



# Nutrition and healthy eating support for workplaces



# Overview

Nutrition Australia is a non-government organisation and the leader in providing up to date nutrition advice, healthy eating information and services to a range of clients from small to large businesses. We are a multi-disciplinary and experienced team with experts in nutrition, dietetics, public health and health promotion.

Nutrition Australia recognises the current challenges that exist as a result of the Covid-19 epidemic. With large segments of the Australian workforce working from home and likely to do so for the next 6 months, Nutrition Australia is seeing a number of workplaces prioritise helping their employees remain healthy and connected. These workplaces recognise that aside from isolation, diet and nutrition can be one of the biggest challenges when you work from home.

Nutrition Australia is able to support businesses that have undergone the most drastic of workplace changes. We have the nutrition know-how and experience to support your workforce in remaining healthy while working in isolation.

**Our focus is to support your company by providing your staff with practical, easy to follow and tailored nutrition education and support. We want to build your staff's understanding of the role diet plays in maintaining mood, concentration and energy level especially when needing to maintain high outputs and productivity.**

Our support will ensure increased staff engagement and ensure that your workforce is healthy and maintaining optimal energy levels throughout this Covid-19 epidemic. By investing in Nutrition Australia's digital content you can mitigate the cost of absenteeism resulting in high outputs, productivity and positive moods and to be in optimal health post covid-19.



# Our Support Services

Nutrition Australia has a range of Digital Nutrition Support Services and packages available to keep your staff healthy and engaged in the wellbeing community whilst working from home.

We have a range of fixed packages or you can tailor our services and the content to address the specific needs of your workforce.

## Standard Digital Nutrition Package

- 2 x nutrition fact sheets
- 4 x social media posts (Instagram, Facebook and LinkedIn)
- 2 x nutrition education webinars
- 4 x tasty, simple and healthy recipes .

## Additional Services

Consulting time with an Accredited Practising Dietitian on implementing healthy eating practices in the workplace

- Nutrition education/literacy webinars (15/30 Minutes)
- Live Q & A with a dietitian
- 7 day meal plans+ 5 recipes packaged up and included
- Blog posts
- Short 60 second videos (eg quick recipe and snack ideas).

## Our Expertise

The Nutrition Australia Consultancy team is comprised of Accredited Practising Dietitians who will work closely with your business to develop the content required as well as an execution strategy to ensure the maximum engagement of your staff.





# BALANCE THE BOX

## Dairy Ideas

- Plain milk poppers
- Cheese sticks
- Tub of plain yoghurt
- Cheese cubes/slices
- Bocconcini balls
- Ricotta based dips
- Calcium fortified milk alternatives



#HEALTHYLUNCHBOXWEEK

nutritionaustralia • Following ...

nutritionaustralia Balance the box with dairy for building strong bones. A favourite in any lunchbox. Be sure to choose milk and yogurt varieties. We love tasty cheese, tubs of Greek yogurt and plain milk poppers.

Tubs of yogurt and milk poppers from the freezer make delicious icy lunchbox treats. For more lunchbox ideas check out our online fact sheets and guides.

...

...

...

#HealthyLunchboxWeek #healthylunchbox #healthykids #healthyeating #lunchboxideas #lunchboxinspiration

👍 🗨️ 📌

0 — Liked by naqnutrition and 67 others

JANUARY 25

Add a comment... Post



# BURRITOS

