Nutrition Resources

Visit the Online Shop:

www.nutritionaustralia.org/national/shop

How to be super

Food and Play Pyramid Poster

Food and Play 2-5 Years

Brekky Start the Best Start Poster

Menu Planning for Childcare Centres

Nutrition Australia ACT Division

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Nutrition for Early Childhood

Promoting optimal health by encouraging food variety and physical activity

Prices are effective for 2013
Who is Nutrition Australia?
Nutrition Australia is a not-for-profit, non-government, national organisation which aims to inspire healthy eating by promoting the importance of good food and nutrition.

Nutrition Australia produces a wide range of publications including books, booklets, posters and fact sheets, many of which have been designed for childcare facilities.

All nutrition services for early childhood facilities are conducted by Accredited Practising Dietitians (APD) / Accredited Nutritionists (AN).

Nutrition Services for Early Childhood Facilities
Nutrition Australia provides accurate and up to date nutrition information for early childhood organisations.

Our services will ensure your facility meets, and exceeds, the food and nutrition related elements of the National Quality Standard (NQS) and The Early Years Learning Framework for Australia (EYLF).

Nutrition and Food Handling Course*
This course can help Long Day Care Centres meet the NQS requirements outlined in Elements 2.1.3 and 2.2.1 under Quality Area 2: Children’s health and safety. A dietitian will visit your facility and present a two hour nutrition and food handling course for up to 25 people. Topics covered in the course include:
- Nutrition concerns and requirements for children and infants
- Dietary Guidelines for Children
- Nutrition Policy
- Food Hygiene
- Food Handling Practices

Attendees will receive a certificate of attendance.

Price: $440.00 (Inc. GST)

Menu Assessments
For childcare centres that provide food, this service helps ensure that NQS’s are being met in terms of food and nutrition. A dietitian will conduct the menu assessment by visiting the facility and providing a comprehensive report. Menu assessments are based on recommendations outlined by the NQS, specifically Element 2.2.1: “Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child”. The Menu assessment report also reflects nutritional requirements for children based on:
- National Health and Medical Research Council’s Recommended Dietary Intakes (RDIs)
- Australian Dietary Guidelines for Children and Adolescents

Price: $550.00 (Inc. GST)

Parent Workshop*
A dietitian will visit your facility and provide practical advice for parents of infants, toddlers and young children. These one hour interactive information sessions can cover a range of topics of interest which include:
- Infant nutrition
- Developing healthy eating habits
- Achieving adequate nutrition with minimal fuss
- Dealing with fussy eaters
- Healthy lunchboxes and snack ideas
- Food allergies and intolerances
- Food variety

Price: $290.00 (Inc. GST)

Tasty Treats Workshop*
In addition to information provided in the Parent Workshop, the one and half hour Tasty Treats Workshop includes a range of various healthy snacks for parents to try with their children. These treats are prepared by the Dietitian and additional discussion of this topic is included.

Price: $400.00 (Inc. GST)

* for ideal group sessions a limit of 25 people per workshop is preferred.

Become a member and receive 10% discount on these services and Nutrition Australia resources. To become a member visit: www.nutritionaustralia.org