

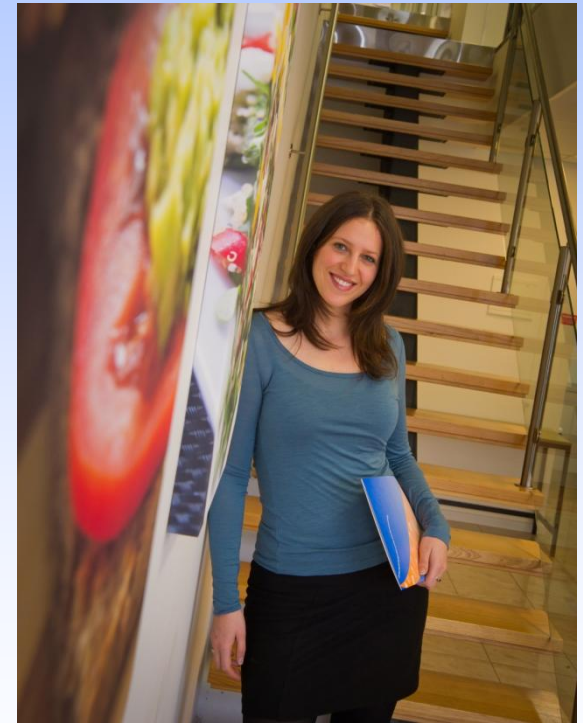
Nutrition Australia - Careers in Nutrition



Jessica Kempler
Healthy Together Victoria – Healthy Eating Advisory Service
Project Officer – Early Childhood Education and Care Services

Introduction

- Bachelor of Biomedical Science
- Applied Behavioural Analysis therapist
- Masters of Nutrition
- NPY Women's Council (Alice Springs): child nutrition development officer
- Nutrition Australia: website coordinator and media liaison
- Nutrition Australia: HEAS early childhood project officer



Windy road to healthy eating



Getting a foot in the door

Volunteer!

- Deakin HAPPY study
- Nutrition Australia members newsletter

Work Experience!

- Wingate Institute



Outback adventures begin



NPY Women's Centre

*From different places, we're all women We all hold strong
Tjukurpa and we don't want to see our culture lost. We
must keep teaching our young girls the Laws of our
grandmothers because we want them to carry it into the
future. We must sort out our problems and we must speak
out strongly. That's why we started out Women's Council. If
we don't talk up for ourselves our rights we get nowhere.*

Tjunmutja Myra Watson (dec) 1980

Programs and clients



Family/domestic violence



Youth (12 – 25)



Tjungu (disability)



Ngangkari (healers)



Tjanpi desert weavers

Child nutrition and wellbeing program



Child nutrition and wellbeing program

- Improve health and wellbeing of children 0-5 years
- Nutrition education and promotion (shopping, cooking)
- Individual support, advocacy, case management
- Culturally relevant resource development:
 - Maiku Kulintjaku ('food for thought') video/DVD
 - Mai Wiru child nutrition manual
 - FASD – 'No Safe Amount' campaign
- Broader social issues (violence, alcohol)
- Bush picnics
- Go rural! (if you can!)



**NGAANYATIARRA PITJANTJATIARRA
YANKUNYTIJTIARRA WOMEN'S COUNCIL**

Formed in 1980 to represent women of the remote tri-state central desert region, NPY Women's Council is now a major service delivery organisation for Anangu and Yarnangu in central Australia, while maintaining its role as a vocal advocate and lobbyist on behalf of members. The members' determination to improve the quality of life for families in the region continues to drive the organisation.

NPY WOMEN'S COUNCIL "NO SAFE AMOUNT" DVD

This DVD resource was developed by the Child Nutrition Program at NPYWC in response to data that shows an increasing problem associated with the use of alcohol during pregnancy. The DVD resource works as an educational program at the preventative level to raise awareness within the target group and public awareness more generally, about the immense risks of alcohol use during pregnancy. The resource is useful for the specific target group, young people, both young men and women of child bearing age, and is also relevant as a larger public awareness campaign.

