



Healthy Lifestyle Services for Schools

“Eating well is crucial to improving the health, well being and academic performance of children and young people.” (School Food Trust, 2009)

Our Healthy Lifestyle Programmes are designed by specialists and cover a wide range of topics, including: packed lunch ideas, snacking & food labels, portion sizes for children, keeping a healthy weight, fussy eating, & changing behaviour.

Cook & Eat Course (Child only, Parent only or Parent & Child)

Encourage confidence to cook fun and exciting recipes. Great for helping children to gain independence or to build family relationships.

The child only course can delivered during the day or after school. The parent & child course is run after school. Sessions last for 1 hour and up to two Cook & Eat sessions can be included in the Workshop Package.



Child Nutrition & Physical Activity Programme

Improve the diet, behaviour and academic achievement of children

Delivered during the school day to complement the curriculum or as an extended service after school. Sessions last for 1 hour (40min PA and 20min nutrition). for a duration of 6, 12 or 36 weeks.

Parent Workshops

Interactive and lively workshop for parents, full of helpful advice to give them the tools for change.

Six parent workshops can be booked with the Child Nutrition & Physical Activity Programme to support the whole family to adopt a healthier lifestyle. The Parent Workshops last for 1 hour and can be spread out throughout the 6, 12 or 36 week programme.



Staff Training

Up-skill and develop your staff so they can support the whole school to be a healthier environment for learning.

Suitable for all staff *Training Course Include:*

- Improving the Eating Environment
- Healthy Eating for Children
- Raising the issue of childhood weight
- Good nutrition for school achievement
- Health Related Exercise for Children

We recommended a mix and match to create a package suitable for your school either half term, full term or whole year. For example

**Full Term Package: 12 Week Child Nutrition & Physical Activity Programme
+ 6 Parent Workshops +Staff Training**

For more information bookings and costs please contact us at

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