



Corporate Nutrition and Wellness Services

Practical nutrition
solutions that
support people
and performance



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Healthy employees are more **focused, energised, and resilient**. But work and personal demands often mean that good nutrition slips down the priority list.

I partner with organisations to translate nutrition science into **practical, sustainable habits** that employees can realistically apply at work and at home.

As a Registered Dietitian with over 25 years' experience across healthcare, corporate wellness, and health communication, I provide **engaging business-aligned nutrition solutions** delivered **on-site, virtually, or through hybrid programs**.

Why organisations work with me

- Evidence-based nutrition, delivered in a clear and relatable way
- Warm, approachable delivery that engages employees, creating trust
- Structured packages that are easy for HR to implement
- Flexible delivery: on-site, virtual, or hybrid
- Strong focus on behaviour change and real-life application
- Professional content aligned with organizational wellness goals



Corporate Nutrition Packages

These three flexible packages are designed to make decision-making simple for HR and leadership to choose the right level of support for their teams.



#1 Essential Workplace Nutrition

A practical introduction to healthier eating habits for busy working professionals.

Best for:

- Once-off wellness days
- Smaller companies

What's Included:

- One interactive nutrition talk (45–60 minutes)
- One branded employee nutrition guide (PDF or Hardcopy)
- Follow-up summary email with key takeaways and practical tips

Outcomes for the Organisation:

- Improved nutrition awareness
- Practical tools employees can use immediately
- High perceived value with minimal disruption to the workday

#2 Enhanced Employee Wellness Program

A structured, evidence-based nutrition program that supports employee wellbeing throughout the year.

Best for:

- Companies wanting ongoing impact

What's Included:

- Quarterly interactive nutrition talk
- Follow-up summary emails with key take aways and practical tips
- One branded employee nutrition guide (PDF or Hardcopy)
- Desk-friendly recipe or meal prep resource
- Quarterly themed wellness campaign (articles, posters, and practical tips)

Outcomes for the Organisation:

- Sustained engagement with wellness initiatives
- Improved energy, focus, and morale
- Strong internal communication support for HR teams



#3 Strategic Corporate Nutrition Partnership

A strategic nutrition partnership aligned with business performance, employee wellbeing, and organisational culture.

Best for:

- Medium to large organisations with leadership-driven wellness strategies

What's Included:

- Annual or biannual nutrition assessment and insight report
- Quarterly themed wellness campaign (articles, posters, and practical tips)
- Hybrid wellness programs (live talk with written follow-up)
- Mediterranean Diet Guide (Nutrition Guide + Meal Plan + Recipes)
- Monthly one-on-one consultations (Online – 30 minutes)

Outcomes for the Organisation:

- Data-informed wellness decision-making
- Leadership alignment and buy-in
- Measurable, long-term improvements in workforce health



Optional Add-On Services

Any package can be enhanced with the following:

- Branded Meal Plan Guide
- Wellness Email Series
- Nutrition Assessment Report
- Mini Nutrition Consultations (on-site or virtual)
- Custom health campaigns (e.g. Heart Health, Diabetes Awareness, Weight Management, Gut Health)
- Branded Recipe Packs and desk-friendly meal guides



Stand-Alone

Corporate Nutrition Services

The following services are available individually for organisations with smaller budgets or specific once-off needs:

- Nutrition talks
- Themed healthy eating stand
- Mini nutrition consultations
- Corporate wellness articles and newsletters
- Desk-friendly meal prep and recipe resources (PDF or hardcopy)
- Branded Meal Plan Guide

Let's work together

Whether you're planning a once-off wellness initiative or looking for a long-term nutrition partner, I'll help you choose a solution that fits your people, priorities, and budget.

Request the one-page corporate rate card or a customised proposal to explore the best option for your organisation.





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