

Tasmanian Association of Vocational Rehabilitation Providers (TAVRP) Inc.

Invitation

Topic: You are what you eat – supporting healthy change one step at a time.

Presenter: Lydia Nuttall, Lifestyle Food & Nutrition

From an eclectic professional background, Lydia turned her interest in food into a business offering a private chef service, teaching, mentoring and working as a food consultant - including advising on menus in the aged care industry. In her current practice, Lydia 'un-daunts' people by translating their health professional's advice into realistic and enjoyable meals. She supports NDIS clients with basic to advanced cooking skills, texture modified meals, personalised meal plans and meal preparation, & preparing shopping lists, with a focus of maintaining or gaining independence. She recently started working with City Mission as a cooking facilitator.

Her presentation will cover:

- The holistic approach to better health
- Supporting sustainable changes with food habits
- Understanding texture modified foods for all ages
- The gap in the market, which her business fills

Registrations Now Open

We require prepayment and your breakfast order by the RSVP date

Breakfast Choices:

- **Option 1** - Eggs (poached, scrambled, or fried – please specify) & bacon on toast
- **Option 2**- Honey toasted muesli with rhubarb, apple, yoghurt & milk
- **Option 3** - Pancakes with poached pears, strawberries, brown butter syrup, mascarpone & toasted hazelnuts
- **Option 4** – Coconut & chia pudding, with quince, granola & cinnamon sugar

 **One only tea, coffee or juice is included with breakfast**



**Professional
Development Breakfast
Series,
Launceston**

**Tuesday
16th Nov 2021**

Please arrive by 7:30am
Speak to restaurant staff on arrival to indicate that you are there for the "TAVRP breakfast" Presentation and questions from 8:00am
Event concludes 9:00am

**Grain of the Silos
Lindsay St,
Invermay**

Contact : admin@tavrp.com.au



www.tavrp.com.au



TAX INVOICE ABN 96 128 479 496

(This page is your tax invoice – no receipts will be issued).

TAVRP Professional Development Breakfast series – Launceston.

Presenter: Lydia Nuttall – 16 Nov 2021

RSVP: With payment and breakfast order by 12 Nov 2021

Return by email to admin@tavrp.com.au

Name: _____ Address: _____

Phone: _____ Email: _____

Company: _____

Breakfast Order (Circle): **Option 1** **Option 2** **Option 3** **Option 4**

Special dietary requirements for health reasons: _____

Please select your fee category:

- Members \$22.00 (Includes GST of \$2.00)
- Non-Members \$33.00 (Includes GST of \$3.00)

Payment options:

Direct deposit: TAVRP Inc, BSB: 037001 Account: 186192
(Please include your name on the deposit receipt/reference section) **OR**

Charge \$ _____ to my AMEX, Visa, MasterCard

Name on Card: _____

Card Number: _____

Expiry: ____/____ CVC: _____

Signature: _____

Please note: There are no refunds or credits available after the RSVP date.