

# Eat Well @ Youth Settings

**Support package available to youth settings to help embed a Whole-Setting Approach to Nutrition**

Parent, Staff and young people engagement & communication tools

Funding and support to trial/implement healthy snack provision

Staff training in nutrition and young people's food experiences

Staff support, guidance and training to run cooking/meal prep activities with young people

Support to trial/implement healthier foods provided through tuck shops, canteens and menus

Support and guidance to hold healthier events and fundraisers