



“Establishing healthy habits early in life is crucial for positioning children on a path toward optimal growth and minimising the risk of developing chronic conditions in the future.”

**Cr Barbara Ward, NNSW
President**

Health-related behaviors tend to persist from early childhood through adolescence.

Nutrition NSW Nutrition NSW is here to support you in helping your children achieve their developmental milestones while maintaining strength and health.

No matter if you're a parent or caregiver dedicated to your child's well-being, or a childcare/OSHC provider in need of support for your business, we are here to assist you. We provide a variety of health initiatives and programs aimed at young children, youth, and adolescents.

Our initiatives, such as *Reclaim the Lunchbox* and *Mighty Bites*, are recognised and proudly endorsed by NSW Health. All our services align with the campaigns and programs offered under the NSW Government's Healthy Kids initiatives, including Munch & Move.



How we can work with you

Nutrition NSW provides specialised services tailored to individuals and/or groups. All our services are delivered by our Accredited Practising Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Our services 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

Additionally, we provide resources and information sheets for participants and guests. We'll collaborate with you to plan events that educate and empower parents and staff in promoting healthier behaviors among children.

Get in touch today to find out more

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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**