

[Health Improvement Resource Service \(HIRS\)](#)

HIRS provides people who work in the Forth Valley area with information and free resources—leaflets, posters, displays and games.

To order or borrow resources please register first at

hpac.nhsforthvalley.com

HIRS, Health Promotion Service, Central Supplies Department, Colquhoun Street, Stirling, FK7 7PX. [Find out more.](#)

Useful Websites

[British Dietetic Association](#) — The BDA Food Fact sheets cover a range of nutrition topics. These can be used for displays or as useful handouts.

[British Dental Health Foundation](#) — Working to improve oral health. Website has details of useful links and information.

[Change4Life—School Zone](#) — Website contains curriculum-linked materials to support primary school teachers to encourage children to eat a healthy and balanced diet, as well as easy ways to get kids to move more.

[Childsmile](#) — Provides oral health information for parents, carers and professionals.

[Community Nutrition](#) — NHS Forth Valley website has several pages:

Maternal, Infant and Early Years Nutrition and Food in Schools that may be of interest.

[Eat Better Feel Better](#) — For more helpful tips on how to try and make your toddler eat all their greens and try new foods.

[First Steps Nutrition Trust](#) — Website provides information and resources to support eating well from pre-conception to five years.

[Food a Fact of Life](#) — *Food - a fact of life* provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.

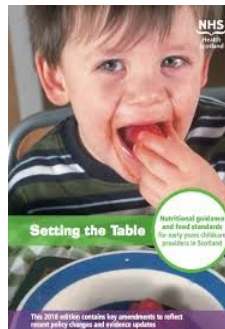
[Healthy Start](#) — Provides information about the Healthy Start scheme in the UK. It also provides food and health tips for pregnant women and families with young children and information about vitamin use.

[Maternal and Early Years](#) — Website is aimed at everyone in the early years workforce and is split into 4 sections: Pregnancy, 0-3 years, 3-5 years and 5-8 years.

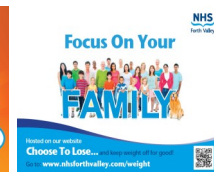
[Parent Club](#) — Website is crammed full of the latest babies and toddler hints and tips from real parents and professionals. Visit for tips on eating, sleeping, playing and more!

Nutrition and Oral Health Resources for the Early Years

This leaflet highlights some of the resources and websites which can support nutrition, cooking activities and oral health in the early years setting. Some of the resources can be downloaded from our [Community Nutrition](#) website and others can be obtained or borrowed from NHS Forth Valley [Health Improvement Resources Service \(HIRS\)](#).



[Setting the Table](#) - nutritional guidance and food standards for early years childcare providers in Scotland.



Log onto NHS Forth Valley **Community Nutrition** Website for further information and downloadable resources.

www.nhsforthvalley.com/nutrition

Choose 'Maternal, Infant and Early Years'

Food Activity Ideas

Food activities are fun and offer excellent play and learning opportunities and are a great way to engage and promote healthy eating messages onto children and their families.

[Make & Taste for Tiny Tums](#) — Quick and easy, no cook recipes for parents, carers, early years practitioners and teachers to make with your children.



[Ten Tantalizing Tastes for Tiny Tums](#) — Quick and easy, non cook recipes that can be used as food activities with small groups of children and are designed to promote healthy eating.



[Food A Fact Of Life](#) — Access recipes, food modules and activities.

Healthy Packed Lunches

Packed lunches don't have to be dull and boring, with some planning and preparation they can provide your child with the energy and nutrients they need to grow, develop and learn.

[Healthy Lunch Box Leaflet](#) — Order from [HIRS](#)—Code NUT 60/L



[Healthy Packed Lunches](#) — British Dietetic Association — Food Fact Sheet.

[Eating Well : Packed Lunches for 1—4 year olds](#) : First Steps Nutrition Trust.

Eating well: Packed lunches for 1-4 year olds



Packed Lunch Display

This resource has been developed to support pupils' understanding of the importance of a healthy, balanced lunch. Order from [HIRS](#) — NUT 83/K1.



Snacks and Drinks

These resources give details of appropriate drinks for young children and give ideas of suitable healthy snacks for you and your children to enjoy at nursery, school and home.

[Under 5's Snack Leaflet](#)

Provides information for parents around healthy snacks for children. Order [HIRS](#) — NUT- 04/L.

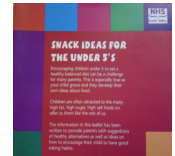
[Snack Ideas for Children](#) Childsmile.

Available in a variety of languages.

[Drinks for Babies and Young Children](#) Childsmile

Available in a variety of languages.

[Eating Well:Snacks for 1—4 year olds](#) First Steps Nutrition Trust.



Healthy Start and Vitamin D

A range of Healthy Start and Vitamin D materials—posters, postcards and reward charts are available to download from [Community Nutrition — Early Years](#) or if you would prefer paper copies please email lesleyhetherington@nhs.net



Other Games & Toolkits

Eating for Health

This resource is used to promote healthy eating messages, the pack contains a large plate model floor mat and plastic food models. Borrow from [HIRS](#) — NUT 21/K.



Mini Munchers Game

This resource promotes healthy eating, physical activity and a healthy lifestyle. Children can learn the key concepts of being healthy while having fun. Borrow from [HIRS](#) — NUT 97/K1.



A full range of nutrition and oral health resources can be accessed via [HIRS](#), see contact details overleaf.