Food Foundations
Training and Services List

Queensland’s leading community nutrition organisation
Safe Food Handling Workshop
90 minute workshop
Face to Face group workshop specifically designed for your unique early years setting. Ensure your staff are working with the most current food safety skills and requirements.

*Contact us to make a booking.*
[https://training.naqnutrition.org/courses/safe-food-handling-in-early-years-settings/](https://training.naqnutrition.org/courses/safe-food-handling-in-early-years-settings/)

<table>
<thead>
<tr>
<th>Topics include:</th>
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<tr>
<td>o Controlling bacteria</td>
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<tr>
<td>o Food safety hazards</td>
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<tr>
<td>o Maintaining personal hygiene</td>
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<tr>
<td>o Keeping the food environment clean</td>
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<tr>
<td>o Food safety at all stages</td>
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<tr>
<td>o Hygiene policy</td>
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<tr>
<td>o Mini food safety appraisal</td>
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Food Safety Supervisor Course for Early Years Settings
Interactive and practical industry specific courses to prepare Food Safety Supervisors to oversee day to day operations, as well as recognise and prevent food safety hazards.

Complete nationally recognised units of competency:
- HLTFSE001
- HLTFSE005
- HLTFSE007

*Onsite training at your setting is available for 6 or more students.*
[https://training.naqnutrition.org/courses/food-safety-supervisor-course-for-early-years-settings/](https://training.naqnutrition.org/courses/food-safety-supervisor-course-for-early-years-settings/)

Consultancy Services
Our food safety experts can help your business put into action best practice food safety standards while maintaining efficient daily operations.

Our consultancy services include:
- Development of a food safety program
- Resolution of non-compliance
- Review of a food safety program
- On the job training for foodservice staff
- On-site food safety appraisals

*Email us for more information or to get a quote.*
[foodsafety@naqld.org](mailto:foodsafety@naqld.org)

Onsite Compliance Audits
Queensland licensable food businesses are required to have a food safety program and regular compliance audits by a Queensland Health approved, third party auditor.

Our Auditors provide:
- Notice of written advice for food safety programs (desktop audit)
- Onsite compliance audits (third party audit report)

[https://naqld.org/foodsafety/](https://naqld.org/foodsafety/)
## Professional Development Workshops

### Meeting Nutrition Requirements Workshop

**90 minute workshop**
This interactive and informative session aligns with the National Quality Standard and Early Years Learning Framework.

[https://training.naqnutrition.org/courses/meeting-nutrition-requirements/](https://training.naqnutrition.org/courses/meeting-nutrition-requirements/)

### Meeting Nutrition and Food Safety Requirements Workshop

**90 minute workshop**
Raising awareness and increasing understanding of nutrition and food safety within the setting. Aligned with the National Quality Standard and Early Years Learning Framework.


### LEAPS

**2 x 3 hour workshops or full day workshop**
LEAPS explores the Get up and Grow Guidelines.
- Infant Feeding
- Healthy eating for 0-5 years
- Positive meal times
- Communicating with families
- Food safety
- Physical activity

[https://training.naqnutrition.org/courses/leaps/](https://training.naqnutrition.org/courses/leaps/)

### Food and Behaviour Workshop

Explore how eating patterns and food choices can affect children’s behaviour

### Baby’s First Foods Workshop

The latest research and guidelines on introducing first foods and how to ensure baby is ready

### Managing Allergies and Intolerances Workshop

The best information and skills to manage allergies and intolerances in care settings and practical strategies to support families

### Positive Mealtimes Workshop

Explores strategies for educators on how to make mealtimes positive, relaxed and social. Links to the NQS.

*All are 90 minute workshops For more info, see [https://training.naqnutrition.org/courses/#/filter/early-years](https://training.naqnutrition.org/courses/#/filter/early-years)*

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## Online Professional Development

### NAQ Courses

Training with NAQ
- Food and Behaviour
- Baby’s first foods


### Online training in partnership with In Safe Hands.

- Allergies and Intolerances
- Safe Food Handling
- Safe Knife Skills

*In Safe Hands – filter online courses ‘food safety’ or ‘safe knife skills’ [www.insafehands.net.au](http://www.insafehands.net.au)*
**Menu Assessments**
NAQ is Queensland’s and the Northern Territory’s most experienced menu assessment provider for early years settings.

