



what you eat.

12-18 October

national nutrition week 2026
stakeholder kit



join us to celebrate national nutrition week 2026.

National Nutrition Foundation is excited to invite you to celebrate the love of food this National Nutrition Week, from 12 - 18 October!

Food is so much more than what's on our plate. It connects us to culture, community and each other, and brings joy to the places where we live, learn, work and play.

This National Nutrition Week, we're encouraging people across Australia to share how they love what they eat and celebrate food in ways that are meaningful to them. We've also created practical resources and ideas to help workplaces, schools and early childhood services bring the celebration to life.

how you can get involved.

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

1. Share how **you** love what you eat!
2. Use our celebration guides to bring National Nutrition Week to your workplace, school or early childhood service.
3. Celebrate World Food Day

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.





1.

share how you love what you eat.

Use the ideas in this section to spark conversations about the food, people, places and traditions that matter to you. Share your own story, encourage your community to join in, or use our ready-to-share content to spread the word.

get inspired.

There are so many reasons to love what we eat.

This National Nutrition Week, use one of these themes to start a conversation, share a story or celebrate what food means to you, your organisation or your community.



culture.

Food tells stories, preserves traditions and connects us to our heritage.

Share a recipe, food tradition or memory that connects you to your culture, family or heritage.



community.

Sharing food creates connection, belonging and stronger communities.

Celebrate the people you share food with, a community meal or the ways food brings people together.



place.

Food reflects our environment, local producers and unique regional identities.

Show us something you love about food where you live, from a local ingredient or producer to a dish that represents your region.



wellbeing.

Enjoying food together supports physical, social and emotional wellbeing.

Share a food moment that brings you joy, helps you connect with others or simply makes your day a little better.



equity.

Everyone deserves access to food that is nourishing, affordable and culturally meaningful.

Highlight an initiative, organisation or idea helping make good food more accessible in your community, or share what equitable access to food means to you.

however you choose to celebrate, make it yours.

Share a photo, story, recipe, memory, person, place or idea that shows us how you love what you eat.

how to get involved.

Use these themes as inspiration to share how you love what you eat. Create a social post, reel, story or video, feature a favourite recipe in your next eDM or blog, or use a theme to spark a conversation in your workplace or community.

don't forget to tag.



@nationalnutritionfoundation



@nationalnutritionfoundation



National Nutrition Foundation

#LoveWhatYouEatNNW
#NNW2026



ready-to-use content.

We have made it easy to get involved in National Nutrition Week. The following section has pre-written posts, blogs 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.



download
the images.



posts to share before 12th october.

option 1

National Nutrition Week is almost here! Get ready to celebrate the love of food from the 12-18 October.
#LoveWhatYouEatNNW #NNW2026

option 2

Coming soon! National Nutrition Week kicks off 12-18 October. Get ready to celebrate the love of food with us.
#LoveWhatYouEatNNW #NNW2026



posts to share after 12th october.

option 1

It's National Nutrition Week (12-18 October), and this year we're joining the National Nutrition Foundation to celebrate 'Love what you eat'.

Food is about so much more than what's on our plate. It can connect us to culture and place, bring communities together, support our wellbeing and help tell the stories of who we are.

This National Nutrition Week, we're celebrating the many ways people across Australia love what they eat and encouraging everyone to join the conversation.

What does loving what you eat mean to you? Share a food, story, tradition, person or place that makes food meaningful.

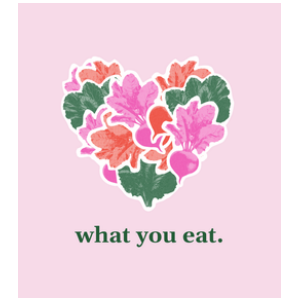
[Explore National Nutrition Week resources and inspiration:](https://nationalnutritionfoundation.org.au/healthy-eating-hub/campaigns/national-nutrition-week-2026/)
<https://nationalnutritionfoundation.org.au/healthy-eating-hub/campaigns/national-nutrition-week-2026/>

#LoveWhatYouEatNNW #NNW2026

option 2

National Nutrition Week has arrived! From 12-18 October, let's celebrate the love of food together.

#LoveWhatYouEatNNW #NNW2026



don't forget to tag:

@nationalnutritionfoundation

@nationalnutritionfoundation

National Nutrition Foundation

#LoveWhatYouEatNNW
#NNW2026



edm.

