



Aged Care Nutrition 2022-2023 Training and Services List

As carers and specialists in the aged care industry you play an invaluable role in the health and wellbeing of those in your care. Health and nutrition play an integral part of every person's life. Our Aged Care Nutrition Advisory Service (ACNAS) team has experienced Accredited Practising Dietitians to offer advice and support.

Food safety • Nutrition • Menu planning • Hydration

Malnutrition prevention & management • IDDSI



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Food Safety Support Services

Food Safety Supervisor course

We offer the course as a full day face-to-face training or by remote learning.

- Our courses include industry specific content and are designed with the needs of our students in mind
- Complete the course and all assessment at a face-to-face training, OR complete remotely at your workplace with support and assessment from one of our trainers
- Complete nationally recognised units of competency: HLTFSE001; HLTFSE005; and HLTFSE007

Cost: \$385

Food Safety Audits

If you are a licensed food business and require a desktop audit or onsite compliance audit for your local council, one of our Queensland Department of Health approved auditors can provide an audit.

Cost: Email us for more information or to get a quote foodsafety@naqld.org

Food Safety Appraisal

Get ready for an onsite compliance audit with a food safety appraisal. Includes:

- Onsite visit to observe and appraise food hygiene and handling procedures
- Review of policies and protocols against current legislation
- A comprehensive written report

Cost: \$440 subscribers, \$550 nonsubscribers

Safe Food Handling workshop (90 minutes)

Get your staff up to speed with this interactive workshop on basic hygiene principles, safe temperature, and storage control and how to avoid food contamination.

Cost: \$440 subscribers, \$550 nonsubscribers



Nutrition and menu planning support services

Menu and mealtime quality assessments

Provides your care home with a comprehensive assessment of nutrition care, menu and mealtime experience in line with the Aged Care Quality Standards.

Our **standard menu assessments** include:

- Onsite visit (where possible) with interviews with key staff members
- Review of menu and recipes for nutrition, variety and tailoring to the needs of consumers (IDDSI diets, allergies, cultural dietary requirements etc.)
- Comprehensive report and recommendations

Our **all-inclusive menu assessments** will also include:

- A mealtime experience audit and meal audit
- An audit of nutrition policies and processes

Cost for standard assessment*: \$880 subscribers, \$990 nonsubscribers

Cost for all-inclusive assessment*: \$1,760 subscribers, \$1,870 nonsubscribers

**If standard recipes for the menu cannot be provided an additional fee will be charged.*

Individual dietetic consultations

One-on-one complete nutritional screening and assessment of consumers nutritional risk and requirements. Individualised dietary recommendations are made for a range of nutrition related conditions and nutrition care plans implemented in consultation with the consumer, family, care and kitchen staff. Individual consults allow for close monitoring of changes in nutritional status and the implementation of targeted nutrition interventions.

Cost: \$110/hour

Nutrition in residential aged care seminar (45 minutes)

Do you know the key nutrition concerns for consumers in aged care? This seminar will equip care and foodservice staff with understanding and knowledge of key nutrition concerns of consumers and provides practical recommendations to aid in identification and management of nutrition related issues.

Cost: \$440 subscribers, \$550 nonsubscribers



Nutrition and menu planning support services

Menu planning for aged care settings workshop (3-4 hours)

An interactive workshop designed to assist food service and care staff with menu planning in line with the Aged Care Quality Standards.

- Learn the basics of food menu planning for variety and nutrition provision
- How to engage consumers and their families in the menu planning process
- Develop skills in modifying standard menus to be suitable for texture modified diets
- Use skills learnt to make improvements to current care home menu

Cost: \$880 subscribers, \$990 nonsubscribers.

Preparing texture modified meals workshop (1.5-3 hours)

An interactive and informative workshop to equip participants with skills and knowledge around dysphagia, IDDSI, texture modified meals and thickened fluids.

- Learn about IDDSI and why it is important for consumer safety
- Gain hands on experience in the provision of texture modified food and fluids
- Understand the nutrition challenges for consumers on texture modified diets and how to overcome barriers to optimal nutrition and hydration

Cost: \$440 - \$660 subscribers, \$550 - \$770 nonsubscribers.

Special diets in aged care seminar (45 minutes)

Do you find it challenging to cater for consumers with special dietary needs? This presentation equips participants with an understanding of the nutritional management and catering for key special diets including:

- Allergies and intolerances
- Diabetes
- High protein high energy diets

Cost: \$440 subscribers, \$550 nonsubscribers



Nutrition and menu planning support services

Preventing and managing malnutrition (45-90 mins)

A presentation designed to educate staff on malnutrition and identifying consumers requiring additional nutrition support. Participants will gain skills in:

- Identification and management of malnutrition
- Provision of high protein high energy diets with a food first approach
- When and how to use supplement drinks and modules along with practical suggestions to encouraging and monitor supplement consumption

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

Managing food and drink when swallowing problems occur (45 minutes)

An interactive and informative workshop to equip participants with skills and knowledge around managing texture modified meals and thickened fluids.

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

Customised nutrition presentations/ workshops

We can develop a workshop depending on your needs.
Let us know how we can help you!

Cost: Please contact us for pricing

Contact Details:

The ACNAS Team

Phone: (07) 3257 4393

Email: acnas@naqld.org

Web: <https://naqld.org/acnas-2/>



2022-2023 Price List

| Food safety | Subscriber Cost | Non-Subscriber Cost |
|---|------------------------|----------------------------|
| Safe food handling workshop | \$440 | \$550 |
| Food safety supervisor course for Aged Care | \$385 per student | |
| Food Safety Audit | Contact us for pricing | |
| Food Safety Appraisal | \$440 | \$550 |
| Nutrition and menu planning support | Subscriber Cost | Non-Subscriber Cost |
| Standard menu quality assessment | \$880 | \$990 |
| All-inclusive menu and mealtime quality assessment | \$1760 | \$1860 |
| Individual dietetic consultation | \$110/hour | |
| Nutrition in residential aged care seminar | \$440 | \$550 |
| Menu planning for aged care settings workshop | \$880 | \$990 |
| Preparing texture modified meals workshop | \$440 - \$660 | \$550 - \$770 |
| Special diets in aged care seminar | \$440 | \$550 |
| Preventing and managing malnutrition | \$440 | \$550 |
| Managing food and drink when swallowing problems occur | \$440 | \$550 |
| Customised nutrition presentations/ workshops | Contact us for pricing | |

Prices listed above are inclusive of GST. Additional travel fees may apply. Workshops are available face to face or via Zoom. Price includes up to 35 attendees, additional attendees over this number will incur an additional fee.

