



Nutrition
New South Wales

Early Childhood & Outside School
inspiring children to choose
healthy food



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 in life.

Health-related behaviours have been described to track from early ages to childhood, and adolescence. Nutrition NSW 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 - we're here for you!



We offer several health initiatives and programs designed for young children, youth and adolescents. Our initiatives, including Reclaim the Lunchbox and Mighty Bites, are recognised and proudly supported by NSW Health. All services are in line with the campaigns and programs provided under the NSW Government healthy kids initiatives, such as Munch & Move.

Connect with us: nutritionnsw.org.au or admin@nutritionaustraliansw.org.au

How we can help

Nutrition NSW offers services tailored to individuals and/or groups. All services are delivered by our Accredited Practising 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 supervisors
- * Cooking demonstrations for staff and parents
- * Nutrition workshops and seminars
- * Allergy and intolerance workshops and seminars
- * Family or one-on-one consultations for parents
- * Guidance on tackling fussy eating and creating positive meal times
- * Bespoke tailored packages to suit specific needs

Services also include resources and information sheets for attendees and guests.

We'll work with you, planning events to educate and support parents and staff in promoting healthier behaviours in children.

Get in touch today to find out more

w: nutritionnsw.org.au

e: admin@nutritionaustraliansw.org.au



Nutrition NSW is a non profit, non government, community-based organisation and charity inspiring and empowering healthy eating for all Australians, and be the leading nutrition advocate in preventative health.

Nutrition NSW is a registered Australian charity DGR status, all donations to us are tax deductible. With your generosity we can continue the development of community-based programs across NSW.

**Healthy
eating for
everybody**