



Whole School Approach to Nutrition Toolkit

Food, nutrition and wellbeing are no longer optional extras. They are core components of student success, embedded across the Australian Curriculum through the Food and Wellbeing Curriculum Connection. However, schools are already stretched. With competing demands on leadership, teaching staff, and parent engagement, many schools struggle to implement these curriculum connections in a meaningful, sustainable way.

This is where Nourish Nutrition Services becomes your trusted partner.

Common Difficulties Faced by Schools

Leadership in schools often ask:

- How do we embed food and wellbeing education meaningfully across the curriculum without further burdening our teachers?
- How do we support our students' nutritional needs in a way that improves behaviour, engagement and attendance? (Including enhancing sense of belonging)
- How can we help families better support their child's nutrition, without judgement or misinformation?
- How do we meet the Australian Curriculum's expectations around Food and Wellbeing, particularly in HPE and beyond?
- Where do we get reliable, engaging materials for staff, students and families—without having to create it all ourselves (and risk providing misinformation)?

Let us do it for you: Your Whole- School, Evidence Based Solution

Led by an Accredited Practising Paediatric Dietitian, and designed alongside an experienced educator with over 13 years of experience across the private and public schooling sectors, Nourish Nutrition Services offers a ready-to-implement package that helps schools address each of these problems without adding to staff workload.



Inclusions

✓ Ask a Dietitian Service

Staff and families can scan a QR code to ask nutrition-related questions and receive a personalised response—making expert support accessible **without added admin or cost to families.**

✓ Newsletter Articles (Expert Written)

Over 30 pre-written, evidence-based articles on various topics that schools can drop straight into their newsletters or parent communications—saving staff time while improving parent knowledge.

✓ Teacher Quick-Reference Guides

A short, punchy PDF for staff that support nutrition education and language around food and body image. Ideal for HPE, wellbeing, classroom teachers and support staff. Complete with common FAQ's and suggested responses to likely situations.

✓ Digital Food & Wellbeing Lessons

Engaging video-based lessons designed for Years p-12 that build understanding of:

- Balanced eating
- Food and mood
- Respect for body diversity
- Media literacy around body image
- Fuelling for growth and performance
- Eating disorder awareness



All lessons are built to support and enhance the delivery of key themes embedded across the Australian Curriculum, **particularly through the Food and Wellbeing Curriculum Connection.** Schools are free to incorporate these into their classroom or wellbeing/pastoral care programs as they feel fits best.

✓ Parent Handouts

Topics include:

- Fuelling kids for sport
- Packing a lunchbox
- Navigating fussy eating
- Positive mealtimes at home
- & More



Packing a Lunchbox

Top tips from a paediatric dietitian





Whole School Impact

☒ Promotes Whole-School Wellbeing

Contributes to a positive, health-promoting school environment by embedding consistent, evidence-based messaging around food, body image and wellbeing across all levels of the school community.

☒ Boosts Student Engagement Through Nutrition Education

Empowers students to make informed food choices that support their learning, concentration and behaviour helping them show up ready to learn and thrive.

☒ Strengthens School–Community Partnerships

Builds meaningful connections between families, educators and health professionals; aligning messages between home and school, and reinforcing your school's role as a hub of wellbeing.

☒ Fosters a Sense of Belonging and Care

Shows students and families that their wellbeing matters. When children attend a school that values health, inclusion and support, they're more likely to feel safe, respected and motivated to participate.

☒ Reduces Staff Cognitive Load

Provides ready-to-use resources, quick-reference guides and expert support, so teachers don't have to create or source materials themselves. This frees up valuable time while ensuring consistent, high-quality delivery.

☒ Delivers Evidence-Based Guidance from a Trusted Expert

Led by a paediatric dietitian specialising in childhood nutrition and body image, the program offers reliable, up-to-date advice that supports students' physical, social and emotional development.

☒ Builds Lifelong Food and Body Image Literacy

Equips students with skills and understanding they can carry into adolescence and adulthood, fostering respect for their bodies, balanced relationships with food, and critical thinking around media and societal messages.

Investment

At Nourish Nutrition Services, a core part of our mission is to remove the financial barriers that prevent children and families from accessing expert, evidence-based nutrition support.

