



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 to 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 early years industry provide tailored professional development and training.
- **RESOURCES AND COMPLIANCE** - Our range of expertly designed resources will assist you to meet your compliance requirement 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 | oshc@naqld.org

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2020 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 2020 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:

- **NUTRITION:** April – June 2020
 - Including menu planning, lunchbox advice, advice and resources to consider through vacation care.
- **FOOD SAFETY:** July – September 2020
 - Including advice for settings who prepare food onsite and parents to consider with lunchboxes.
- **POSITIVE MEAL TIMES:** October – December 2020
 - Including information on strategies for educators to make mealtimes with children in care positive, relaxed and social, as well as encouraging children to try new foods.
- **EMBRACING EXCEEDING THEMES:** January – March 2021
 - Including discussions and strategies to consider around embracing exceeding themes, as well as the inclusion of reflective practice questions and case studies.

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*

2020 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
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.