



# Nutrition in OSHC 2021 Training and Services List

As educators and specialists in the industry, you play an invaluable role in our children's futures. Health and nutrition play an integral part of every child's life.



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## Workshops for OSHC settings

### **Meeting Nutrition and Food Safety Requirements Workshop**

Aligning with the National Quality Standards (NQS), My Time Our Place Framework and Smart Choices Strategy, this workshop is a great session for information on nutrition and food safety in an OSHC setting.

90-minute workshop.

Cost: \$440 subscribers, \$550 non-subscribers.

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### **Meeting Nutrition Requirements Workshop**

This session aligns with the National Quality Standards (NQS), My Time Our Place Framework and Smart Choices Strategy. It is perfect to include in your quality improvement plan.

90-minute workshop.

Cost: \$440 subscribers, \$550 non-subscribers.

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**Food and Behaviour Workshop** – Explore how eating patterns and food choices can affect children’s behaviour.

**Understanding Food Labels Workshop** – This interactive session will give you all the skills you need to read and understand food labels and make healthy choices.

**Managing Allergies and Intolerances Workshop** – The best information and skills to manage allergies and intolerances in OSHC settings and practical strategies to support families.

**Positive Mealtimes Workshop** – Explores strategies for educators on how to make mealtimes positive, relaxed and social. Links to the NQS.

60 – 90-minute workshop.

Cost: \$440 subscribers, \$550 non-subscribers.

<https://training.naqnutrition.org/courses/#/filter/oshc>



## Online Training

### NAQ Courses

- Food and Behaviour

*Find courses under 'OSHC'*

<http://training.naqnutrition.org/>

### In Safe Hands

- Allergies and Intolerances
- Safe Food Handling – Level 1 and 2
- Safe Knife Skills

*Find courses at In Safe Hands – filter online courses 'food safety' or 'safe knife skills'*

[www.insafehands.net.au](http://www.insafehands.net.au)

## Menu Services for OSHC Settings

### Menu Planning Consultancy

Would you like to meet 1:1 with our experienced dietitians to discuss your menu and the needs of your setting? *Contact us for more information.*

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### Menu Assessments

Through our menu assessment process, we provide guidance and recommendations for your setting to:

- Provide a menu aligned with the Australian Dietary Guidelines and the Smart Choices Strategy
- Meet the nutrition requirements of the National Quality Standard
- Engage in menu planning and nutrition quality improvement activities

Our menu assessments are available in 2 levels and include a full report covering areas of achievement, new meal and snack ideas, as well as practical examples of changes your setting can implement to better meet the nutritional requirements for children in care.

*Contact us to determine your setting's level and for a quote.*



## Food Safety Services for OSHC settings

### Safe Food Handling Workshop

Ensure your staff are working with the most current food safety skills and requirements.

Topics include:

- Controlling bacteria
- Food safety hazards
- Food safety at all stages
- Hygiene policy
- Mini food safety appraisal

90-minute workshop.

Cost: \$440 subscribers, \$550 non-subscribers.

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### Food Safety Appraisal

Includes an onsite visit to observe and appraise food hygiene and handling procedures. We review your policies and protocols against current legislation and provide you with a comprehensive report.

*Contact us for a quote.*

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### Food Safety Onsite Compliance Audits

Queensland licensable food businesses are required to have a food safety program and regular compliance audits by a Queensland Health approved, third party auditor. Our Auditors provide:

- Notice of written advice for food safety programs (desktop audit)
- Onsite compliance audits (third party audit report)

*Contact us for a quote.*



## Food Safety Services for OSHC Settings

### Food Safety Supervisor Course for OSHC Settings

Interactive and practical industry specific courses to prepare Food Safety Supervisors to oversee day to day operations, as well as recognise and prevent food safety hazards.

Complete nationally recognised units of competency:

- HLTFSE001
- HLTFSE005
- HLTFSE007



Full day training session.

Cost: \$385 per student.

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## Parent Education for OSHC Settings

We can provide workshops on nutrition, fussy eating, lunchboxes and more.

*Contact us for more information.*

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## Contact Details:

### The Nutrition in OSHC Team

Phone: (07) 3257 4393

Email: [oshc@naqld.org](mailto:oshc@naqld.org)

Web: <https://naqld.org/oshc-2-2/>



## 2021 Price List

Food Safety	Subscriber Cost	Non-Subscriber Cost
Safe food handling workshop (90 minutes)	\$440	\$550
Food safety supervisor course for OSHC Settings	\$385 per student	
Food safety appraisal	Contact us for a quote	
Food safety consultancy services	Contact us for a quote	
Professional Development Workshops for Educators (at your setting)	Subscriber Cost	Non-Subscriber Cost
Meeting nutrition requirements (90 minutes)	\$440	\$550
Meeting nutrition & food safety requirements (90 minutes)	\$440	\$550
Food and behaviour (60-90 minutes)	\$440	\$550
Managing allergies and intolerances (60-90 minutes)	\$440	\$550
Positive mealtimes (60-90 minutes)	\$440	\$550
Understanding food labels (60-90 minutes)	\$440	\$550
ONLINE Professional Development for Educators <a href="http://training.naqnutrition.org/">http://training.naqnutrition.org/</a>	Cost	
Allergies and intolerances (In Safe Hands– filter online courses ‘food safety’)	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Safe food handling (In Safe Hands– filter online courses ‘food safety’)	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Safe knife skills (In Safe Hands– filter online courses ‘food safety’)	<a href="http://www.insafehands.net.au">www.insafehands.net.au</a>	
Food and behaviour	\$22	
Menu Planning	Subscriber Cost	Non-Subscriber Cost
Menu assessment – Level 1 or Level 2 (4-week menu)	Contact us to determine which level you require and for a quote	
	Additional weeks: \$110 per week	
Menu planning consultancy	Contact us for a quote	
Parent Workshops	Subscriber Cost	Non-Subscriber Cost
Contact us for more information	Contact us for a quote	

Prices listed above are inclusive of GST. Additional travel fees may apply.

Workshops available face to face or via Zoom. Price includes up to 35 attendees – additional attendees over this number will incur an additional fee.

