



# Food Foundations 2021 Training and Services List

As educators and specialists in the early years industry, you play an invaluable role to our children's futures. Health and nutrition play an integral part of every child's life.



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## Workshops for Early Years Settings

*Our Early Years Workshops can be delivered face to face or remotely via Zoom. Prices below are for face to face workshops, see the price list for the cost of a Zoom workshop.*

### **Meeting Nutrition and Food Safety Requirements Workshop**

Raising awareness and increasing understanding of nutrition and food safety within the setting. Aligned with the National Quality Standards (NQS) and Early Years Learning Framework.

90-minute workshop.

Cost: \$440 subscribers, \$550 nonsubscribers.

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### **Meeting Nutrition Requirements Workshop**

This interactive and informative session aligns with nutrition requirements within the National Quality Standard (NQS) and Early Years Learning Framework. Topics covered include children's daily nutrition requirements, allergies and intolerances and understanding food labels.

90-minute workshop

Cost: \$440 subscribers, \$550 nonsubscribers.

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### **LEAPS (Learning, eating, active play, sleep)**

LEAPS explores the Get up and Grow Guidelines.

- Infant Feeding
- Healthy eating for 0-5 years
- Positive meal times
- Communicating with families
- Food safety
- Physical activity

2 x 3 hour workshops or full day workshop

Cost: \$1100 subscribers, \$1210 nonsubscribers.



## Workshops for Early Years Settings

**Food and Behaviour Workshop** – Explore how eating patterns and food choices can affect children’s behaviour.

**Baby’s First Foods Workshop** – The latest research and guidelines on introducing first foods and how to ensure baby is ready.

**Managing Allergies and Intolerances Workshop** – The best information and skills to manage allergies and intolerances in care settings and practical strategies to support families.

**Positive Mealtimes Workshop** – Explores strategies for educators on how to make mealtimes positive, relaxed and social. Links to the NQS.

60-90-minute workshop

Cost: \$440 subscribers, \$550 nonsubscribers.

<https://training.naqnutrition.org/courses/#/filter/early-years>

## Online Training

### NAQ Courses

- Food and Behaviour
- Baby’s first foods
- LEAPS

*Find courses under ‘Early Years’.*

<http://training.naqnutrition.org/>

### In Safe Hands

- Allergies and Intolerances
- Safe Food Handling
- Safe Knife Skills
- *In Safe Hands – filter online courses ‘food safety’ or ‘safe knife skills’*

[www.insafehands.net.au](http://www.insafehands.net.au)



# Menu Services for Early Years Settings

## Menu Planning Workshop

A practical session taking you through the steps to creating a menu which provides children with the nutritional requirements they need each day.

2-3 hour workshop

Cost: \$660 subscribers, \$770 nonsubscribers.

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## Menu Planning Consultancy

Would you like to meet 1:1 with our experienced dietitians to discuss your menu and the needs of your setting? Contact us for more information.

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## Menu Assessments

Through our menu assessment process we provide guidance and recommendations for your setting to:

- Meet the nutrition requirements of the National Quality Standard
- Provide a menu aligned with the Australian Dietary Guidelines
- Apply the Get Up and Grow guidelines
- Engage in menu planning and nutrition quality improvement activities

Our menu assessments are available for 3 levels and include a full report, covering:

- Areas of achievement highlighted
- New meal and snack ideas
- Practical examples of changes your setting can implement to better meet the nutritional requirements for children in care

Menu Assessments include an onsite visit or teleconference .

*Contact us to determine your setting's level, for a quote and to book your annual menu assessment.*





# Food Safety Services for Early Years Settings

## Safe Food Handling Workshop

Ensure your staff are working with the most current food safety skills and requirements.

Topics include:

- Controlling bacteria
- Food safety hazards
- Food safety at all stages
- Hygiene policy
- Mini food safety appraisal

90-minute workshop

Cost: \$440 subscribers, \$550 nonsubscribers.

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## Food Safety Consultancy Services

Our food safety experts can help your business put into action best practice food safety standards while maintaining efficient daily operations.

Our consultancy services include:

- Development of a food safety program
- Resolution of non-compliance
- Review of a food safety program
- On the job training for foodservice staff
- On-site food safety appraisals
- Email us for more information or to get a quote [foodsafety@naqlld.org](mailto:foodsafety@naqlld.org)

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## Food Safety Onsite Compliance Audits

Queensland licensable food businesses are required to have a food safety program and regular compliance audits by a Queensland Health approved, third party auditor. Our Auditors provide:

- Notice of written advice for food safety programs (desktop audit)
- Onsite compliance audits (third party audit report).



## Food Safety Services for Early Years Settings

### Food Safety Supervisor Course for Early Years Settings

Interactive and practical industry specific courses to prepare Food Safety Supervisors to oversee day to day operations, as well as recognise and prevent food safety hazards.

Complete nationally recognised units of competency:

- HLTFSE001
- HLTFSE005
- HLTFSE007



NATIONALLY RECOGNISED  
TRAINING

Full day training session

Cost: \$385 per student

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## Parent Education for Early Years Settings

We can provide workshops on nutrition, fussy eating, lunchboxes and more.

*Contact us for more information.*

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## Contact Details:

### The Food Foundations Team

Phone: (07) 3257 4393

Email: [foodfoundations@naqld.org](mailto:foodfoundations@naqld.org)

Web: <https://training.naqnutrition.org>



## 2021 Price List

Food safety	Subscriber Cost	Non Subscriber Cost
Safe food handling workshop (90 minutes)	\$440	\$550
Food safety supervisor course for Early Years Settings	\$385 per student	
Notice of written advice for food safety programs (desktop audit)	\$330	
Onsite compliance audits (third party audit report)	\$495	
Food safety consultancy services	Contact us for a quote	
Professional development workshops for educators (at your setting)	Subscriber Cost	Non Subscriber Cost
Meeting nutrition requirements (90 minutes)	\$440	\$550
Meeting nutrition & food safety requirements (90 minutes)	\$440	\$550
LEAPs (Learning Eating Active Play) 2 x 3 hour workshops	\$1100	\$1210
Food and behaviour (60-90 minutes)	\$440	\$550
Baby's first foods (60-90 minutes)	\$440	\$550
Managing allergies and intolerances (60-90 minutes)	\$440	\$550
Positive mealtimes (60-90 minutes)	\$440	\$550
Professional Development workshops delivered via Zoom (60-90 minutes)	\$330	\$440
<b>ONLINE Professional development for educators</b> <a href="http://training.naqnutrition.org/">http://training.naqnutrition.org/</a>	Cost	
Allergies and intolerances (In Safe Hands- filter online courses 'food safety')	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Safe food handling (In Safe Hands- filter online courses 'food safety')	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Safe knife skills (In Safe Hands- filter online courses 'food safety')	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Food and behaviour	\$22	
Baby's first foods	\$22	
LEAPs (Learning Eating Active Play)	\$33	
Menu planning	Subscriber Cost	Non Subscriber Cost
Menu assessment (3 levels available)	Contact us to determine which level you require	
Menu planning workshop	\$660	\$770
Menu planning consultancy	Contact us for a quote	
Parent workshops	Subscriber Cost	Non Subscriber Cost
Contact us for more information	Contact us for a quote	

Prices listed above are inclusive of GST. Additional travel fees may apply.

Workshops available face to face or via Zoom. Price include up to 35 attendees, additional attendees over this number will incur an additional fee.

