



Nutrition Australia Qld

## Workplace and Community Health Services List

*Queensland's leading community  
nutrition organisation*

**Nutrition  
Seminars**

**Cooking  
Demonstrations**

**Nutrition  
Consultations**

**Health  
Displays**

**Canteen  
Menu Reviews**

**Tailored  
Packages**

## Nutrition Seminars

“Our seminars are interactive and dynamic. They will enhance your team’s nutrition knowledge to make healthier food choices.”

*Elizabeth Borgo, Nutrition Australia Qld Dietitian*

- Experienced Dietitians and Nutritionists
- Professional presentations
- Customised seminar topics for your staff
- Handouts for participants
- Session length - 30 minutes to 1 hour
- Session Cost - \$495.00. *Travel fees may apply.*



### Seminar Topics include:

Boost your energy	Building balance and promoting healthy habits in your diet
Virtual Supermarket Tour	A shopper’s guide to healthy choices and avoiding marketing traps
Healthy Eating on a Budget	Money saving tips and meal planning ideas
Eat Right for Shift Work	Stabilising your energy levels at the right time of day
Healthy Eating on the Road	Healthy foods that travel well and smart swaps for your favourite snacks
Safety, Food & Mood	How do our food choices, mood and safety link?

## Cooking Demonstrations

### Words from some of our clients

*“Great tips and good food. Would love to have one of these sessions again.”*

*“Quick and simple recipes with ingredients I wouldn’t normally use but will try now.”*

*“Very informative and delicious.”*



- Our facilitators prepare 2-3 tasty dishes for staff
- Showcasing healthy, seasonal ingredients
- Taste tests for all attendees
- We bring all equipment and ingredients
- Session length – 45 minutes to 1 hour
- Session Cost - \$935.00. *Travel fees may apply.*



## Nutrition Consultations

**Give employees the opportunity to discuss their nutrition needs in a friendly and confidential environment**



*This service makes trusted nutrition advice easily accessible to employees.*

- Individual consultations with a Nutrition Australia QLD Dietitian at your workplace
- Appointments can be either 20 or 30 minutes in duration
- Staff are provided with education and advice to assist them in making healthier food choices at home and at work
- Goal setting and strategies to improve nutrient intake and diet quality
- Take home materials provided
- Service Cost - \$125.00 per hr (minimum 4 hour booking). *Travel fees may apply*

## Health Displays

- Hosted by a qualified Nutrition Australia Qld Dietitian or Nutritionist who will facilitate discussion and answer questions
- Take away materials for staff including fact sheets and recipe cards
- Service Cost – Available Upon Enquiry



### Host a display in your staff room or lobby

Activities presented at health displays may include:

- What makes a healthy lunch or dinner?
- Alcohol display – energy density and pouring standard drinks
- Quick and simple swaps
- How much sugar is in that drink?
- Power of portion size – keeping your serves in check!



*Interactive and eye catching nutrition displays that are designed to generate conversation amongst staff.*

## Canteen Menu Reviews

- A Canteen/Cafe Review conducted by one of our Dietitian/Nutritionists can help identify any areas for improvement and suggestions to increase the availability of healthier options.

**Contact us for more information**

## Tailored Packages

- We are more than happy to tailor a package to suit the needs of your staff and organisation.

**Contact us for more information**

**“Workplace health programs result in a \$5.81 saving for every \$1 invested in employee wellbeing”** *HAPIA Best Practice Guidelines 2010.*



1. On average, we spend 1800 hours each year at work. That equals 10.3 years of our life!
2. The office environment has a huge impact on our health and wellbeing.
3. Improving the health of your work environment improves your quality of life.

The benefits of engaging with Nutrition Australia Qld to deliver a healthy workplace initiatives include (but are not limited to):

- ✓ improved staff morale and team building experiences
- ✓ increased productivity
- ✓ decrease in staff turnover
- ✓ improved employee relations
- ✓ reduction in work related ill-health and decrease in absenteeism