

Nutrition Policy – Useful resources and websites

Food Foundations • an NAQ Nutrition program

NAQ Nutrition's Food Foundations Program https://nagld.org/food-foundations-landing/

The Australian Dietary Guidelines: https://www.eatforhealth.gov.au/

The Australian Guide to Healthy Eating https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

The Infant Feeding Guidelines

https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

The Get up & Grow Guidelines – Healthy Eating and Physical Activity for Early Childhood https://www1.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources

Food Allergy –Australasian Society for Clinical Immunology and Allergy (ASCIA) https://www.allergy.org.au/

The National Quality Standard https://www.acecqa.gov.au/nqf/national-quality-standard

Belonging, Being and Becoming – The Early Years Learning Framework https://www.education.gov.au/early-years-learning-framework-0



