



Health  
for Kids  
awards

In partnership with



## Press release

31st March 2009

### **Local project in final for national healthy kids award**

The 'Dad's Dinner' initiative run by Bowerdean nursery school in High Wycombe has been chosen as a finalist in the Health for Kids awards 2009, which recognises projects which seek to educate or improve the health of children and young people.

The Buckinghamshire project was one of over 600 entries to this year's awards. It has been selected as one of three finalists in the Healthy Eating category.

'Dad's Diner' was set up to enable Dad's and their children to share in the planning and preparation of healthy and nutritious food. During each session the children, along with their Dads, follow instructions from a recipe card to produce simple healthy dishes. Each session is three hours long so as well as cooking the Dads have a chance to socialise and, alongside their children, to take part in games, quizzes and tasting sessions. These additional activities are intended to be informative and fun, giving the Dads a chance to discuss healthy eating issues for themselves and their children, often sharing ideas and solutions.

The Health for Kids awards programme aims to celebrate and reward individuals, teams and groups who have made a difference to child health through healthy eating and physical activity initiatives as well as tackling tough issues including obesity, emotional health, drug and alcohol abuse, safety, or helping young people get wise about sex and relationships.

Terri Woodhams from Health for Kids awards said: "We have had a record number of entries this year. The quality of the projects has also been outstanding and to make it to this stage of the competition is a great achievement."

Any initiative or long term project that has been set up to educate or improve the health of children and young people, or facilitate a change in their attitudes and behaviour to healthy living was eligible to enter this years' awards which were launched in partnership with the British Heart Foundation.

Finalists will present their initiative to an independent panel of expert judges in London on April 29<sup>th</sup>. The winner of each category will be announced in June at a special presentation in London.

## ENDS

### Notes to Editors:

*The national Health for Kids awards, this year for the first time, in partnership with the British Heart Foundation is an excellence programme that aims to celebrate and reward individuals, teams and groups who have made a real difference to child health through healthy eating and physical activity initiatives as well initiatives that tackle tough issues including obesity; emotional health; drug and alcohol misuse; safety; or helping young people get wise about sex and relationships. There are five categories in the national Health for Kids awards. Details of each category and an online entry form are available at [www.hfkawards.co.uk](http://www.hfkawards.co.uk)*

*The British Heart Foundation (BHF) is the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. The BHF relies on donations of time and money to continue its life-saving work.*

*Our stakeholders are the Food Standards Agency; the National Health Schools Programme (a Department of Health/Department of Children, Schools and Families joint initiative); The Welsh Network of Healthy School Schemes; Health Promoting Schools, Learning and Teaching Scotland; The Royal Society for Public Health, the leading voluntary youth organisation in the UK - Clubs for Young People and Take a Break magazine.*

*For further information about the Health for Kids awards or the initiative featured in this notice please contact Terri Woodhams on 0845 130 1078, [terri@hfkawards.co.uk](mailto:terri@hfkawards.co.uk)*

