



Nutrition Australia Qld

QUALITY | COMPLIANCE | BEST PRACTICE

FOOD FOUNDATIONS ANNUAL SUBSCRIPTION FORM

Congratulations for continuing to be a part of the Food Foundations program. Here at NAQ, we know that 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. Ensuring children have access to nutritious and safely prepared meals will improve their overall health, behaviour and learning outcomes.

By continuing as a Food Foundations 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 Food Foundations 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.naqlld.org | foodfoundations@naqlld.org

12/212 Curtin Avenue West, Eagle Farm, 4009 | ph (07) 3257 4393 fax (07) 3171 2969

2022 Food Foundations Themes

Your continued 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 Food Foundations program, you will be authorised to display the **Certificate of Subscription** at your centre.

Through the 2022 subscription year the Food Foundations 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:

- **GENERAL NUTRITION – BACK TO BASICS** (April – June 2022)

Including information on the Australian Dietary Guidelines, relevant nutrition policies and strategies when considering food group alternatives, ingredient substitutions and developing nutrition activities.

- **FOOD SAFETY** (July – September 2022)

Including personal hygiene practices and food safety information for settings who prepare food on site and for parents to consider with lunchboxes.

- **BUILDING POSITIVE RELATIONSHIPS** (October – December 2022)

Including strategies for educators to explore in program planning to build positive relationships with children, families and the community through activities, collaboration and social connection.

- **HEALTH AND WELLBEING FOR EDUCATORS AND STAFF** (January – March 2023)

Including information on nutrition, hydration, physical and mental health to support the health and wellbeing of all educators and staff.

ADDITIONAL subscriber benefits include:

- 4 week menu plan with recipes
- Free quarterly Zoom professional development sessions run by our Dietitians
- Updates and information about the National Quality Framework
- 12 month subscription to the Food Foundations e-newsletter including recipes and nutrition updates
- Access to the 'subscribers only' area of the Food Foundations website
- Additional e-newsletter subscriptions*