

## The Gold Standard Healthy Snack Award

The Gold Standard Healthy Snack Award (GSHSA) is a Cardiff wide scheme which supports and encourages settings to provide nutritious snack options for pre-school children. It is open to all childcare settings.

The award encourages a 'whole setting approach' to healthy snacks e.g. food policy development and adopting a positive eating environment and good food hygiene practices. Settings are encouraged to provide recommended healthy snacks and drinks.

The award is led by the Public Health Dietetics Department and is overseen by a multi-agency steering group including the EYDCP, Flying Start and Cardiff Health Alliance. The Gold Standard Healthy Snack Award is a key action within the Cardiff Children and Young People's Plan and Cardiff Health Alliance's Food and Health Strategy.

Every year a celebration event is held to acknowledge the excellent work undertaken by Early Years settings who have achieved the award.

For more information, or to register your interest in entering the award, please contact Laura Low (02920 351364) or Fran Healer (02920 668089) from the Public Health Dietetics Department.

## Community Food and Nutrition Skills for the Early Years Course (Open College Network Level 2)

The course aims to provide staff with up-to-date and accurate information on food and nutrition for the early years. It is aimed at anyone who works in the community with children under 5 years e.g. playgroup leaders, crèche workers, childminders and nursery staff.

The course consists of five modules covering topics including: nutrition and health, weaning, healthy eating for families and pre-school children, creating positive meal-times, food policy development and meal-planning.

Course attendees are then able to cascade basic, consistent food and nutrition messages to children and families.

For further details, and information on other courses such as food hygiene, contact Sandra Fergusson, Workforce Development Officer on 02920 351703.

