Eat Better Start Better in Hackney (EBSB)

We would like to invite Early Years professionals across Hackney to apply for a FREE Eat Better Start Better in Hackney Programme (EBSB) starting October 2018



**What is the Eat Better Start Better in Hackney (EBSB)?**

## We know that small changes can make a big difference to the health of our young

## Children. Nurseries, playgroups and schools provide an ideal opportunity to help every

## child to eat well, enjoy a varied diet and establish healthy eating habits to take with them

## through their school years into adulthood.

## **Eat Better Start Better (EBSB) in Hackney** has been designed for all early years providers providing meals, snacks or drinks to children aged one to five years and so far EBSB has already helped to improve the diet of over 4,713 children and families in Hackney.

## Being involved in the programme gives you direct access to an Early Years (EY) Consultant and nutrition team who will support you to create and review your food policy, create seasonal menus and recipes, provide advice on managing food allergies and intolerances, oral health, breast feeding, weaning and fussy eating for children 0-5 years. You will also receive information and guidance on quality mealtime practice and food education.

**Why should I apply?**

The EBSB in Hackney has been nationally recognised to deliver a comprehensive Healthy Lifestyle programme.

Being accredited with the EBSB recognised certificate benefits all children in your care. Parents will be keen to learn you are accredited and have a food policy and menu in place. Ofsted will also look favourably on your setting with this accreditation which demonstrates your commitment to and knowledge of healthy lifestyles for children and their families

**What will I learn?**

You will be supported to develop a robust food policy and quality menu .

You will complete online learning, which will be supported by two half day study sessions.

The study sessions are delivered in collaboration with the ‘Best Start in Hackney’ HENRY service.

**What do I need to do now?**

If you would like to be considered for the EBSB programme then please complete the attached application form and return it via email to hackneyhealthyeating@learningtrust.co.ukby 17th July, 2018.

**Please note** as we have **limited places available,** in order to be considered your **setting will need to demonstrate** the following **criteria:**

* **Commitment to complete the programme within 6-12 months**
* **You have identified a Lead practitioner who will be supported by management to make any required changes e.g. food policy and menus**
* **Have already and/or plan to have 8+ funded 2 yr olds on roll**
* **Agree to share learning via case study with other EY settings**

We will be informing all **successful participants by Friday 7th September 2018**

**EBSB Programme October 2018: Application Form**

**Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EY Setting Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Management support (signed):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact Tel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***PLEASE CIRCLE***

**1. Is your setting is new to the EBSB programme?** YES NO

**2. Do you currently have children attending your setting?** YES NO

**3. Do you have funded 2 year olds in your care?** YES NO

 *If yes how many funded 2’s do you have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**4. Do you provide: (please circle)**

 1 meal a day 2 meals a day 3 meal a day Snacks only we don’t provide food

**5. Who provides meals at your setting? (please circle)** On site cook OR External Catering Company

**6. Do you have a food policy currently?** YES NO

**7. Do you have a menu?** YES NO

**8. Why are you/your setting interested in completing the EBSB programme?**

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**9. What do you see as being the benefits to completing the EBSB programme?**

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**10. Are you committed to completing the programme in 6-12 months?** YES NO

***N.B.*** *Please complete the application form AND please confirm you have read and understood the attached ‘Code of Practice’. Once both documents are completed and signed please return to* *Hackneyhealthyeating@learningtrust.co.uk*