



Family Friendly Food Program

The Family Friendly Food project was an initiative of Parramatta/Holroyd Family Support Inc., funded under the Commonwealth National Child Nutrition Program by the Department of Health and Aged Care in 2001 to 2004.

The Project goal was to improve the quality of life of disadvantaged families in the local area through encouraging their participation in nutritional education programs.

This manual was revised in June 2009. The manual includes sessions with children's programs, living skills programs, healthy eating on a budget, practical cooking and cooking for toddlers.

Family Friendly Food is a brilliant program with a lot of ideas and useful information.

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