

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**

Human rights are the basic rights and freedoms that every person has, no matter who they are or where they live. Human rights include the right to be treated fairly and with respect, feel safe and make your own choices.

organisation of **First Nations**

First Nations people are the Aboriginal and Torres Strait Islander peoples of Australia. They are the first peoples of this land.

people with disability, their families and communities.

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