

## Workplace wellness delivered to your workplace with our Corporate Nutrition Programs



Did you know employees with an unhealthy diet are 2.3 times less productive than their healthier colleagues.

People spend a significant part of their day at work.
Research has shown healthier employees are less
stressed, fall sick less often and are more
productive, engaged and efficient at work.

"Business success is truly determined by the health and wellbeing of your workforce."

> Barbara Ward President, Nutrition NSW

Nutrition Australia NSW has a highly experienced team of Accredited Practicing Dietitians and Nutrition professionals with the skills and knowledge to deliver a wide range of nutrition and wellbeing programs for your workplace needs.

Let us inspire healthy eating in your organisation, helping you create a healthier community, a productive environment and a happier ecosystem through implementing organisational policies and education, and providing solutions for healthier foods and drinks in catering, vending machines and on site food outlets.

Our Corporate Nutrition Programs offer a wide range of practical solutions, including:

- Presentations and seminars such as mindful eating practices
  - **Occional** Cooking demonstrations
  - Health exhibits and displays
  - ✓ One-on-One consultations
- Menu, catering and vending machine assessments
- Team building exercises such as food trivia and cooking groups

Whether a large company, small business, or any other type of team or group – we've got what your workplace needs.

Some of our clients include:

Coates

Lendlease

**VISY** 

**NSW Dept of Transport** 

iCare

First Super

As well as various hospitals, retirement villages and many Early Childhood Centres across NSW.



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.



We offer a range of corporate services, please get in touch to find out more: w: nutritionnsw.org.au e: admin@nutritionaustraliansw.org.au