

Deadly Healthy Cooking ideas for your family



Always wash your hands



Boil stews or soups



Use water instead of oil, or use less oil



Cut fat off meat



Add vegetables, including frozen, tinned and fresh



Flavour your food with herbs and spices, mustards and sauces.



Kangaroo



Goanna



Fish



Turtle



emu



Dugong



Yams



Bush fruits



Wattle seed damper



echidna

Include bush tucker when you can!