



Top Nutrition = Top Marks

Welcome to SWAP IT!

SWAP IT supports you to make informed choices about your child's health and wellbeing. Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.

Here are some great ideas you can swap today:

- Cake to scone.
- Chips to popcorn.
- Juice to plain milk.

**SWAP
FROM**



Chocolate cake



**SWAP
TO**



Fruit scone

You will receive weekly tips and ideas about healthy swaps you can make!

For more tips on making a swap visit: www.swapit.net.au/swaps