



BEWELLFED

NUTRITION HUB & KITCHEN

SMALL FOOD

BUSINESS KIT

ABOUT BE WELL FED

NUTRITION HUB & KITCHEN

Dear future customer,

Welcome to Be Well Fed Nutrition Hub & Kitchen small food business kit.

Embedded within these pages are the essential services your business will benefit from. I hope you feel inspired and motivated to review your food product, businesses processes, and staff wellbeing to be the best food business you can be.

A little bit about Be Well Fed Nutrition Hub & Kitchens. We are a specialist nutrition space dedicated to improving the health of people and the planet.

To do this, we assist small food businesses to consider the impact their product will have on the health of humanity. We are here to assist and inspire you and your business to step outside your comfort zone, meet the demands of a healthier food environment and provide customers with the choice and reassurance they are looking for.

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On a final note, the wellness industry is worth billions of dollars and many Queenslanders are seeking healthy alternatives to fast food, however, the need for convenience often reduces the likelihood of them eating healthily.

This is where small food businesses play a role, we want you to step up, provide both the social setting, the convenience and delicious food that customers will seek, and nourish themselves, their friends and the environment with.

To make your business easier to find, we are in the process of creating the Be Well Fed Criteria. This will help customers identify that you meet our criteria for human and environmental health.

Happy reading,

Rebecca Norris

Director of Be Well Fed Nutrition Hub & Kitchen
Accredited Practising Dietitian

OUR VALUES



**ENVIRONMENTALLY
CONSIDERATE**



**COMMUNITY
MINDED**



INNOVATION



MEMORABLE

OUR SERVICES

*For a personalised quote please contact
dietitian@bewellfed.com.au*



NUTRIENT CONTENT CLAIMS

Let us determine the correct nutrition content claim applicable to your product in accordance with FSA NZ standards.



NUTRITIONAL ANALYSIS

We will accurately determine the nutrients within your product and identify opportunities to improve nutrition.



RECIPE DEVELOPMENT OR MODIFICATION

Ensure your recipe or food product is as best as can be. We will identify the allergens and determine ways to mitigate the risk.

OUR SERVICES

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NUTRITION CONTENT WRITING

Ensure the nutrition content online and in your marketing material is accurate and evidence-based.



FOOD STYLING & PHOTOGRAPHY

Ever heard that we eat with our eyes. Ensure customers are drooling at the mouth and can't wait to order off your menu or your new product.



STAFF HEALTH & WELLNESS

Without healthy and well employees, productivity suffers. Ensure your staff are performing to their best to save you money and time.

OUR SERVICES

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FOOD ALLERGY TRAINING

With 20% of the Australian population having at least one allergy. Ensure you and your employees are equipped to avoid a food allergy emergency, respect allergens and know the difference between a food intolerance and allergy.



FOOD WASTE AUDIT & ANALYSIS

Australians throw out way too much food, and where food is money isn't it time to reevaluate your food waste practices. We will help you reduce your impact on the environment and add money into your back pocket.



DISPOSABLES AUDIT & ANALYSIS

How much does your business contribute to landfill? We will take the time to analyse every opportunity for rubbish, determine the economic impact and list strategies to save you money.

STAY TUNED FOR THE

BE WELL FED

CRITERIA & FOODIE

TRAIL





0421 788 116
dietitian@bewellfed.com.au
www.bewellfed.com.au