

The simplest way

...to create healthy take away.

Get the kids inspired about cooking with a healthy, homemade take away-style meal. Find full recipes at: eatittobeatit.com.au.



Sausage rolls:

Using beef, lamb, chicken, turkey or pork mince, with lots of grated or finely diced veg mixed in. Or add some tinned kidney beans to the mix.

Hamburgers:

Make a meat, lentil or veggie patty, pile on the salad and serve on a crusty wholegrain roll.



Fish and chips:

Crumb your own fish fillets and oven bake. Serve with oven-baked chunky chips or sweet potato wedges.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.