

The Foodtalk Game 'Promoting Early Years Health' Action plan: Training into practice.

Plan Owner: _____ **Team/Organisation** _____

Plan Date: _____ **Start Date:** _____ **End Date:** _____

WHAT common nutrition or lifestyle issues are common in our centre?

e.g. obesity, vitamin D deficiency, iron deficiency, constipation, fussy eating, tooth decay, low physical activity levels, prolonged bottle use.

HOW will we equip staff to deal with these issues?

e.g. plan specific training sessions using the Foodtalk game. Become aware of other services for referral and signpost when appropriate.

WHAT actions can we take with families?

e.g. deliver a programme using the Foodtalk game with a specific group of parents; hold a vitamin D awareness day; run a healthy eating week and play a different Foodtalk game topic each day with families; play the game as part of an established programme e.g. cook and eat programme.

WHO will be responsible for this action plan

i.e. which member of staff will lead on it?

WHAT resources are available or need to be made available?

e.g. a qualified staff member, a room, crèche facilities.

WHO are our stakeholders?

i.e. who are the people involved: specific staff member, parents, partners such as public health dietitian, cook and eat programme facilitator etc.

WHAT is our time scale? Be
specific and realistic!

WHAT outputs and outcomes are being measured?

e.g. number of sessions run; number of participants attended; if it helps engage with hard-to-reach families, health outcomes achieved (use questionnaires)

Notes