

Healthy eating services

Overweight and obesity severely increases the risk of type two diabetes, certain cancers and heart and liver diseases, as well as increasing the probability of other long-term conditions. Children introduced to unhealthy foods in early childhood can develop consumption patterns that are likely to become habitual – leading to greater chances of overweight and obesity. In Waltham Forest 22.8% of 4 to 5 year olds and 37.8% of 10-11 year olds are overweight or obese.

Best Start with HENRY's Healthy Eating services include: dietary advice for starting solids, fussy eating and healthy eating, plus the promotion of active play/physical activity via:

- regular Healthy Weight drop-in sessions running alongside Child Health Clinics and Children & Family Centre sessions across the borough (See updated timetable on Flyer attached at the bottom of this page)
- 2 hours Starting Solid workshops which explores in detail and answer your questions on when, how and what to feed your baby. (See updated timetable on Flyer attached at the bottom of this page)
- a structured 1-to-1 programme for families of children under 5 years who are overweight and would like additional support to make healthy changes. (See programme flyer attached at the bottom of this page)

If you have any question regarding the above please call: 020 8496 5223 or [email](#).

At the bottom of this page are attached reliable resources providing guidance on healthy eating, snacks ideas, tasty recipes and physical exercise to share with parents and carers.

Check our HENRY Healthy Eating Video [Right from the Start](#). This video explores how we can help our children to develop healthy eating habits by looking at how we eat and what we eat.

Visit our HENRY website for inspiration and the following topics:

[Tasty recipes ideas](#)

[Top tips for parents](#)

<https://henry.org.uk/shop>

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