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



**download
edm assets.**



what you eat.

12-18 October

national nutrition week 2026



edm copy suggestion.

National Nutrition Week is happening 12–18 October, and this year we're celebrating the National Nutrition Foundation's theme Love what you eat.

Food is about so much more than what's on our plate. It can connect us to culture and place, bring people together, support our wellbeing and tell the stories of who we are.

Explore ways to love what you eat

Discover ideas, resources and inspiration to help you connect with the food, people, places and traditions that make food meaningful to you.

Explore the [National Nutrition Foundation's resources](#).

What does loving what you eat mean to you?

Food can mean something different to everyone. Maybe it's a family recipe passed down through generations, a food that reminds you of home, a favourite place to eat, a special tradition, or simply sharing a meal with people you love.

Start the conversation. What food, story, tradition, person or place makes food meaningful to you? Share your story with friends, family, colleagues or on social media and celebrate the many things we love about food.

Join the conversation and celebrate Love what you eat this National Nutrition Week.





blog.

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



download blog assets.



what you eat.

12-18 October

national nutrition week 2026



blog copy suggestion.

Love what you eat this National Nutrition Week

National Nutrition Week is happening 12–18 October, and this year we're celebrating the National Nutrition Foundation's theme, Love what you eat.

Food is about so much more than what's on our plate. It can connect us to culture and place, bring people together, support our wellbeing and tell the stories of who we are.

Whether it's a recipe passed down through generations, a meal shared with friends, a food that reminds you of home or a tradition that brings people together, food can hold meaning in many different ways.

Explore ways to love what you eat

National Nutrition Week is an opportunity to explore the many ways people connect with food and celebrate the things that make it meaningful.

Discover ideas, resources and inspiration to help explore food through people, places, culture, traditions and shared experiences.

From exploring food through the senses to sharing recipes and celebrating cultural foods and traditions, there are plenty of ways to get involved.

[Explore the National Nutrition Foundation's Love what you eat resources.](#)

What does loving what you eat mean to you?

Food can mean something different to everyone. It might be a family recipe, a food that reminds you of home, a special tradition or simply sharing a meal with people you love.

Start the conversation. What food, story, tradition, person or place makes food meaningful to you? Share your story with friends, family, colleagues or on social media and celebrate the many things we love about food.

Love what you eat.





2.

celebrate where you work, learn and play.

Bring National Nutrition Week to life in your workplace, school or early childhood service. Our practical guides are filled with simple ideas to help people connect, celebrate food and get involved in a way that works for your setting.

download your celebration guide.

workplaces.

Bring colleagues together around food with simple activities and ideas that make National Nutrition Week easy to celebrate at work.



download.

schools.

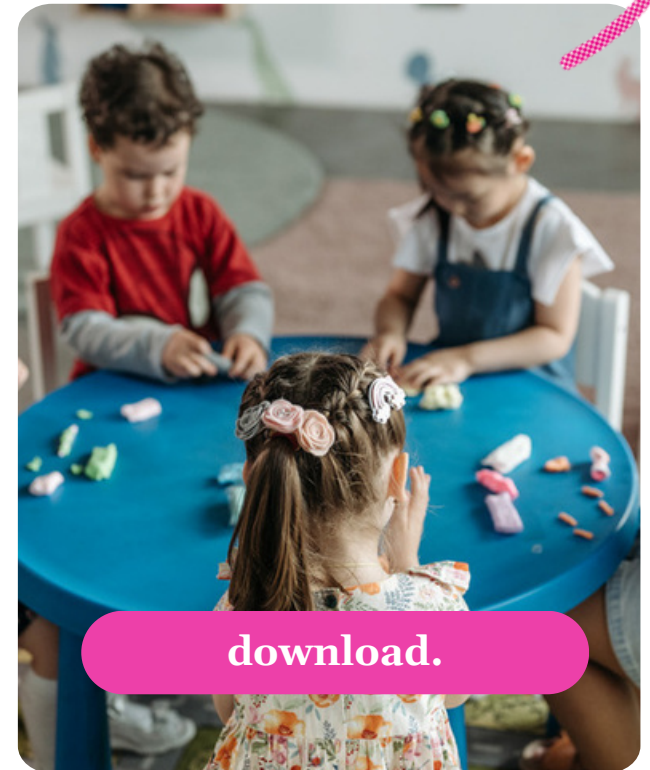
Bring National Nutrition Week into your school with practical ideas that help students explore, celebrate and connect through food.



download.

early childhood services.

