Nutrition

Ballarat Community Health offers Nutrition sessions to primary and secondary school students across all year levels. These sessions cover topics such as label reading, healthy lunchbox ideas, the Australian Guide to Healthy Eating, and ‘sometimes’ and ‘everyday’ foods.

Alternatively, Ballarat Community Health can provide information and resources to support your school in providing nutrition education.

Ballarat Community Health also provides opportunities for dietetic support for students, parents and the wider community through access to individual nutrition information, policy support, healthy canteen support and various nutrition programs offered throughout the year.

For further information or nutrition resources visit:

[www.daa.asn.au](http://www.daa.asn.au)

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

[www.marketfresh.com.au](http://www.marketfresh.com.au)

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Please contact Bridget Campbell on (03) 5338 4500 or by email at [BridgetC@bchc.org.au](mailto:BridgetC@bchc.org.au) to register your interest in this or any other school opportunities.

**Ballarat Community Health staff require a minimum of four weeks notice when working in schools.**