That's why we've worked hard to price our services affordably while continuing to provide high-quality, ongoing support, including access to features like our *Ask a Dietitian* service.

Our 2026 pricing:

\$3 per enrolled student per year (Day 8 Numbers)

This simple, transparent model ensures schools can provide meaningful nutrition education and expert support for their students and families, without the premium price tag.



How Do I Get Our School Involved?

We are currently welcoming new school partners to begin in Term 1, 2026, and limited places are expected to fill quickly. To secure your school's spot, simply complete our School Onboarding Form on our website or email us directly to start the conversation.

The timeline from there will be as follows:

Term 3 & 4 2025

Chance for schools to register and secure a place in the 2026 program. A non-refundable deposit of \$200 is required to secure a place and commence the onboarding process.

January 2026

Schools will be provided with access to resources for the 2026 program, including, where possible, customised with the school logo provided from the onboarding form.

Week 1, Term 1, 2026

Resources are able to be published to parents and students immediately on the commencement of Term 1 2026.

Week 2, Term 1, 2026

Final invoices are based on your official Day 8 enrolment numbers. We will contact you in Week 2, Term 1 to confirm these figures. Following this, a final invoice will be issued.

Week 5, Term 1, 2026

Payment for final invoice is due by Friday 5pm Week 5, Term 1, 2026.

*Please note if these timelines are not compatible with your school processes, please let us know and we are more than happy to accommodate alternative timelines.

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Nourish Nutrition Services

Bree Harvey - Accredited Practising Dietitian



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www.nourishnutritionservices.com

From: Bree Harvey
Sent: Wednesday, February 5, 2025 1:53 PM
To:
Subject: Ask A Dietitian Response

Hi ,

Thanks so much for your question:

"Is it ok for my child to eat the same meal majority nights of the week? The meal is rice with egg, cream & butter with some cucumber or corn on the side. Or should I be pushing him to eat other food? We offer him different food & have the rice on the side but he never eats the other food"

It's perfectly okay for children to go through phases where they prefer the same meal most nights—this is very normal, especially in early childhood. The meal you described (rice with egg, cream, and butter, plus some cucumber or corn) actually provides a mix of carbohydrates, protein, fats, and some vegetables, so it's not lacking nutritionally—but there are a few things worth keeping in mind.

The key is to continue doing exactly what you're doing: offering variety alongside the preferred meal without pressure. Even if your child isn't eating the other foods yet, regular exposure without expectation helps build familiarity and comfort over time—which is how children eventually broaden their diets. We need to make sure they don't feel pressured at the dinner table, so they have the comfort and security of trying new foods when they are ready.

You might also consider whether there are any sensory preferences at play. For example, has he shown an aversion to particularly chewy, crunchy, or mixed-texture foods? Sometimes kids prefer foods that feel predictable and easy to eat, and understanding their sensory profile can be really helpful in supporting mealtime progress. When looking at his overall diet, if he appears to have a preference to a particular texture you may wish to try and broaden his diet with foods of that same texture/consistency.

Another gentle strategy is to slowly add small variations to the foods he already accepts—like perhaps a fried rice, quiche or omelette and see how that goes.

Also, if he's eating different meals or a wider variety of foods at other times—like at daycare—it's likely that his overall diet is more balanced than it might seem at dinnertime alone. Kids often eat differently across environments, and that's okay. Dinnertime is at the end of a busy day, tiredness and emotions can come into play and they just want to fill their bellies with a predictable food and go to bed. If you think about adults, if we are tired and emotional, it is not likely a time we would be overly enthusiastic to start a new venture or try something new, and it is the same for kids with food.

It can be helpful to zoom out and consider his **overall diet across the day and week**, especially with nutrients like **protein and iron**, which are particularly important for growth. While eggs do provide a small amount of iron and protein, this meal alone may not be a strong source of iron overall. If you're concerned, you might consider gently introducing iron-fortified breads and cereals, or experimenting with iron-rich foods like legumes, lean meats, or leafy greens in ways that feel familiar and manageable for him.