Create playful, meaningful food experiences that help children explore food, build curiosity and celebrate eating together.



download.





3.

celebrate world food day.

On Friday 16 October, join people around the world in celebrating food and exploring how we can build a fairer, more sustainable food future for everyone.

celebrate world food day.

World Food Day, led by the Food and Agriculture Organization of the United Nations (FAO), falls within National Nutrition Week, giving us another opportunity to celebrate food and reflect on the kind of food future we want to create.

World Food Day is a global opportunity to recognise the importance of food while highlighting the work still needed to ensure everyone can access sufficient, diverse, safe and nutritious food.

This year's theme, "Innovate today. Nourish tomorrow.", explores how new ideas, traditional knowledge and collective action can help create more inclusive and sustainable food systems for generations to come. Here are some ways you can celebrate:



start a conversation

about what a fair and sustainable food future could look like.



celebrate local solutions

from community food initiatives and producers to projects reducing food waste.



share an innovation

that is changing how food is grown, produced, distributed or accessed.



recognise traditional knowledge

and the important role culture and lived experience play in our food systems.



highlight food equity

and the importance of everyone being able to access affordable, nourishing and culturally meaningful food.



visit the world food day website.



how national nutrition foundation is celebrating.

Discover how National Nutrition Foundation will be marking the day on our World Food Day 2026 campaign page.

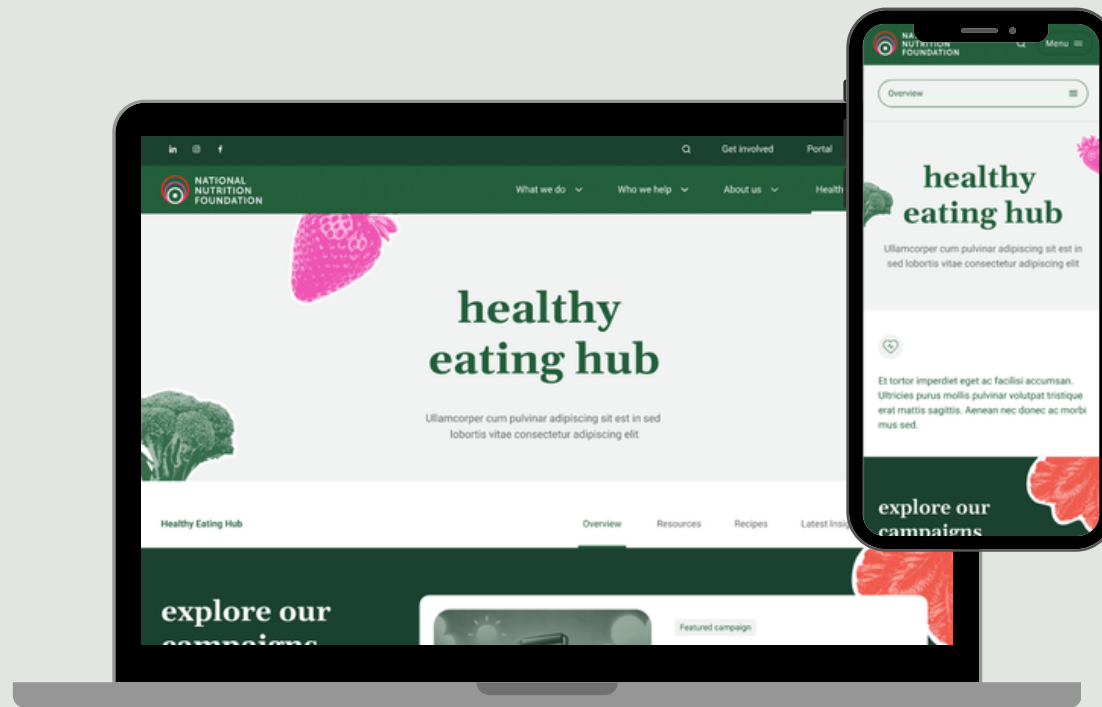




find more in the healthy eating hub.

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

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.

thank you for celebrating with us.

Have a question or want to know more
about National Nutrition Week? We'd
love to hear from you.

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