



Queensland's leading community nutrition organisation

Workplace Nutrition Services

- > **Nutrition Seminars**
- > **Dietitian Consultations**
- > **Cooking Demonstrations**
- > **Health Displays**
- > **Canteen Menu Reviews**
- > **Resource Development**



www.naql.org | healthyatwork@naql.org | 07 3257 4393 |



Cooking Demonstrations

Bring healthy food to life with an entertaining cooking experience in your workplace.

- ✓ Our Dietitians prepare 2-3 tasty dishes for staff.
- ✓ Showcasing healthy ingredients and preparation methods.
- ✓ Nutrition tips and healthy eating topics
- ✓ Taste tests for all attendees.
- ✓ Easy to follow recipes provided.
- ✓ We bring all equipment and ingredients.
- ✓ Session length - 45 minutes to 1 hour.



At the time of booking, we liaise with you to customise the recipes.

Our most popular recipes:

- Bircher Muesli
- Mexican Chilli Con Carne
- Tangy Couscous Salad

Favourite themes include:

- Fresh, Fast and Fabulous
- Healthy Lunch Ideas
- Weeknight Wonders
- Herbs and Spices

The word from some of our clients

'Great tips and good food. Would love to have one of these sessions again.'

'Quick and simple recipes with ingredients I wouldn't normally use but will try now.'

'Very informative and delicious.'



Nutrition Seminars

- ✓ Experienced Accredited Practising Dietitians.
- ✓ Presentations are tailored for your workplace and employees.
- ✓ New seminar topics can be customised especially for your staff.
- ✓ Session length - 30 minutes to 1 hour.

“Our seminars are interactive and dynamic. They will enhance your team’s nutrition knowledge to make healthier food choices.”

Elizabeth Borgo
Healthy at Work Dietitian

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| Food Variety & Physical Activity | Foods to meet your nutrient needs. Tips for increasing variety and the power of portion sizes. Getting active. |
| Boost Your Energy | Food and drink habits that boost energy levels versus those that drain them. Building balance into your diet. |
| Diet Detectives | Sorting fact from fiction on the latest diet trends. Super fads vs foods that are the real health heroes. |
| Virtual Supermarket Tour | Shopper’s guide to reading food labels and making healthy choices at the supermarket. Avoid the marketing traps. |
| Top Tips for Weight Loss | Learning how to make sustainable changes to your diet can be the best thing for long term weight management. |
| Healthy Eating on a Budget | Eating well doesn’t have to break the bank. Money saving tips and meal planning ideas. |
| Nutrition 101: Office Edition | How to beat common office diet traps. Stress busting foods, and tips for healthy work lunches and snacks. |
| Food for Fitness | Explore the link between nutrition and peak performance. Nutrition advice for meeting fitness goals. |
| Eat Right for Shift Work | Stabilise energy levels when working shifts by eating the right foods at the right time. How to beat sugar cravings. |
| Healthy Eating on the Road | Nutrition tips for long or short haul trips. Healthy foods that travel well, and smart swaps when buying food. |
| Safety, Food & Mood | How food choices, our mood and safety are linked on and off the job. A focus on energy drinks, alcohol and takeaway foods. |



Individual Diet Consultations

Give employees the opportunity to discuss their nutrition needs in a friendly and confidential environment.

- ✓ Individual consultations with an Accredited Practising Dietitian at your workplace.
- ✓ Appointments can be either 20 or 30 minutes in duration.
- ✓ Staff are provided with education and advice to assist them in making healthier food choices at home and at work.
- ✓ Goal setting and strategies to improve nutrient intake and diet quality.
- ✓ Relevant take home materials provided to participants.

This service makes trusted nutrition advice easily accessible to employees.

Accredited
Practising
Dietitian



Health Displays & Expos

Interactive and eye catching nutrition displays that are designed to generate conversation amongst staff.

- ✓ Hosted by a qualified nutrition professional who will facilitate discussion and answer questions.
- ✓ Take away materials for staff including fact sheets and recipe cards.



Host a display in your staff room or lobby

Activities presented at health displays may include:

- What makes a healthy lunch or dinner?
- Alcohol display – energy density and pouring standard drinks.
- Quick & simple swaps.
- How much sugar is in that drink?
- Power of portion size - keeping your serves in check!



Service Pricing



| Service | Cost (includes GST) | Details |
|--------------------------------------|-----------------------|---|
| Nutrition Seminars | \$495.00 | Caters for up to 30 audience members. Includes relevant handouts. Session lengths usually 45 minutes - 1 hour. |
| Cooking Demonstrations | \$880.00 | Caters for up to 30 participants. Includes recipe copies and taste tests. Session length usually 1 hour. |
| One on One Diet Consultations | \$110.00/hr | 3 hour minimum booking time. Consultations may be 20 or 30 minutes in length. |
| Health Display | Please enquire | Display at your workplace with a nutrition professional in attendance. |
| Menu Assessment | <i>Please enquire</i> | Canteen or café menu review and report provided. |
| Resource Development | <i>Please enquire</i> | Nutrition resources developed specifically for your organisation. Includes wellness newsletters, posters, handouts. |

Additional travel costs may be included and will be quoted at the time of booking. Larger group sizes can be accommodated for some activities – please enquire.



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