Rather than pushing him to eat other foods, think of your role as providing balanced, pressure-free opportunities—and trusting that he'll expand his diet when he's ready and as you are already doing, continuously offer a broader variety of options alongside his "safe" options. You're doing a great job by staying responsive and offering support.

If you ever want to dig deeper into his eating patterns or nutritional needs I am also available for telehealth consults.

Have a lovely week!

Kind Regards,

Bree Harvey
Accredited Practising Dietitian/Owner



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ASK A DIETITIAN

Scan the QR code to ask an Accredited Practising Dietitian your burning questions about all things food and nutrition.

Quick, expert advice — just a scan away!

HOW TO ASK YOUR QUESTION:

- 1 SCAN THE QR CODE
- 2 SUBMIT YOUR QUESTION VIA THE FORM
- 3 A QUALIFIED DIETITIAN WILL RESPOND TO YOUR QUESTION VIA EMAIL

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Food, Nutrition and Body Image Digital Lessons

PREP: Getting to Know Food and Me

Theme: Food gives us energy and we are all unique and worthy of love

Goal: Help children understand food as fuel, celebrate self-worth, and build early food confidence through exploration of senses.

Lesson 1: Fuel up with Professor Foodie - Go, Grow & Glow Energy - Understanding that food gives us energy.

Lesson 2: I Am Me and I Am Loved - celebrating what we like about ourselves and identifying who loves us.

Lesson 3: Exploring Food With Our Senses - Reduce food anxiety and build confidence.

YEAR 1: Brave Bites

Theme: Building confidence in food choices and recognising that all bodies are good bodies.

Goal: Encourage balanced lunchbox choices, promote inclusivity, and foster a positive attitude toward trying new foods.

Lesson 1: What's in my lunchbox? - Identifying food groups and balanced lunchbox choices

Lesson 2: All bodies are good bodies - Exploring inclusivity and valuing function over appearance.

Lesson 3: Trying New Foods - Strategies for being brave around unfamiliar foods.

YEAR 2: Eat a Rainbow

Theme: Exploring how food helps our bodies and affects how we feel.

Goal: Build awareness of the health benefits of colourful fruits and vegetables, media influences on body image, and the food-mood connection.

Lesson 1: Eat the rainbow - Learning how colourful fruits and veg help different parts of the body.

Lesson 2: Media Messages and Me - Identifying how the media can influence our decisions around our bodies.

Lesson 3: Food and Feelings - linking how different foods can impact our mood/energy.

YEAR 3: What Food Means to Us

Theme: Understanding the broader role of food in our lives

Goal: Teach the diverse functions of food (energy, growth, comfort, culture, connection & celebration), body appreciation through function, and cultural respect.

Lesson 1: Functions of food - Energy, growth, comfort, culture, connection and celebration.

Lesson 2: Appreciating what our bodies can do. Valuing function over appearance.

Lesson 3: Cultural food appreciation - celebrating and respecting different foods and traditions.



Food, Nutrition and Body Image Digital Lessons

YEAR 4: Inside and Out: Food & Feelings

Theme: Understanding what happens inside our bodies and how words impact self-image.

Goal: Introduce digestion, develop positive self-talk, and make mindful snack choices using food labels.

Lesson 1: How Food is Digested - What happens when we eat food?

Lesson 2: Kind Words, Kind Thoughts - Exploring the impact of self-talk and peer comments.

Lesson 3: Junior food Investigator - Introduction to and understanding food labels.

YEAR 5: Making Informed Choices

Theme: Learning to apply knowledge to navigate changes and external influences.

Goal: Introduce the Australian Dietary Guidelines, promote value of character over physical attributes, and build media literacy around food marketing.

Lesson 1: Australian Dietary Guidelines — Introduction and applying them to daily life.

Lesson 2: What Makes Me, ME - Shift focus from physical body to inner strengths like kindness, courage, creativity and resilience.

Lesson 3: Eating Sustainably - how do our food choices affect the planet?

YEAR 6: Strong Minds, Fuelled Bodies

Theme: Preparing for adolescence with balanced habits and resilience.

Goal: Support students in planning a balanced day, navigating online body talk, and fuelling themselves for sport, learning, and focus.

Lesson 1: Planning a Balanced Day — Meals, snacks, hydration and understanding importance of regular, predictable meals.

