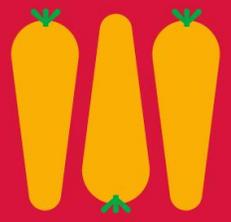


Healthy Eating Active Living winter toolkit

Centre for Population Health
NSW Health

2025



Purpose of this toolkit



Cooler weather can change our eating and activity habits. This toolkit brings together budget-friendly ideas and tools to help people stay motivated to keep up healthy behaviours during the winter months.

All the social media assets can be downloaded [here](#). Please tag **@healthyeatingactivelivingnsw** in your [Facebook](#) and [Instagram](#) posts.

For more tools and resources to support healthy eating and active living, visit: www.healthyliving.nsw.gov.au

Thank you for your ongoing support.

Contacts

Social Marketing and Communications team

Centre for Population Health, NSW Health

moh-healthyliving@health.nsw.gov.au

Winter warmers - under 30 minutes



Budget Italian vegetable soup

[Download asset](#)

Suggested copy

Hearty, healthy and full of flavour — this veg-packed soup makes dinner (and lunch tomorrow) simple and budget-friendly.

For the full recipe from @healthyeatingactivelivingnsw, visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=36



10-minute chicken noodle soup

[Download asset](#)

Suggested copy

Dinner in 10? Yes please. This chicken noodle soup is quick, comforting and oh-so-easy. Save this recipe for your next busy weeknight.

For the full recipe from @healthyeatingactivelivingnsw visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=32



Family friendly vegetable curry

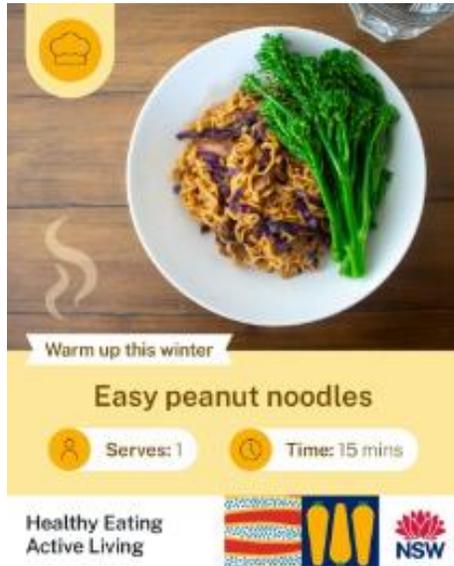
[Download asset](#)

Suggested copy

A veggie-packed curry the whole family will love this winter. You could even make a few extra batches and freeze them for quick reheatable dinners and lunches!

For the full recipe from @healthyeatingactivelivingnsw visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=39

Winter warmers – under 30 minutes



Easy peanut noodles

[Download asset](#)

Suggested copy

These speedy peanut noodles are yummy, crunchy and budget-friendly. Ready in 15 minutes these noodles are perfect for a busy weeknight dinner. For the full recipe from @healthyeatingactivelivingnsw visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=120



Vegetable and chicken congee

[Download asset](#)

Suggested copy

Ready in only 25 minutes, this yummy and budget-friendly congee is perfect for leftovers or low-effort days.

For the full recipe from @healthyeatingactivelivingnsw visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=115

Tonight and tomorrow recipes



Rainbow vegetable noodles

[Download asset](#)

Suggested copy

Eat the rainbow today, pack the rainbow for tomorrow! These @healthyeatingactivelivingnsw rainbow veggie noodles are quick to make and perfect for leftovers in tomorrow's lunchbox.

For the full recipe visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=129



Easy mini vegetable pizzas

[Download asset](#)

Suggested copy

Crunchy, tasty and kid-friendly - make a batch of @healthyeatingactivelivingnsw vegetable nuggets for dinner tonight and save a few for a healthy school lunch tomorrow.

For the full recipe visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=135



Easy pasta salad

[Download asset](#)

Suggested copy

Cook once, eat twice! This @healthyeatingactivelivingnsw easy pasta salad is a winner for family dinners and makes tomorrow's lunch a breeze.

For the full recipe visit www.healthyliving.nsw.gov.au/food/healthy-recipes#id=127

Warm up with physical activity



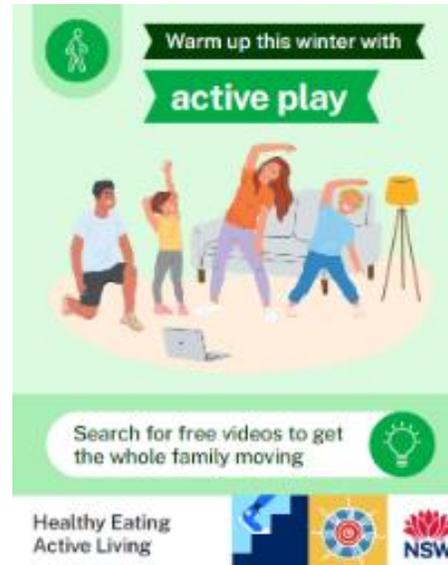
Walk

[Download asset](#)

Suggested copy

Soak up the sun while you move! Winter walks with your friends or family are a great way to stay active. You could walk to or from public transport or walk to a local park with your children. Try for the middle of the day when it's warmer.

