



COOKING WORKSHOP INCURSION

Delivered by our Dietitian, this 30-minute practical cooking workshop provides children with the opportunity to make and try some delicious and nutritious dishes. Suitable for up to 25 children.

Options include:

- Rice paper rolls
- Dips and pita crisps
- Mini wraps
- No bake apple crumble
- Berry bruschetta
- Mini cheesecakes
- Tropical trifle



Includes take-home recipe.

\$450



MENU ASSESSMENTS

Our menu assessments ensure that the food and nutrition elements of the NQS are met, and that the menu reflects the nutritional requirements for children based on the Australian Dietary Guidelines.

Once menu details are received, an Accredited Practising Dietitian will assess the food and drink provided against the traffic light system and in accordance with the ACT Public School Food and Drink Policy.

The menu assessment includes a comprehensive report back to the facility, with recommendations as required.

\$330

Price is based on a single term menu

*Prices inclusive of GST
Effective 2021*



NUTRITION AND FOOD HANDLING COURSE

This two-hour in-service tailored for outside school hours care staff will help your facility to meet the food and nutrition requirements of the National Quality Standards outlined in Quality Area 2 (Children's Health and Safety).

An Accredited Practising Dietitian will visit your facility to present the engaging and interactive course to up to 25 staff members.

Topics covered in the course include:

- Nutrition concerns & requirements for children
- Australian Dietary Guidelines
- Traffic Light System
- Food hygiene
- Safe food handling practices



All attendees receive a certificate of attendance.

\$490



TRAFFIC LIGHT WORKSHOP

This practical one-hour onsite training workshop is specifically designed for Outside School Hours Care providers to learn about the traffic light food classification system and how to classify different foods and drinks.

\$385

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 healthy eating for all Canberrans. All of our services are delivered by experienced Accredited Practising Dietitians.



To book a nutrition service, contact us today.

www.nutritionaustralia.org

02 6162 2583

info@act.nutritionaustralia.org