



## Aged Care Nutrition Advisory Service

*Experienced Accredited Practising Dietitians for advice and support*

Food safety

Nutrition

Menu planning

Malnutrition prevention and management

Managing texture modification

Hydration

**Phone: (07) 3257 4393**

**Email: [acnas@naqld.org](mailto:acnas@naqld.org)**

Aged Care Nutrition Advisory Service (ACNAS) • Another NAQ Nutrition program

## Annual subscription to the **Aged Care Nutrition Advisory Service (ACNAS)**




Subscribers to our service receive a high level and quality of service related specifically to Aged Care. NAQ Nutrition are pleased to offer our valued ACNAS subscribers a range of exclusive benefits.

### For just \$100.00, this year's ACNAS subscription includes:

- ✓ **MONTHLY E-NEWSLETTER**
- ✓ **ACCESS TO NAQ NUTRITION'S SUPPLEMENT AND TUBE FEEDING SERVICE WITH 2.5% DISCOUNT**
- ✓ **FREE ACCESS TO PROFESSIONAL NUTRITION ADVICE**
- ✓ **DISCOUNTS ON THE RANGE OF NAQ NUTRITION'S ACNAS PROGRAM PRODUCTS & SERVICES**
- ✓ **DINING EXPERIENCE eBook – FREE access with your 2017-2018 subscription**





Please visit our website or email [acnas@naql.org](mailto:acnas@naql.org) for more information about subscription

<b>Food safety support services</b>	<b>Cost (incl GST)</b>
<p><b>Food safety supervisor course</b> This course meets the requirements of Nationally Recognised Training. A Statement of Attainment for the units HLTFS001, HLTFS005 and HLTFS007, will be awarded upon successful completion.</p>	Please contact us for latest course details
<p><b>Food safety audits – desktop or onsite compliance</b> If you are a licensed food business and require a desktop audit or onsite compliance audit for your local council, one of our Queensland Department of Health approved auditors can provide an audit.</p>	Please contact us to discuss your requirements
<p><b>Food safety appraisal</b> Get ready for an onsite compliance audit with a food safety appraisal. Includes an onsite visit to observe and appraise food hygiene and handling procedures. Reviews policies and protocols against current legislation. A comprehensive written report is included</p>	Subscribers - \$374 Non-subscribers - \$456.50
<p><b>Safe food handling workshop – 90 minutes</b> Get your staff up to speed with this interactive workshop on basic hygiene principles, safe temperature and storage control and how to avoid food contamination.</p>	Subscribers - \$440 per group

<b>Nutrition and menu planning support services</b>	<b>Subscriber Cost (incl GST)</b>	<b>Non Subscriber Cost (incl GST)</b>
<p><b>Onsite menu assessment</b> Ensures that residents in care are receiving food that supports them in meeting their daily nutritional requirements - includes onsite visit (where possible), comprehensive report and recommendations in line with Commonwealth Accreditation Standards.</p>	\$880 (4 week menu)	\$990 (4 week menu)
<p><b>Individual dietetic consultations</b> One-on-one complete nutritional screening and assessment of residents' nutritional risk and requirements. Individualised dietary recommendations made for a range of nutrition related problems and nutrition care plans implemented in consultation with the resident, family, care and kitchen staff. Individual consults allow for close monitoring of changes in nutritional status and the implementation of additional targeted nutrition interventions.</p>	\$110/hour	Service only offered to ACNAS members
<p><b>Nutrition in residential aged care seminar</b> Do you know the key nutritional concerns for residents in aged care? This presentation is designed to equip care and foodservice staff with understanding and knowledge of key nutritional concerns of residents and provides practical recommendations to aid in the identification and management of nutrition related issues. <i>45 minutes</i></p> 	\$440 per group	\$440 per group
<p><b>Menu planning for aged care settings workshop</b> An interactive workshop designed to assist food service and care staff with menu planning in line with Commonwealth Accreditation Standards. This workshop is ideal to ensure residents are receiving adequate variety and nutrition through appropriate menu planning. <i>3-4 hours</i></p> 	\$880 per group	\$1100 per group
<p><b>Preparing texture modified meals workshop</b> An interactive and informative workshop to equip participants with skills and knowledge around dysphagia, texture modified meals and thickened fluids. Participants will gain hands on experience in the provision of texture modified meals and fluids and skills in understanding how to achieve optimal nutrition and hydration when swallowing problems occur. <i>3 hours</i></p> 	\$660	\$825

