

Join the hundreds of OSHC Settings across Australia who are NOSHC subscribers today!

Let us work with your OSHC setting to help you meet and exceed the food and nutrition related principles of the National Quality Framework

We offer services for educators as well as parent education. Contact us today to see how we can help your OSHC setting.

Resources available for purchase

(contact NAQ Nutrition to order)

Posters

- What's Hiding in Your Food? (A2)
- What's Hiding in Your Drinks? (A2)
- Food Safety (A2)
- Food Safety Posters (A4) individual or set of 12

Storybooks

- "I'm having a rainbow for dinner"
- "We're growing a rainbow"



Subscriber benefits

- ✓ **12 month subscription** to the OSHC e-newsletter
 - ✓ Access to **short support videos**
 - ✓ **Subscription to Healthy @ Home e-newsletter** for parents and families
 - ✓ Access to **qualified dietitians, nutritionists and health promotion officers** for nutrition and food safety advice
 - ✓ Competitively priced online training and learning opportunities
 - ✓ **Free** monthly recipes and nutrition updates
 - ✓ Access to **'subscribers only'** area of NAQ's OSHC **website** as well as the **new OSHC Discussion Forum**
 - ✓ **Discounts** on services, products and resources
- PLUS**
- ✓ **Additional e-newsletter subscriptions – up to 3 educators from the one site**
 - ✓ **Up to 3 educators receive access to one FREE online Meeting Nutrition Requirements in OSHC (once available)**

Services and Presentations *(all prices quoted are subscribers prices for settings)*

For educators

- **Food Safety Supervisor Course** - (1 day or distance education) \$385.00 per student – *Our course includes industry specific content and are designed with the needs of our students in mind.*
- **Food Safety Desktop Audit** - \$440.00 – *Involves reviewing you Food Safety Program to ensure it complies with set food safety criteria and is reasonably likely to effectively control the food safety hazards in your setting.*
- **Food Safety Onsite Compliance Audit** - (Brisbane area only) \$660.00 – *Licensable food businesses that have an accredited Food Safety Program must have the program audited on a regular basis. Includes an onsite visit and a comprehensive report.*
- **Food Safety Appraisal** - \$440.00 – *Includes an onsite visit to observe and appraise food hygiene and handling procedures. Reviews policies and protocols against current legislation. A comprehensive written report is included.*
- **Menu assessment** - \$440.00 – *Ensures that children in care are receiving food that supports them in meeting their daily nutritional requirements – includes onsite visit and comprehensive report.*

Workshops for Educators

- **Meeting the Nutrition and Food Safety Requirements in OSHC Settings (120mins)** - \$440.00 - *A great one stop session for all your information on nutrition and food safety in the OSHC setting.*
- **Meeting the Nutrition Requirements in OSHC Settings (60 mins)** - \$330.00 - *An informative in depth nutrition session covering the latest healthy eating guidelines and food group requirements for primary school age children.*
- **Safe Food Handling (90 mins)** - \$385.00 - *The best option for a quick, up to date information session on safe good handling. Perfect to include on y your quality improvement plan.*
- **Allergies and Intolerances (90mins)** - \$385.00 - *Are children with allergies and intolerances on the rise in your setting? Find out how to best manage this situation and ensure children are safe.*
- **Food and Behaviour (90mins)** - \$385.00 - *Find out how food and eating patterns affect children's behaviour, impact on growth, development, learning ability, and risk of nutrient deficiencies.*
- **Label Reading (60mins)** - \$330.00 - *Food labels can be very confusing! Find out what to look for so you can make the healthiest choice.*

Workshops for Children/Parents

- **Food and Behaviour (90mins)** - \$385.00 – *Compares dietary intake with common behavioural traits of children*
- **Tasty Treats (90mins)** - \$385.00 (includes healthy food snack taste testing)
- **Nutrition for Children (60mins)** - \$330.00 – *Practical advice for parents on developing healthy eating habits, achieving adequate nutrition with minimal fuss, fussy eaters, healthy snacks & lunchboxes*

How do I subscribe?

Complete this form and return to us via:

Fax: 07 3257 4616

Email: oshc@naqld.org

Post to: NAQ Nutrition,
12/212 Curtin Ave West
Eagle Farm Q 4009

NOSHC

another NAQ Nutrition Program

OSHC Setting Subscriber

OSHC Setting name: _____

Type of Membership:

Setting/Service (\$100) Group (contact NAQ Nutrition)

Address: _____

Contact Name: _____

Work Role: _____

Contact Telephone: _____ Fax: _____

Email* _____

**All newsletters and correspondence will be delivered via email*

**The email address used will become your username, which is unchangeable*

MUST BE COMPLETED

***Details for online course must be provided at the time of subscription. Once submitted changes to details cannot be made**

Please fill in the required details for the online Meeting Nutrition Requirements in OSHC below:

1) Full Name (this will appear on your certificate):

Email Address (this must be unique as it will become your username):

2) Full Name (this will appear on your certificate):

Email Address (this must be unique as it will become your username):

3) Full Name (this will appear on your certificate):

Email Address (this must be unique as it will become your username):

***It is recommended that you do not use the OSHC settings email address as each email address can only be used once.**

Payment

Looking for more information?

Contact the NOSHC team

Email:
oshc@naqld.org

Phone: 07 3257 4393

Payment Options (please tick)

PayPal – visit <http://www.naqlid.org/subscribe> to use PayPal online

Credit Card:

Visa/Mastercard/Bankcard (Please circle)

Credit Card Number: _____

Exp.date: __ / __

Signature: _____

Direct Deposit*

Bank: St George Commercial Bank

Account Name: NAQ Nutrition

BSB: 194 879

Account No: 429886676

ABN: 33 986 781 351

**NB: If you choose this option, your invoice number or setting name MUST be used as a reference. Please advise NAQ Nutrition of the direct deposit by emailing info@naqld.org*

Cheque

(made out to NAQ Nutrition, 12/212 Curtin Ave West, Eagle Farm, Q, 4009)

NOSHC

another NAQ Nutrition Program

How do I book in for a workshop or purchase the resources?

To book in for a workshop at your setting please complete this form and email it back to us at oshc@naqld.org

To purchase any of our resources, please contact the OSHC team on 3257 4393 or email us.

Services Booking Form

Return form to:

POST: 12/212 Curtin Avenue West, Eagle Farm, Q, 4009

FAX: 07 3257 4616 EMAIL: oshc@naqld.org

Setting Name: _____

Contact Name: _____

Physical Address: _____

Postal Address: _____

Email Address: _____

Phone No: _____ Mobile No: _____

Is your setting subscriber to NAQ's NOSHC Program? YES NO

Does your setting provide food for the children? YES NO

Do you have access to an overhead or data projector and laptop?
YES NO

Which service/s would you like for your setting / staff?

Please list preferred dates and times. Mon Tues Wed Thurs Fri Sat
(please circle)

1. _____ 2. _____