



what you eat.

13-19 October

national nutrition week 2025
stakeholder kit



join us to celebrate national nutrition week 2025.

National Nutrition Foundation is very excited to invite you to celebrate the love of food this National Nutrition Week from the 13th–19th of October!

From shopping and prepping to cooking and sharing, when we **'Love what we eat'**, meals become more than just fuel. They're delicious, balanced and mindful moments that nourish us and bring people together to connect, laugh and share.

To help bring the **'Love what you eat'** theme to life, we've launched our free [Healthy Eating Hub](#) with practical resources to inspire Australians to love every step of the eating journey.

how you can get involved.

There are two ways you can help us celebrate National Nutrition Week:

1. Share how **you** love what you eat!
2. Download our ready-to-use content and spread the word with your networks.

This stakeholder kit is filled with inspiration and ready-for-use assets to make it easy to join us in celebrating the love of food this National Nutrition Week.



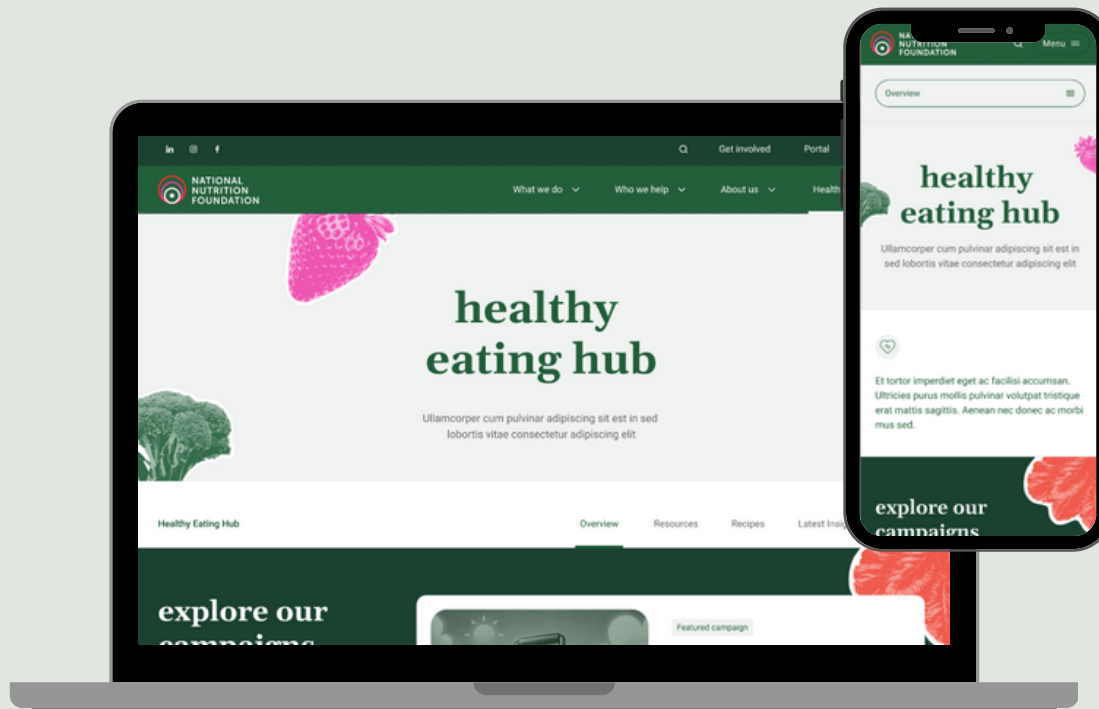


about the healthy eating hub.

The Healthy Eating Hub is a free, online collection of practical resources, recipes and downloadable tools to help Australians feel more confident about food.

Our first resource release coincides with National Nutrition Week and focuses on helping you 'Love what you eat'.

Inside the Hub, you'll find meal planning tips, food waste hacks, cooking skills, ideas to create a connected table, and more. It's all about inspiring you to get back to basics and enjoy nourishing, delicious food every day.



what's in the hub?



