

WHAT ARE YOUR KIDS EATING?



Nutrition Australia NSW (NANSW) is a non profit, non government, community-based organisation and charity that aims to inspire and empower healthy eating for all Australians, and be the leading nutrition advocate in preventative health.

Implementing healthy habits from a young age is key to setting up children for a life trajectory of optimal growth and reduced risk of developing chronic conditions later on in life. Health-related behaviours have been described to track from early ages to childhood, and adolescence.

NANSW can help you help your children to hit their developmental milestones and stay strong and healthy.

Whether you are a parent and/or carer concerned for your child's wellbeing or a childcare/OSHC provider needing help with your business - NANSW is here for you.

Start early, start now.

HOW WE CAN HELP

NANSW offers services tailored to individuals and/or groups. All services are delivered by Accredited Practicing Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Some include:

- 🍏 Menu assessments and/or development
- 🍏 Training and food safety workshops for food safety supervisors
- 🍏 Cooking demonstrations for staff and parents
- 🍏 Nutrition workshops and seminars
- 🍏 Allergies and intolerances workshops and seminars
- 🍏 Family or one-on-one consultations for parents
- 🍏 Guidance on tackling fussy eating and creating positive meal times

We will work with you to plan events that will educate and support parents and staff in promoting healthier behaviours in your children.

Package choices are available to best suit your needs and are specifically designed to cater for both large and small facilities. All services also include information sheets for attendees and organisers.

Nutrition Australia NSW

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