

Provide reusable shopping bags for dramatic play

Adopt a healthy eating policy

Provide opportunities for the children to put away groceries

Discuss where your grocery items have come from using a world map and local maps to compare the distance travelled by different items

Involve children in simple green cleaning activities

Provide a "Take it apart" box, for children to tinker away and create new items using parts of broken or unwanted items. Discuss why it is better for the environment to make and repair items rather than buy new ones

Involve children in growing and preparing food and discuss the benefits of growing your own food

Organise a visit from health visitors/dentists/opticians to discuss how children look after themselves

Involve parents in informing children about how they can live healthier lives

