

FACEBOOK PAGES - EAT MOVE LIVE

<http://au.mendcentral.org/>

Go for Fun Programs for overweight children website

<http://www.betterhealth.vic.gov.au/>

Healthy Living/Healthy Recipes - Cook around main ingredients/ Kids in the Kitchen recipes

www.kitchengardenfoundation.org.au/

We are changing the way children approach and think about food. All around the country in over 260 schools, around 35,000 children are enthusiastically getting their hands dirty and learning how to grow, harvest, prepare and share fresh, seasonal food.

<http://www.thefoodcoach.com.au/>

A weekly newsletter packed with regular updates on information on foods, recipes, and healthy living tips

<http://www.bestrecipes.com.au/>

Best Recipes features a recipe database, recipe reviews, food articles, a glossary and cooking discussion forums.

<http://communitygarden.org.au/>

News about community gardening and activities, and things of interest - factsheets/booklets/newsletters

1. Form a Planning Committee
2. Choose a Site
3. Prepare and Develop the Site
4. Organize the Garden
5. Insurance
6. Setting up a New Gardening Organization
Organizational Considerations | Bylaws
7. How to Manage Your Community Garden
Sample Guidelines and Rules | Application Form
8. Troubleshooting
Children's Plots | People Problems and Solutions
9. Resources
Horticultural information | Seeds | Bedding plants

http://www.ehow.com/how_6016875_organize-community-garden

<http://www.homelife.com.au/gardening/projects/starting+a+community+garden>

<https://www.breastfeeding.asn.au/>

<http://www.nhmrc.gov.au/your-health/nutrition/nutrition-guidelines-and-publications>

<http://raisingchildren.net.au/>

<http://www.8700.com.au/>

<http://vegiesmugglers.com.au/>

<http://www.rewardcharts4kids.com/>

Visit existing gardens that are working well. Gather information from each garden, noting challenges, strengths and weaknesses. Discuss which plants are most suited to your local soils and growing conditions.

Tips on breastfeeding and breastfeeding topics.

Raise the standard of individual and public health throughout Australia

Games for children, family recipes, child friendly movie reviews, parenting in pictures

Average adult needs 8700 kilojoules per day, check the kilojoules in your favourite foods and drinks

How to sneak the good stuff in to your child's food....not that we'd ever do that!

Free sign up to receive new reward chart for kids

<http://australiandiabetescouncil.com/Preventing-Diabetes/What-is-my-risk.aspx>

Help for prevention and for Australians with Diabetes

<http://www.diabeteslife.org.au/>

Help for prevention and for Australians with Diabetes

<http://www.heartfoundation.org.au/Pages/default.aspx>

Healthy ideas for a healthy heart

<http://www.parentsjury.org.au/>

Reduce the marketing of junk food to children

<http://www.allergyfacts.org.au/>

Helpful information about allergies

<http://www.foodstandards.gov.au/>

<http://daa.asn.au/for-the-public/smart-eating-for-you/>

Heaps of info about best ways to store food, how not to get food poisoning, and what to do if you're worried about this.

<http://www.foodauthority.nsw.gov.au/>

<http://raisingchildren.net.au/subscribe.aspx>

The complete Australian resource for parenting newborns to teens