Evidence-based resources.



Nutritious recipes.



Insights from nutritionists & dietitians.



Practical downloads.



explore the healthy eating hub.



get inspired.

Celebrate National Nutrition Week your way.

The following section is full of ideas connected to the topics we'll be posting about all week.



show us how you...



love meal prepping.

Show how you make meal prep simple, delicious, and stress-free from quick tips to favourite recipes.



love cooking.

Share your go-to tips or skills that make cooking easier and more fun.



love food storage.

Do you have tips for keeping food fresh, reducing waste, or organising your fridge, freezer and pantry?



love how you eat.

Celebrate the ways you make mealtimes special, from mindful eating to creating a welcoming table.



love food shopping.

Share your best tips for making food shopping fun, affordable, and inspiring, from farmers' market finds to clever ways you save time and money.



love your food waste.

Inspire others with creative ways to reduce food waste, from using up veggie scraps to transforming leftovers into something new.



love your snacks.

Got a quick, tasty and nutritious snack combo you love? Share it with us!



love what you eat on a budget.

Show how you bring your love of food to life with a low-cost, nutritious recipe or tip.



love your plate.

Share the strategies you use to build a colourful, balanced and joyful plate.



love what you grow.

Share the joy of growing your own food and how that inspires what's on your plate.



love what you eat (kids edition!)

Show us how kids can join the fun! From helping in the kitchen, to getting excited about fruits and veggies.



download social media frames.

where to get involved.

Use these topics as inspiration for a social media post whether it's a photo, reel, story or video. You could also share a blog with your favourite recipe, include the theme in your next eDM or spark a conversation at your workplace.

don't forget to tag.



@nationalnutritionfoundation



@nationalnutritionfoundation



National Nutrition Foundation

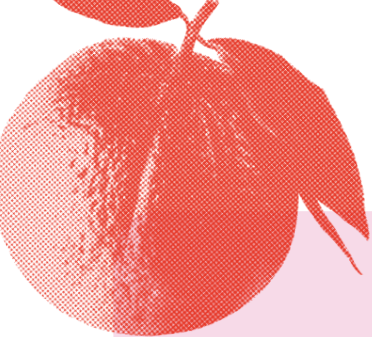
#LoveWhatYouEatNNW
#NNW2025



ready-to-use content.

We have made it easy to get involved in National Nutrition Week. The following section has pre-written posts, blogs, emails and images ready for you to download and share.


[download the assets.](#)





social media.

Use our ready-to-use social media assets and frames to spread the word about National Nutrition Week with your audience.

don't forget to tag:

 @nationalnutritionfoundation

 @nationalnutritionfoundation

 National Nutrition Foundation

#LoveWhatYouEatNNW
#NNW2025



download the assets.

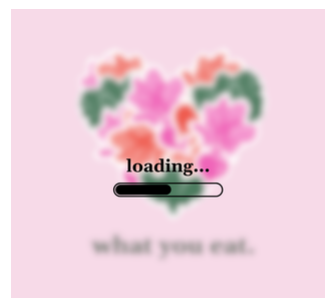
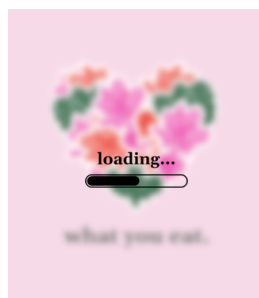
posts to share before 13th october.

option 1

National Nutrition Week is almost here! Get ready to celebrate the love of food from the 13-19 October.
#LoveWhatYouEatNNW #NNW2025

option 2

Coming soon! National Nutrition Week kicks off 13-19 October. Get ready to celebrate the love of food with us.
#LoveWhatYouEatNNW #NNW2025



posts to share after 13th october.

option 1

National Nutrition Week is here! 🎉 Explore resources, tips, and recipes on National Nutrition Foundation's new Healthy Eating Hub to help you love what you eat.
<https://nationalnutritionfoundation.org.au/healthy-eating-hub/>
#LoveWhatYouEatNNW #NNW2025



posts to share after 13th october.

option 2

It's National Nutrition Week (13-19 October) and this year we're celebrating the theme 'Love what you eat' with National Nutrition Foundation.

