



NUTRITION PRESENTATIONS

A one hour nutrition presentation delivered onsite at your workplace. All participants receive take home resources to supplement the seminar information.

Popular themes:

- Food myths busted
- 9 steps to healthy eating
- Navigating food labels
- Eat to beat stress
- Nutrition for shift workers
- Healthy eating on-the-run
- Healthy eating on a budget

\$420.00 (INC. GST)



NUTRITION INSPO STANDS

Perfect for workplace wellbeing events, our Accredited Practising Dietitian will facilitate a stand providing useful information, healthy eating tips and handy recipes. Includes taste tests of 3 pre-prepared healthy snacks.

2 HRS - \$520.00 (INC. GST)

4 HRS - \$770.00 (INC. GST)



Smoothie stand

We will demonstrate and provide samples of 2 different smoothies. Healthy eating information and nutrition advice will also be available.

1 HR - \$450.00 (INC. GST)



COOKING DEMONSTRATIONS

Learn to create fresh, healthy and tasty dishes that are quick and easy to prepare. All demonstrations run for one hour and provide taste testing for up to 30 participants.

Popular themes:

- Quick and easy family meals
- Lifting the lid on lunch
- Breakfast on the run
- "Bring a plate" – healthy snack ideas for morning teas and functions.

\$590.00 (INC. GST)

Take home meal kits - optional extra

Each participant will receive a take home meal kit with all the ingredients they need to replicate the dish at home. Limit of 20 take home packs per cooking demonstration.

ADD \$330



NUTRITION TRIVIA

Turn up the fun factor while we test your healthy eating knowledge. Compete against your colleagues to win healthy prizes.

Perfect for team building whilst learning more about healthy eating

\$520.00 (INC. GST) FOR 2 HOURS

Prices effective 2021



Do you have something else in mind? We can tailor nutrition activities to meet the needs of your workplace. Please contact us to discuss a customised service

About us

Nutrition Australia ACT is Canberra's leading nutrition education organisation, committed to evidence-based practice and research. We are a health promotion charity that aims to inspire and empower healthy eating for all Canberrans. All our services are delivered by experienced Accredited Practising Dietitians.

