A guide to the Food for Life Early Years Award



A Food for Life Early Years Award is a great way to demonstrate that your nursery or children's centre is giving every child in your care the best possible start to their food journey.

BEING AWARDED CAN HELP YOU TO:

- **1.** Demonstrate you're giving children the best possible start
- 2. Show parents that healthy food and healthy behaviours are important to you and reassure them that you are meeting clearly laid out criteria.
- 3. Be a beacon of best practice; through meeting wider guidelines around early years nutrition.
- **4. Provide evidence for Ofsted** that you are meeting the Common Inspection Framework requirement to support children to keep themselves healthy.
- **5.** Focus your efforts with our wealth of resources, specialist support and menu of training options, developed and delivered by experts.
- Enrich the curriculum through practical growing, cooking and tasting activities as well as food-related topics.



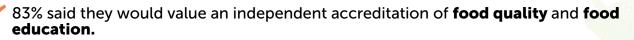
 Enhance links 'beyond the nursery gate' by engaging parents, carers, schools and the wider community through food-related activities.

What parents think

Our survey of 500 parents of pre-school age children showed that:

Over 90% said the provision of healthy food is an important choice factor.

They considered supporting healthy eating and behaviours to be **more important** than the Ofsted rating.



More than half said an **independent endorsement** of food quality and food education would be likely to influence them to select one provider over another if all other factors were equal.

For key findings and summary results visit: www.foodforlife.org.uk/eysurvey16

Find out more

Visit: www.foodforlife.org.uk/early-years/packages Call us on: 0117 314 5180 Email: ffl@foodforlife.org.uk

Food for Life Early Years Award Package

What you receive:

Ringbinder resource	% Comprehensive guidance
	% Activities
	% Laminated recipe cards
Telephone support	% We'll give you a welcome call to ensure you get off to the best possible start
Online resources	[%] All resources, downloads and case studies, including Jamie Oliver's Kitchen Garden Project digital resources
Access to your personalised portal	% Submit criteria for feedback and approval
	% Blog about your journey
	% Be inspired by other nurseries in your area
Certificate	% An award certificate so you can display your achievements
Awards ceremonies	% Invitation to a Food for Life awards ceremony

Find out more...

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