# Nutrition and food safety support services

**Aged Care Nutrition Advisory Service (ACNAS)** • Another NAQ Nutrition program

<p><b>Special diets in aged care seminar</b> Do you often wonder how to manage residents with special dietary needs? This presentation equips participants with understanding of the nutritional management of key special diets and provides practical advice for catering for these residents. 45 minutes</p> 	<p>\$440 per group</p>	<p>\$440 per group</p>
<p><b>Preventing and managing malnutrition</b> A presentation designed to educate staff on malnutrition and identifying residents requiring additional nutrition support. Participants will gain skills in the provision of high protein high energy diets as first line treatment, when and how to use supplement drinks and modules along with practical suggestions to encouraging and monitor supplement consumption. 45-90 minutes</p> 	<p>\$440 - \$495 per group</p>	<p>\$440 - \$605 per group</p>
<p><b>Managing food and drink when swallowing problems occur</b> An interactive and informative workshop to equip participants with skills and knowledge around managing texture modified meals and thickened fluids. 45 minutes</p> 	<p>\$440 per group</p>	<p>\$440 per group</p>
<p><b>Customised nutrition presentations/workshops</b> We can develop a workshop depending on your needs. Let us know how we can help you!</p> 	<p>TBA</p>	<p>TBA</p>





## Healthy at Work - health and wellbeing for your staff

 	Subscriber Cost (incl GST)
<p><b>Label reading workshop</b> Ever wondered what to look for in a nutrition information panel or food label? This interactive workshop will give you all the skills you need to read food labels and make healthy choices!</p>	\$495 per group
<p><b>Boost your energy</b> Needing a boost? Want to get the most out of every day? This presentation highlights the link between what you eat, when you eat and how this affects your day to day performance and energy levels.</p>	\$495 per group
<p><b>Virtual supermarket tour</b> Do you know how to read and interpret a food label? One of the most important and effective tools for every consumer is being able to navigate the tricky maze of making healthy food choices! This presentation is designed to equip participants with the skills to understand what's in our food and how to best select food products when at the supermarket.</p>	\$495 per group
<p><b>Healthy eating on a budget</b> Healthy wealthy and wise! A presentation designed to assist with meal planning for individuals and families and includes strategies for healthy eating when dining out. This workshop offers ideas for managing food budgets to help save money and time, and of course, your waistline.</p>	\$495 per group
<p><b>Nutrition for shift workers</b> 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? Do you plan to get up early and exercise, but end up turning the alarm off because you are too tired to get up? Learn how to power your body with the right fuel at the right time.</p>	\$495 per group

## Services booking form

To book one of our services, please complete the following form and fax, post or email to:

### NAQ Nutrition

12/212 Curtin Avenue West, Eagle Farm Qld 4009

Ph: (07) 3257 4393

Fax: (07) 3257 4616

Email: [acnas@naqld.org](mailto:acnas@naqld.org)

Facility name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Physical address: \_\_\_\_\_  
\_\_\_\_\_

Postal address: \_\_\_\_\_  
\_\_\_\_\_

Email address: \_\_\_\_\_

Phone no: \_\_\_\_\_ Mobile no: \_\_\_\_\_

Is your setting a member of ACNAS? YES NO

Do you have access to an overhead or data projector and laptop? YES NO

Which service/s would you like for your setting / staff?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list preferred dates and times.  
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\_\_\_\_\_  
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