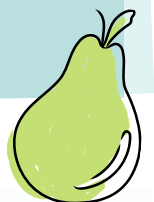
## TOPICS TO LOOK OUT FOR THIS TERM:

- Building Healthy Lunchboxes (Healthy Lunchbox Week: 7 to 13 February)
- Breastfeeding & Starting Solids
- Creating a Positive Healthy Eating Environment
- Managing Fussy Eaters
- Menu Planning
- Boosting Veggie Intake (Vegetable Week: 15 to 19 March)
- Culturally Appropriate Resources
- Easter Ideas
- Healthy Eating Learning Experiences
- Professional Development Opportunities
- Policy Development

## Upcoming Events

- Healthy Eating and Active Play (HEAP) Conference
  - 24 February
  - 10 March
- Healthy Menu Planning Online Webinars
  - 15 & 17 February
  - 23 & 25 February
  - 1 & 4 March
  - 9 & 12 March
  - 16 & 18 March
  - 24 & 31 March

For further event dates, please visit the [events page](#) on our website!



Artwork: "Heart of a Child" Worimi Artist Lara Went



Health  
Hunter New England  
Local Health District