For more tips on getting active from @healthyeatingactivelivingnsw, visit www.healthyliving.nsw.gov.au/Pages/getting-active-for-you.aspx

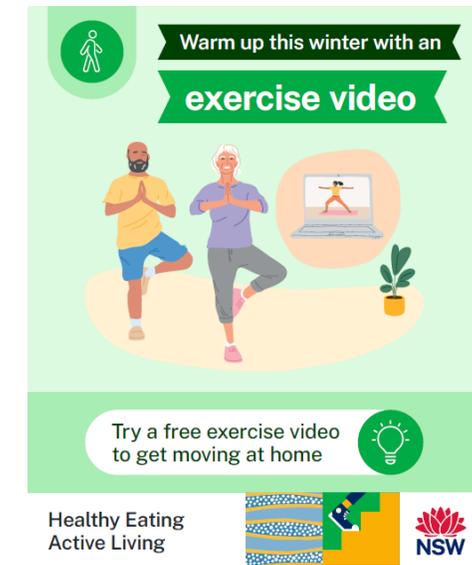


Active play

[Download asset](#)

Suggested copy

Get moving from the comfort of your own home with active play that the whole family will enjoy! For more @healthyeatingactivelivingnsw tips on getting active this winter: www.healthyliving.nsw.gov.au/Pages/staying-active-at-home.aspx



Exercise video

[Download asset](#)

Suggested copy

Being physically active every day is important for everyone at any age. Any activity is better than none and it's important to do activities that are appropriate to your ability.

If you want to add some more activity to your day, try an at-home exercise circuit for over 50s. Get started here: www.activeandhealthy.nsw.gov.au/active-living/healthy-ageing-resources/exercise-circuit-1

Warm up with physical activity



Nature

[Download asset](#)

Suggested copy

Fresh air + movement = a winter wellbeing win!
Take time to move in green spaces and nurture
your mind and body.

For more @healthyeatingactivelivingnsw tips
to support your wellbeing this winter, visit
www.healthyliving.nsw.gov.au/mental-health



Great outdoors

[Download asset](#)

Suggested copy

Get the family together, rug up and head
outside! Explore your local park to stay active
as a family and enjoy the beauty of winter.

For more @healthyeatingactivelivingnsw tips on
staying active as a family visit
www.healthyliving.nsw.gov.au/Pages/stay-active-families.aspx

Stay hydrated



Sip water throughout the day

[Download asset](#)

Suggested copy

You might not feel as thirsty in winter, but your body still needs water! Keep sipping throughout the day to help you stay hydrated

For more tips to help you drink plenty of water from @healthyeatingactivelivingnsw, visit www.healthyliving.nsw.gov.au/food/tips-for-drinking-more-water



Keep your water bottle nearby

[Download asset](#)

Suggested copy

Out of sight, out of mind! Keep your water bottle close by to remind yourself to drink water regularly.

For more @healthyeatingactivelivingnsw tips to help you drink plenty of water, visit www.healthyliving.nsw.gov.au/food/tips-for-drinking-more-water



Keep warm with a cup of tea

[Download asset](#)

Suggested copy

Warm up and wind down with a cup of tea. Drinking tea is a cosy way to keep your fluids up and stay hydrated in winter.

For more healthy drink ideas from @healthyeatingactivelivingnsw visit www.healthyliving.nsw.gov.au/food/healthy-snacking-tips

Free programs – Get Healthy Service



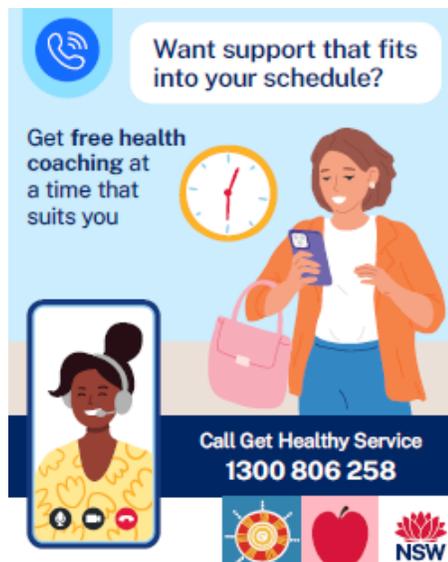
Get Healthy Service (pregnant women)

[Download asset](#)

Suggested copy

Eating healthily during pregnancy can help give your baby the best start to life.

For free health coaching to help you on your pregnancy health journey, call 1300 806 258 or visit www.gethealthynsw.com.au



Get Healthy Service (adults)

[Download asset](#)

Suggested copy

Health support on the go? Yes please! The Get Healthy Service provides free phone or online health coaching at a time that suits you.

Call 1300 806 258 or visit www.gethealthynsw.com.au to speak to a qualified health coach



Get Healthy Service (over 65s)

[Download asset](#)

Suggested copy

Getting active as you get older can help you be independent and give you more energy to do the things you love. The Get Healthy Service has tailored healthy ageing support to help you get started today.

Call 1300 806 258 or visit www.gethealthynsw.com.au to speak to a qualified health coach

Free programs – Go4Fun Online



Go4Fun Online (families)

Download assets

Suggested copy

Keeping the family healthy with Go4Fun Online means:

- Free health coaching
- Support to set health goals
- Ideas to get active together
- Low-cost healthy recipes

Find out more at www.go4funonline.com.au