NO SAFE AMOUNT

The effects of alcohol in pregnancy

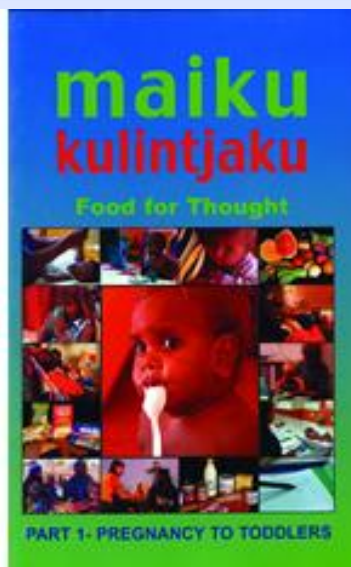
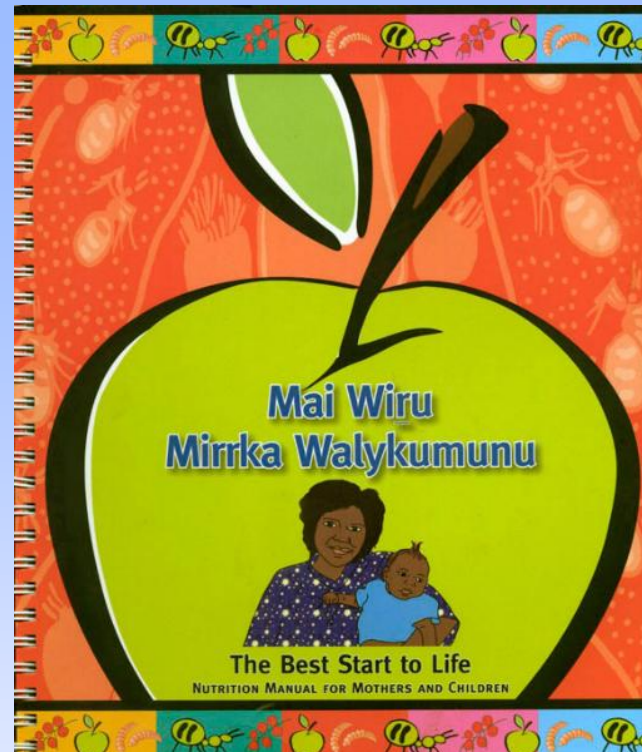


NO SAFE AMOUNT

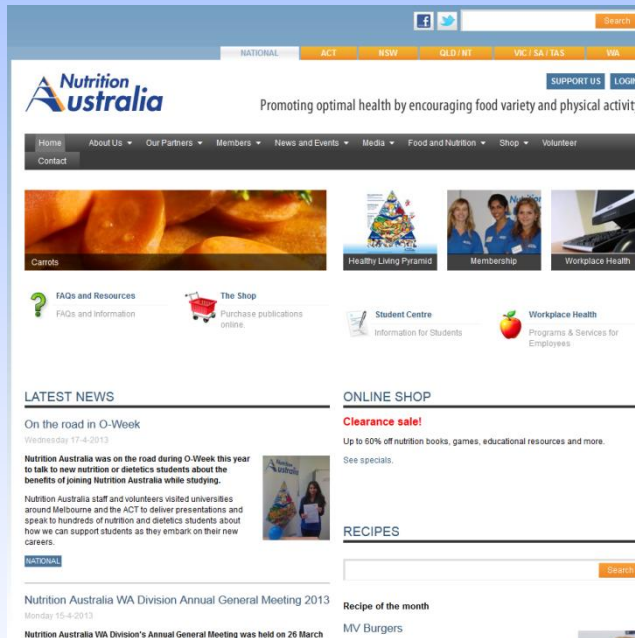
The effects of alcohol in pregnancy



©NPY Women's Council 3 Wilkeson St, PO Box 8921, Alice Springs NT 0871
P:(08) 8958 2345 F:(08) 8952 3742 E:enquiries@npywc.org.au www.npywc.org.au



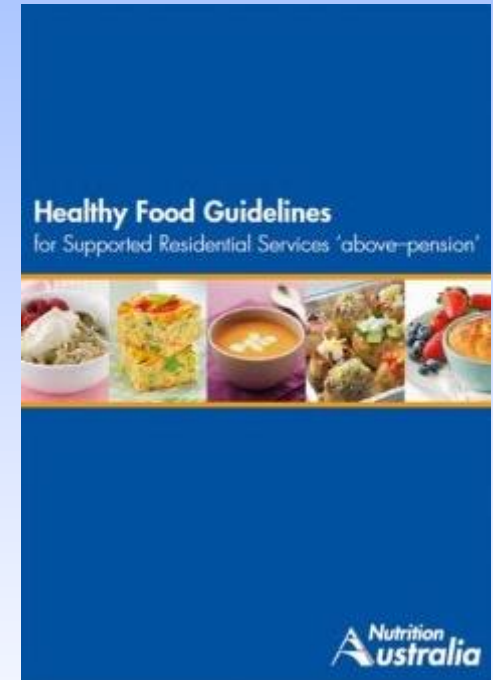
Return to Melbourne...



