

Dear Parent or Carer

Being Healthy

London Early Years Foundation (LEYF) are continuously developing new and exciting campaigns to introduce and encourage healthy eating amongst children attending LEYF nurseries.

We are delighted to be working in partnership with the Infant & Toddler Forum to highlight the *Ten Steps for Healthy Toddlers* in all our settings across London.

Our nurseries are committed to delivering quality, balanced meals and snacks to all the children who attend and will continue to set the standard for food excellence and promote being healthy to the childcare sector as a whole.

You may already have noticed some information about the *Ten Steps* on our parent board or seen details about the roll out on the LEYF website. Setting staff may also have discussed this new initiative and how LEYF settings are using the guidance to decide what food to offer to your child, what eating behaviours we encourage in the setting and how the team approaches meal and snack times so we can provide the best service for your child(ren).

We believe that the consistent, simple advice provided by the *Ten Steps* programme can make a real difference to the health and well-being of every child so would like to encourage you to find out more by visiting www.infantandtoddlerforum.org or speak with LEYF setting staff.

Kind regards,

Nursery Manager