Lesson 2: Body Talk Online - Managing body image in the digital world.

Lesson 3: Food Marketing Tricks - Media literacy and food ads and packaging.



Food, Nutrition and Body Image Digital Lessons

YEAR 7: Foundations of Food & Body Confidence

Theme: Introduction to nutrition, puberty, and self-image

Goal: Build understanding and respect for the body's changes and needs during early adolescence.

1. Nutrition Foundations – Intro to food groups and Australian Guide to Healthy Eating
2. Body Image 101 – What is body image? Positive vs negative self-talk
3. Puberty, Growth & Fuel – How nutrition supports growing bodies
4. Media & Messaging – Spotting unrealistic beauty/body expectations
5. Respecting All Bodies – Diversity, kindness, and peer respect

YEAR 8: Me, Media & My Body

Theme: Strengthening media literacy and body awareness

Goal: Encourage students to think critically and embrace body diversity.

1. Balanced Eating Check-In – Eating for energy, mood and activity
2. Body Talk & Self-Esteem – Internal voice vs external messages
3. Media Smarts – Filters, influencers & body ideals
4. Social Pressure & Comparison – Friends, trends, and food choices
5. Body Respect in Action – Setting boundaries and practicing kindness

YEAR 9: Fuel, Fitness & Identity

Theme: Identity, performance, and challenging diet culture

Goal: Help students explore their relationship with food and movement.

1. What Fuels You? – Energy balance, movement and meals
2. Body Image & Gender – Unique pressures for boys, girls & non-binary teens
3. The Truth About Diets – Fads, fasting, and food myths
4. Social Media & Self-Worth – Navigating online content mindfully
5. Confidence vs Control – Self-compassion and resilience tools

YEAR 10: Nourish to Thrive

Theme: Mental health, performance, and whole-body wellbeing

Goal: Reinforce the role of food and self-care in thriving through life stressors.

1. Food, Mood & Brainpower – Nutrition's role in mental clarity and emotion
2. Challenging Body Ideals – Understanding weight stigma & body neutrality
3. Food & Identity – Culture, preferences, and autonomy
4. Navigating Food Trends – TikTok trends, supplements, “wellness” myths
5. Self-Care Habits – Building a sustainable relationship with food and body



Food, Nutrition and Body Image Digital Lessons

YEAR 11: Leading with Strength & Compassion

Theme: Body leadership, community influence, and wellbeing literacy

Goal: Equip students with leadership tools to support self and others.

1. Performance Nutrition – Fuelling for sport, work and learning
2. Healthy Body Leadership – Role models, language, and advocacy
3. Eating Disorder Awareness – Recognising signs & supporting peers
4. Culture & Body Politics – Who gets to be “healthy”? Intersectionality lens
5. Advocacy & Voice – Creating change in their environment

YEAR 12: Ready to Launch – Food & Body for Life

Theme: Independence, wellbeing choices and life beyond school

Goal: Prepare students to carry body-positive values into adulthood.

1. Eating for Independence – Budgeting, cooking & balanced eating solo
2. Body Image After School – Changing bodies & shifting expectations
3. Wellbeing During Stress – Exams, transition & food routines
4. Your Values, Your Voice – Dismantling body shame and bias
5. Lifelong Tools – Self-trust, intuitive eating, and identity pride

Packing a Lunchbox

Top tips from a paediatric dietitian

There can be a lot of unnecessary stress and concern around packing a lunchbox. Here are a few tips to help you started. If you're still finding packing lunches difficult, or are concerned in any way about your child's diet, it may be beneficial to chat with a dietitian.



1

Pack your lunchbox for ***your child***.

Pack foods you know they will happily eat, not what will impress other parents or teachers. If the variety in your child's diet is a concern of yours, you can always work on this at home, instead of in the lunchbox.

2

Bite sized portions. Cut up fruit, veggies and items such as sandwiches into smaller pieces that are easy for children to eat with one hand. Lunch times are busy and full of socialising and excitement, so make it as easy as possible for them to eat their food.

3

Try and include a variety of food from the different food groups:

Protein: Lean meat, eggs, tofu, beans, and nut butters (if allowed).

