



NESTTM
NUTRITION EDUCATION
& SKILLS TRAINING



ONLINE PRESENTATIONS

HEALTHY EATING AND EASY COOKING FOR FAMILIES & INDIVIDUALS ON A BUDGET

WHAT IS NEST?

NEST is OzHarvest's Nutrition Education and Skills Training Program and it's all about sharing 'Nice Easy Simple Tips' to cook and eat tasty, nutritious and affordable meals.

Usually delivered as a 6-week face-to-face nutrition and practical cooking program, our NEST Healthy Eating on a Budget presentation is made up of all the fundamentals of the program including:

- The five food groups
- Serve sizes
- Tips on reducing food waste
- Practical tips on budget healthy eating and cooking
- Recipes to try at home to replace the practical cooking component

At the end of the session, participants will be provided with NEST recipes and resources.

Sessions can be run as 1x 1-hour presentation or 2x 30-minute presentations for \$150. If you have a limited budget, please don't be put off by the full cost – let us know what your budget is, and we can discuss what we can do to help you. Additionally, we have funding to cover the full cost in some locations, so contact us to see if you are eligible.

TECHNOLOGY REQUIREMENTS

- All participants will require access to a computer with internet access.
- Sessions are delivered via Zoom, but please let us know if you have your own preferred video conferencing platform.

FOR FURTHER INFORMATION OR TO BOOK A PRESENTATION

Email nest@ozharvest.org with the following information: your contact details, potential dates, demographic of potential participants and group size.