



# Nutrition Australia Qld

QUALITY | COMPLIANCE | BEST PRACTICE

## Nutrition in OSHC Annual Subscription Form

As educators and specialists in the industry you play an invaluable role in our children's futures. Health and nutrition play an integral part of every child's life. Ensuring children have access to nutritious and safely prepared meals will improve their overall health, behaviour and learning outcomes.

As a Nutrition in OSHC subscriber, you not only benefit the children in your care, you can also benefit your setting as a whole, including your local community, through the following:

- **ADVOCACY** - We are a proactive voice with connections with government, non-government, private enterprise and media outlets.
- **PD AND TRAINING** - Our team of experienced Dietitians, Nutritionists and Health Promotion Officers with experience in the industry provide tailored professional development and training.
- **RESOURCES AND COMPLIANCE** - Our range of expertly designed resources will assist you to meet your compliance requirements and strive for best practice.
- **INDUSTRY UPDATES** - Let us keep you up to date on the latest research and requirements around nutrition and food safety.

Most importantly you continue to support Nutrition Australia Qld, a charity that has been operating for over 20 years, being the voice of health and nutrition for Queensland children.



Nutrition Australia Qld's Nutrition in OSHC Program promotes best practice around meeting and exceeding the National Quality Standard, specifically the principles relating to nutrition and food safety.

Nutrition Australia Qld | [www.naqld.org](http://www.naqld.org) | [oshc@naqld.org](mailto:oshc@naqld.org)

12/212 Curtin Avenue West, Eagle Farm, 4009 | ph (07) 3257 4393 fax (07) 3257 4616

# 2021 Nutrition in OSHC Themes

Your subscription enables you to stay informed of the latest requirements in best practice, research and policy around food and nutrition.

As a subscriber to Nutrition Australia Qld's Nutrition in OSHC program you will be authorised to display the **Certificate of Subscription** at your centre.

Through the 2021 subscription year the Nutrition in OSHC program will focus on **four themes**.

Each theme will include focused discussion, resources and **information relating directly to legislative requirements and will discuss exceeding themes**. Resources will be available for subscribers to use. Themes include:

- **RECIPE PLANNING AND DEVELOPMENT:** April – June 2021
  - Including recipe planning guidance, tools and templates for settings to use when developing recipes for the centre menu, planning recipes for cooking experiences, or supporting families to plan recipes for lunchboxes.
- **ENGAGING FAMILIES IN NUTRITION:** July – September 2021
  - Including information and advice on ways to engage families in your centre's nutrition processes and planning, including case studies.
- **NUTRITION FOR TRANSITIONING TO OSHC:** October – December 2021
  - Including information and strategies on how to prepare children and their families for the transition to OSHC, with guidance on lunchboxes, food safety and mealtimes.
- **MANAGING FOOD ALLERGIES AND INTOLERANCES:** January – March 2022
  - Includes best practice guidance on managing food allergies and intolerances in your centre, communication protocols for families and staff, and managing cross-contamination risk.

## **ADDITIONAL subscriber benefits include:**

- Free quarterly Zoom professional development sessions run by our Dietitians
- Updates and information about the National Quality Framework
- 12 month subscription to the Nutrition in OSHC e-newsletter including recipes and nutrition updates
- Access to the 'subscribers only' area of the Nutrition in OSHC section of Nutrition Australia Qld's website
- Additional e-newsletter subscriptions\*

# 2021 Centre Subscription Form

## Your Centre Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email\*: \_\_\_\_\_

*\* Please note this email needs to be individual as it will be your log in. If you have multiple centres, please have a different email for each centre.*

### Additional email addresses

\*all e-newsletter recipients must belong to the one setting site – by adding an email address you confirm that the email address belongs to staff from that one site.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Centre demographics:

1. Number of children: \_\_\_\_\_
2. Number of families: \_\_\_\_\_
3. Meal provision at your centre (please tick one):
  - We have a cook/chef who makes our food onsite
  - Parents provide food
  - Other: \_\_\_\_\_

**Email** this completed subscription form to: [oshc@naqld.org](mailto:oshc@naqld.org)  
OR **Subscribe Online** - <https://naqld.org/oshc-2-2/>

### **Payment options (\$100 + GST)**

**Credit Card:**

Visa/Mastercard/Bankcard

*(Please circle)*

Credit Card Number:

-----  
Exp. date: \_\_ / \_\_

Signature: \_\_\_\_\_

**Direct Deposit\***

**Bank:** St George Commercial Bank

**Account Name:** NAQ Nutrition

**BSB:** 194 879

**Account No:** 429886676

**ABN:** 33 986 781 351

*\*NB: If you choose this option, your invoice number or setting name MUST be used as a reference.*

*Please advise NAQ of the direct deposit by emailing [oshc@naqld.org](mailto:oshc@naqld.org).*