

# OUR SCHOOL PROGRAMS



## NUTRITION NSW

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

Supported by NSW Health we offer expertise in: Dietetics, Public Health Nutrition, Health Promotion, Education, Science, Medicine and Sports and Recreation. We pride ourselves on delivering the latest scientific evidence-based nutritional research, news and trends and conveying it to the general public.

## OUR PROGRAMS

Nutrition Presentations



Cooking Demonstrations



Health Displays



Canteen Menu Assessment



Lunchbox Ideas



Family Nutrition Consultations



Our programs are delivered qualified Nutrition NSW Dietitian/Nutritionist specifically designed and targeted to your students and/or parents.

Marketing material for promoting the event can be provided, along with Nutrition handouts and resources provided to all participants.

## What topics are covered?

Nutrition NSW services tailored messages to the targeted age group. Some topics include:

- Nutrition Guidelines for children & teenagers
- Healthy, practical snack and lunch ideas
- Suitable drinks for children
- Making healthy eating fun and how to handle fussy eating
- Food allergies and intolerances
- Food safety
- The importance of role modelling
- The importance of food when studying



## Reclaim the Lunchbox Workshop

Delivered by one of our accredited Dietitians/ Nutritionists with experience in childhood nutrition - this interactive education session offers a an overview of some key nutritional issues and concerns in young children.

The workshop includes a presentation and cooking demonstration of healthy and quick lunchbox recipes.

The Reclaim The Lunchbox Workshop has been delivered to government, private faith and independent private primary schools all over the state.



At Nutrition NSW we're passionate about working with schools and the community to promote healthy nutritious eating to children and teenagers. As research suggests lifestyle, behaviour patterns and eating habits adopted during this age persist throughout adulthood, having a significant influence on health and wellbeing in later life. We acknowledge the importance of including parents and carers in this education process to instill healthy habits from a young age.



## Contact us

For more information on any of our School Services or for booking enquiries please contact us.

### Nutrition NSW

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