Website coordinator



Media liaison



Projects

Healthy Together Victoria



Improving people's health where they live, learn, work and play



Healthy Together Communities

| | | | | |
|------------------------|---------|--------------------------|------------|------------------|
| 14 | 520 | 938 | 4,409 | Over 1.3 million |
| Local government areas | Schools | Early childhood services | Workplaces | Victorians |



Healthy Eating Advisory Service

- Increasing availability of healthy food / drinks outside home
- Healthy eating / nutrition advice (early childhood services, schools, hospitals and workplaces)
- Support food industry in providing healthy options
- Menu assessments, resources, website, training and education
- Jointly funded by the Victorian and Australian Governments and delivered by Nutrition Australia Victorian Division



A day in the life of...



Victorian Healthy Eating Advisory Service

EARLY CHILDHOOD SERVICES

Recipe
Fruit kebab

*EGG FREE *GLUTEN FREE *VEGETARIAN *NOT SUITABLE TO FREEZE

| Ingredients | 5 serves | 10 serves | 15 serves |
|--------------------------|----------|-----------|-----------|
| Oranges | 1 | 2 | 3 |
| Strawberries | 6 | 12 | 18 |
| Kiwifruit | 2 | 4 | 6 |
| Melons | 1/4 | 1/2 | 3/4 |
| Wooden paddle-pop sticks | 6 | 12 | 18 |
| Yoghurt | 250g | 500g | 750g |

Method

1. Peel oranges and cut into cubes.
2. Rinse strawberries, remove stalks and cut in half.
3. Peel kiwifruit and cut into quarters.
4. Remove skin from melon and cut into cubes.
5. Arrange fruit on a platter and thread pieces onto wooden paddle-pop sticks.
6. Serve with yoghurt for dipping.



Each serve provides:

- 1 children's serve of fruit
- 1/2 serve yoghurt



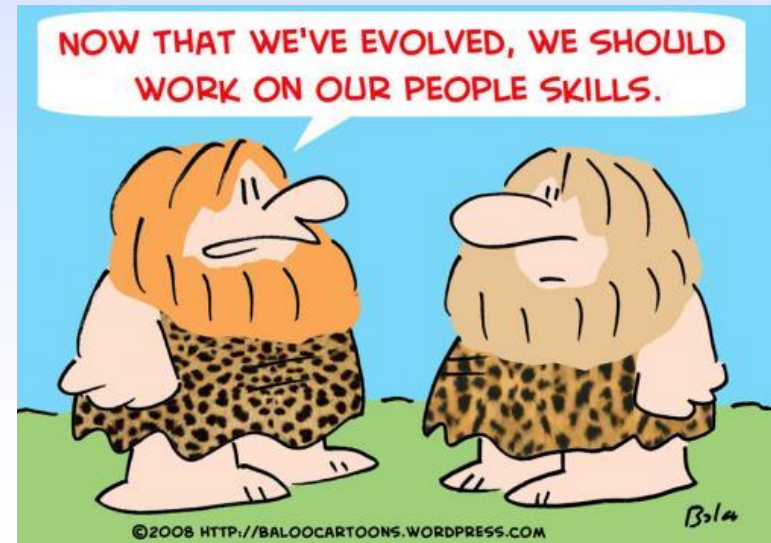
Experience with recruitment/employment

- Know the organisation!
- Know the job!
- Know the field!
- Career objectives
- Skills and experience
- Know your strengths and weaknesses



What skills are highly valued in the industry

- Up to date nutrition knowledge
- Skills that you can bring from previous experience/qualification (e.g. marketing, communication, design)
- Good people skills (e.g. communication, teamwork, relationship building)
- Good project skills (e.g. organisation, time management, problem solving)
- Good understanding of what is 'realistic'
- Health promotion principles



Making your resume stand out

- Show that you are proactive!
- Work experience
- Volunteer work
- Registrations (NSA, DAA)
- Memberships (Nutrition Australia)
- Achievements
- Tailor your cover letter and resume towards the job
- Think 'outside the box' (think of skills learnt in previous jobs)
- Address selection criteria (or attach in separate document)
- Use a resume builder



The first step – get involved!

- Become a member of Nutrition Australia
- Volunteer with Nutrition Australia
- Register with a professional organisation



THE NUTRITION SOCIETY OF AUSTRALIA (INC.)



Thank you for your time!

Questions?

Feel free to get in touch!

jkempler@nutritionaustralia.org