# 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.



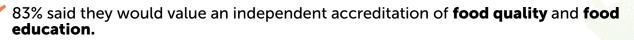
 Enhance links 'beyond the nursery gate' by engaging parents, carers, schools and the wider community through food-related activities.

#### 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	<sup>%</sup> 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

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