

*Health  
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# EAT BETTER, NOT LESS

**MORE AUSTRALIANS ARE  
BECOMING AWARE OF THE  
LOW LEVEL OF NUTRITION IN  
PROCESSED FOOD MAKING IT  
AN UNPOPULAR CHOICE**

**IF YOU'RE HUNGRY FOR MORE,  
CHECK OUT THE Y-HUNGER  
COOKBOOK [HERE!](#)**



Scan here to view  
the cookbook!



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*FairfieldCity*  
Celebrating diversity