



Workplace and Community Health 2020 Services List

Nutrition Australia Qld offers workplace nutrition and wellbeing activities that are fun and engaging, with an aim to inspire and educate employees to maintain good nutrition and a healthy lifestyle.



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Nutrition Seminars

Enhance your team's nutrition knowledge to make healthier food choices with our interactive and dynamic nutrition seminars.

Details

- Professional presentations delivered by an experienced Accredited Practising Dietitian or Nutritionist
- Customised seminar topics for your staff
- Handouts for participants
- Session length – 30 minutes to 1 hour
- Session cost – \$495.00 (*travel fees may apply*)
- Virtual nutrition seminars also available via teleconferencing platform Zoom. Contact us for more information on session length and cost

Seminar Topics

Boost Your Energy – Building balance and promoting healthy eating 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 to ensure safety while at work.

Healthy Eating on the Road – Healthy foods that travel well and smart swaps for your favourite snacks.

Food and Mood – How do our food choices and mood link?



Cooking Demonstrations

Provide employees with the opportunity to discover new recipes, healthy eating tips and cooking skills in an informative cooking demonstration.

Details

- Our facilitators prepare 2 to 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*)
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Nutrition Consultations

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

Details

- 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 healthy food choices at home and at work
- Goal setting and strategies to improve nutrient intake and diet quality, with take home materials provided
- This service makes trusted nutrition advice easily accessible to employees
- Service cost – \$125.00 per hour (minimum 4-hour booking)
(*travel fees may apply*)



Health Displays

Host a health display in your staff room or lobby. Interactive and eye-catching nutrition displays are designed to generate conversation amongst staff.

Details

- Hosted by an experienced Accredited Practising 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, contact us for more information

Health Display Topics

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
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Canteen Menu Reviews

A canteen or café menu review conducted by an experienced Accredited Practising Dietitian or Nutritionist can help identify any areas for improvement and provide 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 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

Call us on 07 3257 4393 or email healthyatwork@naqd.org for more information.

