Changing Our Food Environment

Waikato District Health Board

Regional Public Health
Better Health For The Greater Wellington Region

Five Lessons

1. Food is personal
2. Create a positive culture
3. Go gradual
4. Start with the obvious
5. Power of portion size

1. Food is personal

2. Create a positive culture

Daily Specials

ONLY $6.00

THE hub

Monday

Multigrain roll and yoghurt (vegetarian or ham)

Tuesday

Hot chowder, multigrain bun, 1 fruit

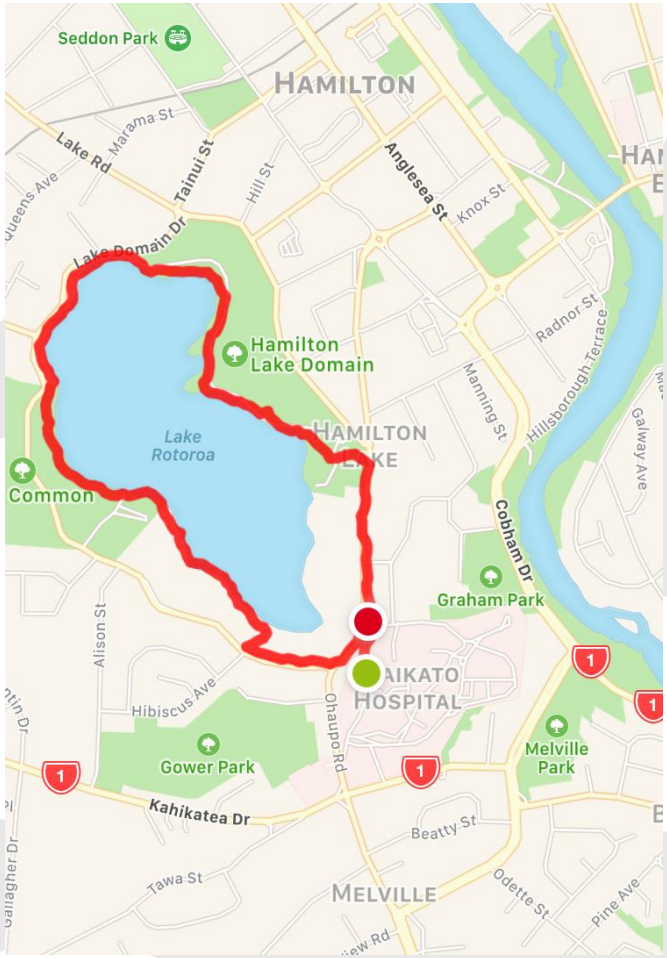
Wednesday

Chicken tandoori, vegetable stir fry with basmati rice

3. Go gradual

4. Start with the obvious

5. Power of portion size



Contact details

- Arna McLeod

Arna.mcleod@waikatodhb.health.nz

- Jane Wyllie

Jane.wyllie@huttvalleydhb.org.nz

Ph 04 570 9552