Healthy Kids Toolkit

Healthy Tasmania logo

Promotional postcards and posters order form

Return to [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

| Type - Postcards | Quantity | Type - Postcards | Quantity |
| --- | --- | --- | --- |
| Baby (the first year)  \*BAB-N Baby eating solids |  | Pack your own snacks  \*SNA-N Postcard image is six squares with images of piklet, strawberry cut up, raisin bread, dip and cut up cucumber sticks, sliced cheese on wholegrain crackers and egg and vegetable slice and roasted sweet potato on side to provide examples of what to pack in snack containers. |  |
| Water as the main drink  \*WAT-N Young child drinking water from a cup |  | Iodine and folate advice  \*FOL-N Young woman walking through a park. |  |
| Family eating (all ages)  \*FAM-N Mother and child sharing a peach. Healthy kids website main image. |  | Breastfeeding (asking for help)  \*BRE-N Baby breastfeeding. |  |
| Lunchboxes (all ages)  \*LUN-N A post card front divided into 3 parts. Images in each: 1. Bolani (fried bread with potato), cut up carrots, tomato, cucumber, and a container of blueberries. 2. Fried rice and noodles with vegetables. Cut up tomato and cucumber. 3. Dumplings in a thermos and chopped up cucumber, carrot and tomato in a container. |  | Baby feeding signs  \*FEE-N New born baby lying on back sucking fingers. |  |
| Physical activity  \*PAEC Girl in red coat playing on a climbing frame at a playground. |  | Family self-serve style meals  \*FSS-N A table with a plates of different foods which can made self selected to make up a meal. Foods include bread rolls, cut up beetroot, tomato, pickles, baby spinach, dips, vegetable patties, lettuce and cheese. |  |
| Type – Posters | Quantity | Type – Posters | Quantity |
| Baby (the first year)  \*PBE Baby eating solid food |  | Active play (physical activity)  \*PAP Girl in red coat playing on a climbing frame at a playground. |  |

Contact name:

Organisation name:

Contact number or email:

Delivery address:

Notes:

Thank you for helping us promote the [www.health.tas.gov.au/healthykids](http://www.health.tas.gov.au/healthykids) to Tasmanian families.