When we love what we eat, food becomes more than just fuel. It's about delicious, balanced and joyful moments that nourish us and bring people together.

Make sure you check out NNF's new Healthy Eating Hub, a free collection of practical tips, recipes and resources launched just in time for National Nutrition Week.

[Explore the Healthy Eating Hub here:](https://nationalnutritionfoundation.org.au/healthy-eating-hub/)
<https://nationalnutritionfoundation.org.au/healthy-eating-hub/>

#LoveWhatYouEatNNW #NNW2025

option 3

National Nutrition Week has arrived! From 13-19 October, let's celebrate the love of food together.
#LoveWhatYouEatNNW #NNW2025

option 4

This National Nutrition Week, we're celebrating the love of food! Join in the fun and share the ways you 'Love what you eat'!
#LoveWhatYouEatNNW #NNW2025





edm.

Consider using this ready-to-use creative to promote loving what you eat in the newsletters you send during National Nutrition Week.



download edm assets.



what you eat.

13-19 October

national nutrition week 2025



edm copy suggestion

This National Nutrition Week (13-19 October), we're proud to support the National Nutrition Foundation's theme: Love what you eat.

From shopping and prepping to cooking and sharing, every step can be a positive, nourishing experience.

When we 'Love what we eat', meals become more than just fuel. They're delicious, balanced and mindful moments that nourish us and bring people together to connect, laugh and share.

To help celebrate, the National Nutrition Foundation has launched their Healthy Eating Hub, a free collection of resources that make eating well simple, enjoyable and inspiring.

👉 [Explore the Healthy Eating Hub here.](#)

The National Nutrition Foundation wants to see the ways you 'Love what you eat'! They're inviting you to post a photo, video, or story whether it's cooking up your favourite recipe, setting a welcoming dining table, growing your own veggies, finding creative ways to use leftovers, or showing what makes food special in your life.

Make sure to tag @nationalnutritionfoundation to inspire others to join in.



link to the healthy eating hub.

blog.

Share your blog post link with us so we can re-share it with our social networks.



download blog assets.



what you eat.

13-19 October national nutrition week 2025



nutrition resources for real life.



explore the hub.

blog copy suggestion

Celebrate National Nutrition Week: Love what you eat

This National Nutrition Week (13-19 October), we're proud to support the National Nutrition Foundation's theme: Love what you eat.

From shopping and prepping to cooking and sharing, every step can be a positive, nourishing experience.

When we 'Love what we eat', meals become more than just fuel. They're delicious, balanced and mindful moments that nourish us and bring people together to connect, laugh, and share.

Discover the Healthy Eating Hub

To help celebrate, the National Nutrition Foundation has launched their Healthy Eating Hub, a free collection of practical resources designed to make eating well simple, enjoyable, and inspiring.

[Explore the Healthy Eating Hub here.](#)

Share how you love what you eat

The National Nutrition Foundation wants to see the ways Australians celebrate food this National Nutrition Week. You can join in by posting a photo, video, or story showing how you 'Love what you eat' whether it's:

- Cooking up your favourite recipe
- Setting a welcoming dining table
- Growing your own veggies

Tag @NationalNutritionFoundation to share your story and inspire others.

Celebrate the joy of food!

Together, let's celebrate the joy of food! Whether big or small, every moment spent enjoying, sharing, or creating meals is a way to love what you eat. Join the conversation, inspire others and make this National Nutrition Week a delicious celebration for all.



link to the healthy eating hub.



thank you.

Would you like to know more?
We'd love to hear from you.

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