Grains: Bread, cereals, rice, crackers (wholegrain preferably).

Fruit: Fresh, cut up fruit or fruit cup in natural juice.

Vegetables: Sliced raw vegetables such as carrot, cucumber or capsicum pair well with a dip.

Dairy and Alternatives: Yoghurt, cheese or a small amount of plain milk.

4

Ensure the food in the lunchbox is at a temperature that is both safe and pleasant to eat. Use an ice brick with a well insulated bag, and encourage your child to eat perishable items at their first meal time.

*A lot of lunchbox stress comes from a child's overall eating habits. If you're finding your child is fussy or mealtimes are difficult, you could always use your school's **FREE Ask a Dietitian** service to receive more specific guidance.*

Just scan the QR code!





Fuelling Your Young Athlete for Sport and Recovery

Nutrition to support performance, recovery and wellbeing for children and adolescents in sport



Why Nutrition Matters in Sport

Whether it's rugby, swimming, athletics, dance, netball or any other sport, your child's body works hard during training and competition and what they eat makes a big difference. Adequate intake for active children is vital, as they must not only eat to fuel this physical activity, but to fuel their growing bodies and general health. Good nutrition supports energy, endurance, concentration, muscle repair, and recovery. It can help reduce the risk of injury and illness, and support long-term development.

Timing Matters: When to Eat



The day before it is important your child has adequate food and fluid intake to ensure a good state of energy reserves and hydration. A dinner the night before that includes carbohydrates and protein is ideal. Think lasagne, pasta or homemade pizzas.

Before sport, and after a full night's sleep which is usually a time without having anything to eat or drink it's important to top up energy stores and fluid that may have been lost overnight. About 2–3 hours before training or a game, aim for a balanced meal including carbohydrates, protein, and some fruit or vegetables. Something like scrambled egg on toast with tomato, porridge or pancakes with yoghurt and fruit or a chicken and salad sandwich. If eating closer to sport (within an hour), stick to lighter options such as a banana and yoghurt, toast with their favourite toppings, cereal, piklets, fruit bun or smoothie.

During sport, small frequent intake of water (even when not thirsty) helps to maintain fluid status. Water is usually enough, but for sessions over 60 minutes, prolonged periods of physical activity (such as a carnival) or in hot conditions a sports drink may help with hydration and carbohydrate intake. Some light, carbohydrate rich snacks such as fruit, jam or honey sandwich, crackers and dip or a simple muesli bar can be useful.

After sport, aim to refuel within 30–60 minutes. This helps replace energy (glycogen), repair muscle, and rehydrate. A good recovery snack to tide them over until they are able to get home and have a meal includes carbs, protein, and fluids. Some examples may include a flavoured milk, a liquid meal supplement like an *Up & GO* or *Milo*, yoghurt with fruit, or a cheese sandwich.



Growth, Health and Wellbeing Comes First

Kids and teens in sport are not just athletes - they're also growing rapidly. Nutrition needs to support both performance and development. That means regular meals, balanced snacks, and enough energy and fluids across the day with the need for even more food during growth spurts. Adolescents, particularly girls, are at a higher risk of iron and calcium deficiency so it's important to include foods like dairy, red meat, leafy greens, tofu and fortified cereals regularly. Avoid diet trends or pressure to "lean out" as this can backfire and harm both performance and wellbeing.



Eating Sustainably: Simple Tips for Families

Eating sustainably is not only good for the environment but also promotes healthier food choices for your family. By making small, mindful changes to your eating habits, you can reduce food waste, support local produce, and create a more eco-friendly approach to nutrition.

Easy ways to eat more sustainably:

- **Choose local and seasonal foods:** Buying fresh, in-season produce supports local farmers and reduces the carbon footprint of transporting food long distances.
- **Reduce food waste:** Plan meals, store food properly, and use leftovers creatively to minimise waste. Get kids involved in learning how to reduce and repurpose food scraps.
- **Incorporate more plant-based meals:** Adding meat-free meals using beans, lentils, and tofu can lower environmental impact and boost nutrition.
- **Buy in bulk and minimise packaging:** Opt for bulk bins and reusable containers to reduce plastic waste and save money.
- **Grow your own food:** Even a small herb garden can teach children about where food comes from and encourage them to eat more fresh produce.
- **Support sustainable seafood choices:** Choose seafood certified by sustainability programs such as MSC (Marine Stewardship Council) to ensure you're buying responsibly sourced fish.

