# Tips about good food for deadly living

This fact sheet has tips about eating healthy foods.

The fact sheet talks about traditional foods, like kangaroo and bush tomatoes. These foods are healthy and full of goodness. Traditional foods are connected to culture and Country. Another great reason to eat deadly foods!

The fact sheet also talks about affordable healthy foods. It shares ideas for eating well without spending a lot of money.

Healthy eating is about more than just strong bodies. It is about family, community and culture.

The fact sheet has artwork by Uncle Paul Constable-Calcott.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

### This resource was made by

#### First Peoples Disability Network

First Peoples Disability Network is a national human rights organisation of First Nations people with disability, their families and communities.

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Australia's leading voice in nutrition, which means healthy food that you eat.

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