

Your Health Day Dietitian

Wendy Lord
Registered Dietitian

Get in touch to plan the nutrition component of your health day. All services can be customized to meet your needs.

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Rate Card: Corporate Health Services

<p>Display Table Plus Q&A with a Dietitian</p> 	<p>Food displays: Choose a nutrition themed display table to get the conversation going. Manned by the dietitian, employees are given an opportunity to have all their diet and nutrition questions answered. Popular themes include: Good vs Bad Food Sugar Content of Popular Foods Salt Content of Popular Foods Portion Control Understanding Food Labels Eating for Gut Health</p> <p>From R3500</p>
<p>Mini Consultations Get answers for your diet and nutrition questions</p> 	<p>Mini Nutrition Consultations: Not everyone is comfortable sharing their health information in public. Mini nutrition consultations allow employees to book a time slot with me to discuss their diet and health in a quiet private space. Time slots range from 10-30 minutes. I can provide information on any diet-related health condition from IBS to celiac disease, diabetes to heart health, children's diets, vegetarian meals, and weight loss.</p> <p>From R3500</p>
<p>Diet & Nutrition Talks Choose your topic</p> 	<p>Diet, Nutrition, and Health Talks: Invite me to speak to your staff about how to improve their health and productivity through healthy diet and lifestyle habits. Talks are customized to your requirements and include time for Q&A. Popular topics include: Weight Loss Gut Health Menopause Diabetes Heart Health Productivity Food Labels Healthy Diet</p> <p>From R3500</p>
<p>Cooking Demos Lunch Snacks Smoothies Dinner</p> 	<p>Cooking Demonstrations: Cooking demonstrations are a fun way to learn about healthy eating. Discover simple practical meals that are budget-friendly, quick to prepare, and can be made by anyone. These interactive sessions give employees a chance to ask lots of questions. Popular demonstrations include: Breakfast Smoothies Lunch Boxes Snacks 20-Minute Dinners (Rate includes cost of food supplies.)</p> <p>From R4500</p>
<p>Health Workshops Choose your topic</p> 	<p>Health and Nutrition Workshops: These 3-hour health and nutrition workshops are customized to your requirements. They provide in-depth knowledge on a variety of diet, nutrition, and health topics, including: How to Plan a Healthy Diet Eating for Heart Health Mastering the Diabetes Diet Eating for Gut Health Practical Weight Loss For groups of 4 to 12.</p> <p>From R4500</p>
<p>Lunch & Learn Let's chat over lunch</p> 	<p>Lunch and Learn: Lunch is on me! Let's gather around the table and discuss topical diet and nutrition issues. I will bring a tasty, healthy lunchtime meal for everyone to enjoy, highlighting the nutrition concepts in the planned discussion. For groups of 4-12. Rate includes cost of ingredients for lunch and a quick demonstration.</p> <p>From R3500</p>

Add on Menu:

Smoothies, wraps, fruit cups, veggie & dip bowls, fruit skewers, dried fruit, nuts & seeds, mini bran muffins