Teaching children about sustainable eating helps them develop habits that benefit both their health and the environment.

Bree Harvey - Accredited Practicing Dietitian
Nourish Nutrition Services



Packing a Lunchbox: Tips for a Smooth Transition to School

Starting school is an exciting milestone, and packing a nutritious lunchbox plays a key role in keeping your child energised and focused throughout the day. A well-balanced lunchbox provides the right nutrients to support learning, concentration, and growth while making the transition to school easier.

Key components of a balanced lunchbox:

- **Protein:** Helps keep little tummies full and supports growth (e.g., cheese, lean meats, eggs, yogurt, nuts and nut butters (if allowed at your school)).
- **Fruits and Vegetables:** Provide essential vitamins and fibre for sustained energy, happy tummies and strong immune systems (e.g., sliced fruit, veggie sticks).
- **Whole Grains:** Provide iron and fibre, supporting energy levels, growth, focus and healthy digestion. (e.g., wholegrain sandwiches, crackers, wraps).
- **Dairy or Alternatives:** Contribute to strong bones and teeth and are a source of protein (e.g., milk, yogurt, cheese).
- **Water:** The best drink choice to keep kids hydrated and focused.

Tips for a smooth lunchbox transition:

- **Practice at home:** Let your child practice opening containers and eating from their lunchbox before school starts.
- **Keep it simple:** Pack familiar foods that your child enjoys and eats well.
- **Include variety:** Offer a mix of colours, textures, and flavours to keep things interesting.
- **Bite Sized:** Choose finger food sized foods children can eat independently.
- **Plan ahead:** Prepare lunchbox items the night before to reduce morning stress.
- **Involve your child:** Let them help choose or pack items to build excitement and independence.
- **Food Safety:** Use a well insulated lunch bag with ice bricks.

By providing a nutritious and appealing lunchbox, you'll help your child feel confident and ready to tackle their school day with energy and enthusiasm.

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Hydration for Kids: How Much Water Do They Really Need?

Staying hydrated is essential for your child's overall health, supporting everything from digestion and concentration to energy levels and temperature regulation. But how much water do children actually need each day?

Here's a general guide for daily water intake:

1-3 years: Around 4 cups (1 liter)

4-8 years: Around 5 cups (1.2 liters)

9-13 years: Around 6-8 cups (1.5-2 liters)

Children may need more water in hot weather, when they're physically active, or if they're unwell. Encouraging regular sips throughout the day and offering water with meals can help maintain good hydration habits.

Tips to encourage water intake:

Provide a fun, reusable water bottle to take on the go.

Offer water-rich foods like fruits and vegetables (e.g., cucumber, watermelon).

Be a role model—drink water alongside your child.

Remember, water is the best choice for hydration. Limit sugary drinks and juices to promote healthy habits and prevent tooth decay.

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Supporting Gut Health in Young Children

A healthy gut plays a crucial role in your child's overall well-being, supporting digestion, immune function, and even mood regulation. The gut is home to trillions of beneficial bacteria that help break down food, absorb nutrients, and protect against illness making it important to nourish it with the right foods.

Tips to support your child's gut health:

- **Include fiber-rich foods.** Fruits, vegetables, whole grains, and legumes help feed beneficial gut bacteria and promote healthy digestion.
 - **Incorporate probiotics.** Foods like yogurt, kefir, and fermented vegetables provide beneficial bacteria that support gut balance.
 - **Encourage a variety of foods.** A diverse diet helps promote a diverse gut microbiome, which is linked to better overall health.
 - **Stay hydrated.** Water helps maintain healthy digestion and keeps things moving smoothly.
 - **Limit processed foods and sugar.** Excess sugar and highly processed foods can negatively impact gut bacteria and digestion.
- If your child experiences frequent tummy troubles such as bloating, constipation, or food sensitivities, it may be helpful to assess their diet and lifestyle to support a healthy gut.

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