The simplest way
...to find new recipe ideas

*Eat It To Beat It* has a jammed packed website, including hundreds of healthy eating recipes that are all Cancer Council NSW approved!

This means you can make them knowing that your family is getting the very best from every meal!

Eating well can help to fight against cancer, so try and aim for at least 2 serves of fruit and 5 serves of vegies every day.

Check out our website for more healthy tips and loads of free new recipes for you to print out and keep.


For more information visit [www.eatitobeatit.com.au](http://www.eatitobeatit.com.au) or join us at [facebook.com/eatitobeatit](https://facebook.com/eatitobeatit)

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