



ARE YOU SUPPORTING THOSE CLOSEST TO YOU?

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.

Our nutritional requirements change as we go through life. They are not only influenced by our age and gender, but also our activity levels and personal goals.

In an industry saturated by misinformation, NANSW can offer your family or community evidenced-based best practice and advise on optimising your health.

Whether you are someone just trying to find out what's best for your family, or an organiser of community events or programs (large or small) wanting to offer your attendees life-enhancing information - NANSW is here for you.

HOW WE CAN HELP



NANSW offers services tailored to individuals and/or groups. All services are delivered by Accredited Practising Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Some include:

Community Groups (venues and events)

- 🍏 Menu assessments where food services are provided, customized to your audience
- 🍏 Training and food safety workshops for staff in food services
- 🍏 Cooking demonstrations
- 🍏 Nutrition workshops and seminars

Families and Individuals

- 🍏 Family or one-on-one consultations
- 🍏 Ongoing support

We will work with you to plan events that will educate and support you and your audience in making nutritious food choices

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

Nutrition Australia NSW

📞 (02) 9570 3990

✉ admin@nutritionaustraliansw.org.au

📍 Suite 1A, 124 Forest Road Hurstville NSW 2220

🌐 nutritionaustralia.org