



# WHAT ARE YOU DOING FOR YOUR RESIDENTS?

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.

As we get older our nutritional requirements change.

**Malnutrition** is a key concern in our older population. This is because appetite, taste, physical capabilities and mental wellbeing are likely to be affected. Ensuring your residents are not only provided with sufficient, nutritious food but also palatable food is crucial in maintaining their oral intake.

If your residents are eating well, they are more likely to delay onset of frailty, offering them protection against life-threatening falls and a better quality of life.

# HOW WE CAN HELP

NANSW offers services targeted to residential care facilities' processes, their staff and their residents. All services are delivered by Accredited Practising Dietitians - the only regulated health professionals in Australia with expertise in nutrition. Some include:

- 🍏 Menu assessment in line with the Aged Care Quality Standards and Standard 3.3.1 of the Food Standards Code
- 🍏 Training and food safety workshops for staff
- 🍏 Cooking demonstrations for independent residents
- 🍏 One-on-one consultations with a qualified dietitian to assess residents' needs on an individual basis
- 🍏 Nutrition workshops and seminars

We will work with you to plan events that will educate and support your residents and staff to make nutritious food choices and implement safe food practices to keep your residents strong.

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

## Nutrition Australia NSW

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