



## **FoodSavvy - Workplace Wellness program**

It is great to see so many businesses valuing their staff and supporting holistic wellness, and why wouldn't you, when it adds not only value to your staff but value to your business. FoodSavvy offer a variety of options to ensure your staff receive advice tailored to their needs.

### **Our Philosophy**

At FoodSavvy we approach healthy eating with a non-dieting approach. We educate and inspire through providing clarity around nutrition fact vs fiction in a way that is simple, engaging and practical for busy people.

### **What FoodSavvy offers?**

Chat with the one of the team at FoodSavvy. We will help identify your employee's wellness needs and tailored package that caters to your team.

- We can assess the nutritional demands of different job roles
- We can help you personalise the wellness program to fit your culture
- You can choose the level of support you require

We can provide:

- Interactive Nutrition Seminars (with optional food samples - please request a quote)
- Personalised 1:1 nutrition
  - o 60 minute consultations
  - o 15 minute assessments

## FoodSavvy Interactive Nutrition Seminars

FoodSavvy offer informative, entertaining, interactive seminars and workshops. We can do one off sessions or provide a range of different sessions. The sessions are ideal for team building and we can adapt any of the sessions to include team challenges and competitions.

*\$299 plus GST each. Discounts available for multiple booked seminars*

### Seminars

<b>Session 1</b> <b>No Nonsense Healthy Eating</b>	<ul style="list-style-type: none"> <li>- The many ways to eat well</li> <li>- Protein, carbohydrates and fats</li> <li>- Why portion distortion is a thing</li> <li>- Smart snacks</li> <li>- Shopping savvy ideas</li> </ul>
<b>Session 2</b> <b>Healthy Hearts</b>	<ul style="list-style-type: none"> <li>- The real deal around healthy fats</li> <li>- How much salt?</li> <li>- Drinking pros and cons and how much</li> <li>- Fibre - why roughage has more benefit than just your gut</li> </ul>
<b>Session 3</b> <b>Super Bodies</b>	<ul style="list-style-type: none"> <li>- What are the steps you can take to ensure optimal health</li> <li>- Boost your immune system to reduce the chance of illness</li> <li>- Super-bugs! How our gut microbiome impacts our health</li> </ul>
<b>Session 4</b> <b>Need Energy!?</b>	<ul style="list-style-type: none"> <li>- How what you eat and drink is affecting your energy levels during the day</li> <li>- How to use the glycaemic index (GI)</li> <li>- Non-food factors</li> </ul>
<b>Session 5</b> <b>All in the mind</b>	<ul style="list-style-type: none"> <li>- How we think affects what we eat AND...</li> <li>- What we eat affects how we think</li> <li>- What foods help our brain function and reduce our risk of brain disease</li> </ul>
<b>Session 6</b> <b>Eating in the Office</b>	<ul style="list-style-type: none"> <li>- Lunches made easy</li> <li>- Working late</li> <li>- Meals made easy</li> <li>- Eating around your workout</li> </ul>
<b>Session 7</b> <b>Shift work</b>	<ul style="list-style-type: none"> <li>- How to plan meals</li> <li>- Energy boosters</li> <li>- Smart snacking</li> <li>- Fluids</li> </ul>
<b>Session 6</b> <b>'By request'</b>	<p>This is an opportunity to cover any nutrition topic requested by staff such as:</p> <ul style="list-style-type: none"> <li>- Irritable bowel syndrome, food intolerance/allergy, sports nutrition, vegetarianism</li> </ul>

*Seminars are 45-60 minutes in duration*

## Personalised 1:1 nutrition consultation

Foodsavvy can offer 1:1 nutrition consultations with one of our dietitians either onsite or at our clinic on Level 2, 61-62 Taranaki Street.

Offer individualised advice

Offers your staff personalised nutritional advice that is appropriate to their personal health.

- 15min individual assessments – provides an opportunity for staff to have a dietitian provide practical suggestions and goals specific to them. Minimum booking 1hr block. (*\$145 plus GST per hour*)
- 60min full nutrition consultation - allows staff to have a thorough assessment with recommendation and education for their individual needs (*\$145 plus GST per consultation*)

## Stay on track services

We can build into your wellness program the following services to provide support and encouragement that your staff needs, to motivate them to make and maintain dietary and lifestyle challenges.

- Stay on track emails -Weekly Nutrition Newsletter or Weekly “Healthy Email Tip” – with ideas and suggestions on how to stay on track and recipes to keep staff motivated.
- Quiz via email: (monthly or fortnightly)
- Nutrition Posters
  - o Monthly large ~A1 posters which represent different health topics
  - o Will have one as an example to take to initial meetings (photocopied at smaller size)

*Prices on request*