We assure that your setting is:
- Meeting the nutrition requirements of the National Quality Standard
- Providing a menu aligned with the Australian Dietary Guidelines
- Applying the Get Up and Grow guidelines
- Engaging in menu planning and nutrition quality improvement activities
- Accessing credible sources of information

Our menu assessments are available for 3 levels and include a full report, including:
- Areas of achievement highlighted
- New meal and snack ideas
- Practical examples of changes your setting can implement to better meet the nutritional requirements for children in care

Menu Assessments include an onsite visit or teleconference.

Contact us to determine your setting’s level, for a quote and to book your annual menu assessment. Find information under ‘Food Foundations – Services’. [https://naqld.org/food-foundations-landing/](https://naqld.org/food-foundations-landing/) or email foodfoundations@naqld.org.

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**Menu Planning Workshop**
A practical session taking you through the 7 steps to creating a menu, providing children with the nutritional requirements they need each day.

Contact us to enquire about upcoming dates or hosting a workshop. [https://training.naqnutrition.org/courses/menu-planning-for-early-years-settings/](https://training.naqnutrition.org/courses/menu-planning-for-early-years-settings/)

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**Menu Planning Consultancy**
Would you like to meet 1:1 with our experienced dietitians to discuss your menu and the needs of your setting?

Contact us for more details and to get a quote. foodfoundations@naqld.org

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**Parent Workshops**
Would you like to host a workshop for the parents and families attending your setting?

We can provide workshops on nutrition, fussy eating, lunchboxes and more.

Contact us for more information foodfoundations@naqld.org.
**Price List**

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<thead>
<tr>
<th>Food safety</th>
<th>Subscriber Cost</th>
<th>Non Subscriber Cost</th>
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<tbody>
<tr>
<td>Safe food handling workshop (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>Food safety supervisor course for Early Years Settings</td>
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<td>$385 per student</td>
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<tr>
<td>Notice of written advice for food safety programs (desktop audit)</td>
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<td>$330</td>
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<tr>
<td>Onsite compliance audits (third party audit report)</td>
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<td>$495</td>
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<tr>
<td>Food safety consultancy services</td>
<td></td>
<td>Contact us for a quote</td>
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<tr>
<th>Professional development workshops for educators (at your setting)</th>
<th>Subscriber Cost</th>
<th>Non Subscriber Cost</th>
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<tbody>
<tr>
<td>Meeting nutrition requirements (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>Meeting nutrition &amp; food safety requirements (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>LEAPs (Learning Eating Active Play) 2 x 3 hour workshops</td>
<td>$1100</td>
<td>$1210</td>
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<tr>
<td>Food and behaviour (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>Baby’s first foods (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>Managing allergies and intolerances (90 minutes)</td>
<td>$440</td>
<td>$550</td>
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<tr>
<td>Positive mealtimes (90 minutes)</td>
<td>$440</td>
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<table>
<thead>
<tr>
<th>ONLINE Professional development for educators</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Allergies and intolerances (In Safe Hands– filter online courses ‘food safety’)</td>
<td><a href="http://www.insafehands.net.au">www.insafehands.net.au</a></td>
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<tr>
<td>Safe food handling (In Safe Hands– filter online courses ‘food safety’)</td>
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<tr>
<td>Safe knife skills (In Safe Hands– filter online courses ‘food safety’)</td>
<td><a href="http://www.insafehands.net.au">www.insafehands.net.au</a></td>
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<tr>
<td>Food and behaviour</td>
<td>$22</td>
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<tr>
<td>Baby’s first foods</td>
<td>$22</td>
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<tr>
<td>LEAPs (Learning Eating Active Play)</td>
<td>$33</td>
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<table>
<thead>
<tr>
<th>Menu planning</th>
<th>Subscriber Cost</th>
<th>Non Subscriber Cost</th>
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<tbody>
<tr>
<td>Menu assessment (3 levels available)</td>
<td>Contact us to determine which level you require</td>
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<tr>
<td>Menu planning workshop</td>
<td>Contact us for a quote</td>
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<tr>
<td>Menu planning consultancy</td>
<td>Contact us for a quote</td>
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<tr>
<th>Parent workshops</th>
<th>Subscriber Cost</th>
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<tbody>
<tr>
<td>Contact us for more information</td>
<td>Contact us for a quote</td>
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Prices listed above are inclusive of GST. Additional travel fees may apply.

Workshops include up to 35 attendees, additional attendees over this number will incur an additional fee.

Phone: (07) 3257 4393   Email: [foodfoundations@naqld.org](mailto:foodfoundations@naqld.org)

Web: [https://training.naqnutrition.org/courses/#/filter/early-years](https://training.naqnutrition.org/courses/#/filter/early-years)