



Nutrition for OSHC

Nutrition For OSHC
Another NAQ Program

Contact us
Email: oshc@naqld.org
Phone: 3257 4393





NO\$HC Subscription

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.

Centre Subscription - \$100 per year (PLUS GST)

- ✓ 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

Subscribe today

Email: OSHC@naqld.org

Phone: 3257 4393

Online: <https://naqld.org/oshc-2-2/>

NO\$HC Services and Presentations

Workshops For Educators

Meeting the Nutrition and Food Safety Requirements in OSHC Settings (120mins)

Aligning with the National Quality Standards, My Time Our Place Framework and Smart Choice Strategy, it is 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)

This informative nutrition session aligns with the National Quality Standard, My Time Our Place and the Smart Choices Strategy and is perfect to include on your quality improvement plan.

Safe Food Handling (90 mins)

This session provides participants with the skills and knowledge to identify and control bacteria to ensure the food is safe for children. Demonstrate staff have adequate food safety knowledge

Allergies and Intolerances (90mins)

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)

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)

Food labels can be very confusing! Find out what to look for so you can make the healthiest choice.

Workshop For Parents/Children

Food and Behaviour (90mins)

Compares dietary intake with common behavioural traits of children

Nutrition for Children (60mins)

Practical advice for parents on developing healthy eating habits, achieving adequate nutrition with minimal fuss, fussy eaters, healthy snacks & lunchboxes

Tasty Treats (90mins)

The Nutrition for children service above plus a healthy food snack taste testing

Online Training

OSHC Food Safety

The best option for a quick, up to date information session on safe food handling.

Meeting Nutrition Requirements in OSHC

An informative in depth nutrition session covering the latest healthy eating guidelines and food group requirements for primary school age children.



NO\$HC Services and Presentations

Services

Food Safety Supervisor Course - (1 day or distance education)

- Our course includes industry specific content and are designed with the needs of our students in mind.

Food Safety Desktop Audit

- Involves reviewing your 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)

- 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

- 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

- Ensures that children in care are receiving food that supports them in meeting their daily nutritional requirements – includes onsite visit and comprehensive report.

Available Resources

Posters

- Food Safety (A2)
- Food Safety Posters (A4) (available individually or in a set of 12)

Storybooks

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



Contact us to place an order

Nutrition for OSHC

Services and Presentations for your OSHC

For Educators	Subscriber	Non-Subscriber
Food Safety Supervisor Course	\$385 - per student	
Food Safety Desktop Audit	\$440	\$550
Food Safety onsite Compliance Audit (Brisbane only)	\$660	\$770
Food Safety Appraisal	\$440	\$550
Menu Assessment	\$440	\$550

Workshops for Educators	Subscriber	Non-Subscriber
Meeting the Nutrition and Food Safety Requirements in OSHC Settings	\$440	\$550
Meeting the Nutrition Requirements in OSHC Settings	\$330	\$440
Safe Food Handling	\$385	\$495
Allergies and Intolerances	\$385	\$495
Food and Behaviour	\$385	\$495
Label Reading	\$330	\$440

Workshops for Children/Parents	Subscriber	Non-Subscriber
Food and Behaviour	\$385	\$495
Tasty Treats	\$385	\$495
Nutrition For Children	\$330	\$440

Prices listed above are inclusive of GST. Additional travel fees may apply.

Contact us to booking in a service or presentation

Phone: (07) 3257 4393

Email: OSHC@naqld.org

Web: <http://www.naqlld.org/oshc-2-2/>



OSHC Subscription Form

OSHC Setting name: _____

Contact Name: _____

Address: _____

Work Role: _____

Contact Telephone: _____

Email* _____

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

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

MUST BE COMPLETED FOR FREE EXTRA E-NEWSLETTER SUBSCRIBERS

***Details for extra newsletter subscriber must be provided at the time of subscription. Once submitted changes to details cannot be made**

Please fill in the required details for additional emails newsletter subscription below:

Email Address:

Email Address:

Email Address:

Payment for Subscription

Subscription cost \$100 plus GST

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@naqlid.org*

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