# Nutrition Australia
## New South Wales

# SCHOOLS

# HELP THEM THRIVE

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 early childhood is key to set 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 childhood to adolescence and adulthood.

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

We work with the entire school community (teachers, principles, parents, carers, students, tuckshops and staff) to offer not only evidence-based but practical nutrition and food service information.

## Start early, start now.

# HOW WE CAN HELP

NANSW offers services tailored to each school and its community. All services are delivered by Accredited Practicing Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Some include:

- 🍎 Canteen assessments to meet the NSW Healthy School Canteen Strategy benchmarks
- 🍎 Training and food safety workshops for food safety supervisors and tuckshop staff
- 🍎 Allergies and intolerances workshops and seminars
- 🍎 Cooking demonstrations, nutrition workshops and seminars for staff, students and parents
- 🍎 Lunchbox workshops - Reclaim the Lunchbox
- 🍎 Family or one-on-one consultations for parents

We will work with your school to plan events that will educate and support the whole school community in encouraging healthier behaviours in your students.

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

**Nutrition Australia NSW**

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