



## HAVE YOU THOUGHT ABOUT YOUR EMPLOYEES' HEALTH?

NANSW can help you bring out only the best in them

Nutrition Australia NSW (NANSW) is a non profit, non government, community-based organisation and charity that aims to inspire and empower healthy eating for all Australians, and be the leading nutrition advocate in preventative health.

Did you know

- The average Australian adult eats **1/2 as much fruit and vegetables** as they should
- Employees with an unhealthy diet are **2.3x less productive** than healthier colleagues
- **1/2 of their daily intake** comes from highly processed foods, soft drinks and alcohol

For every **\$1** spent on employee health and wellbeing programs, there's a **return on investment of \$5.81**



Turn 2020 around.

Why not make an investment in the health and wellness of your workplace?

# HOW WE CAN HELP



Our services include the most time & cost effective strategies to improve eating behaviours in the workplace. All services are delivered by Accredited Practising Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Some include:

- 🍏 Nutrition Seminars & Workshop
- 🍏 Cooking Demonstrations
- 🍏 Individual Dietary Consultations
- 🍏 Team Building Activities
- 🍏 Cafe or Canteen Menu Assessment
- 🍏 Health Displays

We will work with you to plan an event that will inspire and educate employees to maintain good nutrition and a healthy lifestyle.

Package choices are available to best suit your company's needs and are specifically designed to cater for both large and small workplaces. All services also include information sheets for all attendees and organisers.

**Nutrition Australia NSW**

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