



Nutrition Services for Early Learning Centres



Nutrition Australia VIC Division

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Who is 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 wide range of publications including books, booklets, posters and leaflets many of which have been designed for childcare centers.

All nutrition services for early learning centers are conducted by Accredited Practicing Dietitians (APD) / Accredited Nutritionists (AN).

Services For Early Learning

The Early Learning Service provides accurate and up to date early life nutrition information. It will ensure your facility meets and exceeds the food and nutrition related principles of the Quality Improvement and Accreditation System (QIAS) and Family Day Care Quality Assurance (FDCQA) Quality Practices Guides.

Stay up to date with the Nutrition Australia newsletter *Toddler Bites*. *Toddler Bites* provides the latest information on nutrition, health and tips on preparing delicious recipes.

The newsletter also provides practical and up to date information on contemporary issues affecting the nutrition of children cared for by childcare facilities and services.



Presentations / Workshops

Understanding Nutrition Presentations

Package A: 1 Hour Presentation \$475 inc GST*

(Members: \$430)

An APD/AN will visit your facility to deliver the following services:

One Hour Workshops include:

- 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 picky eaters
- Activity—learning how to read food labels

Package B: 2 Hour Presentation \$635 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 Long Day Care Centre QIAS requirements
- Outlining Family Day Care Centres FDCQA requirements
- Dietary Guidelines for children
- Nutrition Policy
- Meal Planning
- Food Handling Practise

An APD/AN will facilitate the workshop focusing on nutrition for infants, toddlers and young children and menu planning for childcare centres. The interactive workshop is limited to 20 people per session. Attendees will receive a certificate of attendance as well as a folder containing a workshop manual and relevant handouts.

Parent workshops –

Reclaim the lunchbox

Package D: Price: \$475 incl 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: \$790 incl GST* (Members: \$700)

This service helps childcare centres that provide food to ensure accreditation guidelines are being met in terms of food and nutrition by the National Childcare Accreditation Council in principle 6.1 of the QIAS Quality Practices Guides.

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

Food Safety Audit

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

Nutrition Australia's Food Safety Audit will help you meet the Indicators for High Quality Care in Principle 6.2 of the QIAS Quality Practices Guide.

An APD/AN will visit your facility to observe and audit 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 audit with recommendation to better meet (or continue to meet) the food safety standards and limit the possibility of any future food safety issues developing.

Nutrition Resources

Online Shop: <http://www.nutritionaustralia.org/national/shop>

How to be super



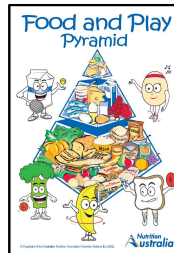
Lifting the Lid on Lunch



Food and Play 2-5



Food and Play Pyramid



Healthy Living Pyramid Jigsaw



Brekky Start the Best Start Poster



Membership - \$70

Package G:

Benefits:

- 10% Discount on nutrition resources
- Quarterly newsletter 'Toddler Bites'
- Access to Nutrition Australia's APD/AN for nutrition information via phone or fax
- Children's Nutrition Kit
- Food and Play Pyramid
- Food and Play stickers
- Food and Play publication

*Please note: all packages exclude travel costs

Booking & Payment Details

Name of childcare centre:

Contact Name: _____

Postal Address: _____

Post Code: _____

Phone (wk): _____

Email: _____

Package: _____ Cost of Package: _____

Cost Postage: _____ Total Cost: _____

Payment Method: (please circle)

Cheque / Money order / Mastercard / Visa

Name on Card: _____

Signature: _____

Card number: _____

Expiry date: ____/____