

Workshop for FAN Glasgow event 20/06/2007

Although regulated by Ofsted, food provision in nursery settings is not as rigorously tested as it is once a child begins their formal education. Schools now have compulsory detailed standards to which they must work to, including the healthy eating element of the 'Healthy Schools Standard'.

This workshop discussed a pilot project in Birmingham where the healthy eating section of the 'Healthy Schools Standard' was adapted for the nursery settings for 0-5 years olds. Private day nurseries in eleven wards, were invited to join a 3 month project whereby they received support and training from the Birmingham Community Nutrition and Dietetic Food Net for Children team. The participating nurseries worked towards ten detailed criteria and once these were achieved a 'Healthy Eating Standards Award' was granted to the setting.

Sarah Bowyer is the dietitian who lead the project and will relate the process, pitfalls and results of the project. For further details contact Sarah (sarahdietitian@hotmail.co.uk or Eleanor Mcgee Public Health Lead at the Birmingham Community Nutrition and Dietetics Department EleanorMcgee@benpct.nhs.uk.