



For further information or to make a booking contact Nutrition Australia NSW Division

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## Nutrition Australia

Nutrition Australia is a non-profit, non-government, national organisation whose mission is to promote optimal health to all Australians by encouraging food variety and physical activity through the delivery of nutrition education programs.

Nutrition Australia produces a range of nutrition focused publications including books, booklets, posters and leaflets many of which have been designed for childcare centres.

## Services for Early Learning

Nutrition Services for Early Learning Centres provides accurate and up to date early life nutrition information. It will ensure your facility meets and exceeds Quality Area 2: Children's Health and Safety standard 2.2 of the National Quality Framework.

Nutrition Australia NSW produces a quarterly newsletter, *Toddler Bites* providing the latest information on nutrition, health and tips on preparing delicious recipes for children. It also provides practical and up to date information on contemporary issues affecting the nutrition of children cared for by childcare facilities and services.

## Early Learning Service Membership - \$80 per year

### Benefits:

- Access to Nutrition Australia's Dietitian for nutrition information via phone or email
- Quarterly early learning centre specific *Toddler Bites* e-newsletter
- 10% discount on nutrition resources
- Discounted presentations/workshops

## Presentations / Workshops

### Understanding Nutrition Presentation

**\*Package A: 1 Hour Presentation \$450 inc GST (Members: \$430)**

An Accredited Practising Dietitian/Accredited Nutritionist (APD/AN) will visit your facility to deliver the following services:

One Hour Workshops include:

- National Quality Practice guides
- Dietary guidelines for children under 5
- Importance for food variety and fluids
- Nutrition concerns for children in long day care
- Guidelines to avoid choking
- Managing food allergies and intolerances
- Dealing with fussy eaters

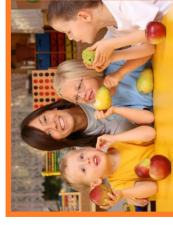
**\*Package B: 2 Hour Presentation \$600 inc GST (Members: \$550)**

Package B covers all topics in Package A plus Food safety and hygiene.

### Understanding Nutrition, Food Handling & Meal Planning

**\*Package C: Half Day \$850 inc GST (Members: \$800)**

- Facility visit by Nutrition Australia APD/AN
- Outlining the National Quality Framework specifically Standard 2.2.
- Dietary Guidelines for children
- 'Get Up and Grow' guidelines
- Nutrition Policy implementation
- Meal Planning
- Correct Food Handling Practise



### Tackling Toddlers Fussy Eating

**\*Package A: 1 Hour Presentation \$450 inc GST (Members: \$430)**

One Hour Workshops include:

- Definition of fussy eating and how to deal with it
- Healthy options for snacks consumption
- How to read food labels activity

**NEW**

## Parent workshop

### Reclaim the lunchbox

**\*Package D: Price: \$450 inc GST (Members: \$430)**

Our APD/AN will visit your facility for an interactive information and education session covering any nutrition topics of interest.

This one hour workshop will cover:

- Practical healthy snack and lunch ideas
- Dealing with picky eaters
- Food allergies and intolerances
- A lesson on food labels
- Food variety
- How to make lunchboxes fun



## Menu Assessment

**\*Package E: Price: \$890 inc GST (Members: \$850)**

This service helps childcare centres that provide food to ensure accreditation guidelines are being met in terms of food and nutrition by the National Quality Framework.

Reports incorporate nutritional requirements for children based on the National Health and Medical Research Councils recommended dietary intakes (RDIs), the Australian Guidelines for Children and Adolescents and 'Get Up and Go' guidelines.

## Food Safety Assessment

**\*Package F: Price: \$590 inc GST (Members: \$550)**

Nutrition Australia's Food Safety Assessment will help you to prepare to meet the Indicators for National Quality Framework.

An APD/AN will visit your facility to observe and assess your food hygiene and handling procedures.

Our nutritionist will view your policies and protocols: discuss current food safety legislation and accreditation guidelines: check that standards are being met: and provide food safety information relevant to your LDC facility.

A report will include: outlining the outcome of the assessment with recommendation to better meet the food safety standards and limit future food safety issues developing.

**\*Please note that Travel costs are in addition to these prices**