

Turn over for
more information

**WE'RE MAKING
THE HEALTHY CHOICE
AN EASY CHOICE**



STAFF AND VISITORS...

YOUR HEALTHY FOOD AND DRINK OPTIONS ARE INCREASING



An **extra treat each day** is all it takes to **gain weight**.






1 in 2 adults in NSW is **overweight or obese**.

Your favourites will still be here, plus you'll find more healthy options to choose from and enjoy every day.

TRY A HEALTHY OPTION TODAY

Find out more:

-  www.health.nsw.gov.au/healthful
-  healthyfood@moh.health.nsw.gov.au
-  1800 930 966

get healthy
at work

MAKE
HEALTHY
NORMAL

