



FoodSavvy - Workplace Wellness program

It is great to see so many businesses valuing their staff and supporting holistic wellness, and benefiting from the added value to their staff and business. FoodSavvy offers a variety of options to ensure your staff receive advice tailored to your workplace 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 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 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 These are offered at 15% per consultation if you have booked a corporate presentation at your workplace within the previous 3 months

FoodSavvy Interactive Nutrition Seminars

FoodSavvy offers informative, entertaining, interactive seminars and workshops. These can be one off sessions or a range of different sessions.

\$350 plus GST each. A discount of 10% is available for multiple booked seminars. If travel time is greater than 15 minutes from our location then travel time will be billed at \$60/hr plus mileage.

Session 1 No Nonsense Healthy Eating	<ul style="list-style-type: none"> - The many ways to eat well - Protein, carbohydrates and fats - Why portion distortion is a thing - Smart snacks - Shopping savvy ideas
Session 2 Healthy Hearts	<ul style="list-style-type: none"> - The real deal around healthy fats - How much salt? - Alcohol - Fibre - why roughage has more benefit than just your gut
Session 3 Super-Bugs	<ul style="list-style-type: none"> - How gut bacteria affect your physical and mental health - Improving your gut microbiome with food and lifestyle habits
Session 4 Need Energy!?	<ul style="list-style-type: none"> - How what you eat and drink is affecting your energy levels during the day - How to use the glycaemic index (GI) - Non-food factors
Session 5 All in the mind	<ul style="list-style-type: none"> - How we think affects what we eat AND... - What we eat affects how we think - What foods help our brain function and reduce our risk of brain disease
Session 6 Eating in the Office	<ul style="list-style-type: none"> - Lunches made easy - Working late - Meals made easy - Eating around your workout
Session 7 Shift work	<ul style="list-style-type: none"> - How to plan meals - Energy boosters - Smart snacking - Fluids
Session 8 'By request' Cost for tailored session is \$450 +GST	<p>This is an opportunity to cover any requested nutrition topic such as:</p> <ul style="list-style-type: none"> - Irritable bowel syndrome, food intolerance/allergy, sports nutrition, vegetarianism

Seminars are 45-50 minutes in duration to allow time for questions at the end