

Food4Life (Cared for Children's) Award



The Food4Life (Cared for Children's) award is a chance for your home to celebrate and be recognised for good practice around healthy lifestyles. It is given to homes that show a whole team approach to the provision and promotion of healthy food. The award is run by a team of dedicated local NHS Nutrition Advisors in Tameside.

Training:

The Children's Nutrition Team offer a variety of training opportunities for staff and young adults, which can be discussed during the assessment visit.

The award lasts for 2 years and quality assurance checks are carried out to a small sample of award holders to ensure quality assurance.

The award is **FREE** to carers of cared for children within Tameside.

What are the benefits of gaining an award?

- You will hold a healthy eating award from NHS experts in nutrition.
- Providers can be confident that evidenced based healthy eating practices are promoted within your setting.
- You will know that you are providing the best nutrition for children in your care to help them learn and grow.
- You are supporting children in your home to be a healthy weight.
- You will stand ahead as an excellent food provider.

- You will have access to a number of FREE CPD opportunities available from the Children's Nutrition Team. This includes bespoke in house, community and online courses.
- The award aims to provide carers with knowledge and skills to confidently put guidance into practice.

How is the award assessed?

Your named Nutrition Advisor will discuss the award and what areas of support can be provided. The criteria starts with an assessment questionnaire which is jointly completed. Your advisor will also ensure that children and staff are involved in the whole award process. All areas of support can be discussed and your advisor will look into a support plan, where required.

Once you have completed the award you will be presented with:

- A framed certificate.
- A letter which you use to state that you have achieved the award.
- Ability to use the award logo.
- Continued FREE access to the Children's Nutrition Team training calendar.
- Ongoing support with healthy eating activities, engaging children and carers about healthy eating.

For more information about the award or if you would like to arrange an assessment visit, please ring the Children's Nutrition Team on 0161 366 3920/2351 or email childrensnutrition@tgh.nhs.uk