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Workplace Wellness

- Designed for your organisation and employees
- Delivered by qualified Dietitians and Nutritionists
- Support with marketing the program to get staff involved in the activities
- One off sessions or complete program development, delivery and evaluation
- Able to address all SNAPO risk factors and provide pre-post program data

Our Nutrition Services

- Nutrition Presentations
- Individual Diet Consultations
- Cooking Demonstrations
- Workplace Health Challenges
- Canteen Menu Reviews
- Newsletter Inserts

New Service

Individual Diet Consultations
now offered by Dietitians
from NAQ Nutrition.
We come to your workplace.

Individual Diet Consultations

- Choice of 15, 20 or 30 minute individual consultation with an Accredited Practising Dietitian
- Staff can discuss their own diet and health questions in a friendly and confidential environment
- Tips to help staff improve their energy levels , immunity, concentration, and boost productivity
- Minimum 3 hour booking time where we come to you



Individual Diet Consultations are a NEW service provided by Accredited Practising Dietitians at NAQ Nutrition.

We have responded to growing demand from our clients for personalised nutrition advice. We come to your workplace and support staff to make the better food choices.

Benefits of offering Individual Diet Consultations

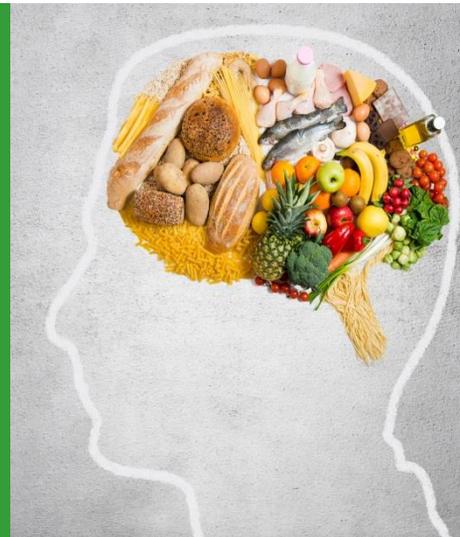
- Staff often feel more comfortable discussing their individual health concerns in a private and confidential environment.
- There is no set topic or theme which may interest a broader range of staff members. The consultation is guided by the participant and their dietary needs.
- Booking a 15 or 30 minute timeslot is a smaller time commitment for staff interested in health, nutrition and their wellbeing.



Food is life. Food is you.

Nutrition in action

- Presentations delivered by highly qualified Dietitians and Nutritionists
- Session times are flexible and can run between 30 – 60 minutes
- Take home materials provided to attendees
- A session can be tailored to suit the interests of your staff
- We cater for up to 30 audience members for optimal audience interaction (Please enquire for larger groups)



The following provides a sample of some of our most popular presentations. Contact us for the complete listing or to discuss having a presentation developed specifically to meet the needs and interests of employees at your workplace.

Boost Your Energy

Needing a boost? Want to get the most out of every day? Find out about the link between what you eat, when you eat and how this affects your day to day performance and energy levels. Gain practical diet tips to really boost your energy.

Virtual Supermarket Tour

Do you know how to read and interpret a food label? Every consumer needs to know how to navigate the tricky maze of making healthy food choices! Participants gain the skills to understand what's in our food and how to best select food products when at the supermarket.

Weight for a Change

Want to get out of the diet cycle? Learn how to translate your resolutions into action. This presentation discusses weight loss essentials and provides participants with a deeper understanding of the nutritional values of food and effective weight management.

Healthy Eating on a Budget

Healthy wealthy and wise! Gain the skills and knowledge you need to plan healthy meals even when eating out. This workshop offers ideas for managing food budgets to help save money and time, and of course, your waistline.

Nutrition for Shift Workers

Ever found yourself struggling to stay awake during a shift? Do you skip meals or resort to take away because of lack of time or motivation? Learn how to power your body with the right fuel at the right time. Includes tips for staying active when working shifts.

Healthy Eating on the Road

Ever found yourself struggling to stay away when driving? The foods we eat can have a great impact on how we feel on a long road trip. This workshop discusses a wide variety of food that will help improve concentration, energy levels and reduce fatigue.

Food Variety & Physical Activity

What is food variety and why is it important? Equip yourself with easy strategies to improve your food variety and plan balanced meals and snacks. Learn tips on how to improve your physical fitness.

Food Fitness

Discover how nutrition and exercise can aid physical training. Learn how to increase your capacity for exercise through fuelling your body with the best foods & fluids!

Haven't found what you are looking for?

We tailor sessions to meet the interests and needs of your workplace.

Contact us to discuss any thoughts or ideas you may have.



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Cooking Demonstrations

- Practical session focusing on cooking skills and nutrition
- 2-3 recipes are prepared in front of the audience by a Dietitian
- Showcasing healthy ingredients and preparation methods
- Taste tests and recipes provided to all attendees
- All equipment and ingredients are provided for the demonstration
- We cater for up to 30 audience members (Please enquire for larger groups)



Choose from one of our popular themes or work with us to come up with something unique for your organisation.

- Fresh, Fast and Fabulous
- Speedy Workday Meals
- Cuisines of the World
- Warming Winter Meals
- Fast Food Makeovers
- Cooking for a Healthy Heart
- Healthy Barbequing

After a more hands on experience?

Cooking Workshops are available onsite at your workplace, or in NAQ Nutrition's head office kitchen in Bowen Hills. Participants will become the chefs and work together as a group to cook tasty meal and snack recipes. This can be a great team bonding activity.

NAQ Nutrition provides the equipment, ingredients, recipes and participants will taste each recipe prepared. We can cater for 15-20 people per Cooking Workshop depending on the location and require a minimum 1.5 hours for the activity.



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