

Fruit & Vegetables



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Fruit & Vegetables Great for your mind



Important for your mental health

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Important for your mental health

There is no need to print the following pages when printing and using this resource

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The CDRO endeavours to provide resources which are accurate and appropriate, however you must at all times use your own professional judgement when using this resource

Purpose of resource:

For people with mental health issues to become aware of the importance of good nutrition.

Target group:

This resource is designed to be used by Australians of all ages.

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