

# 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.
6. **Enrich the curriculum** through practical growing, cooking and tasting activities as well as food-related topics.
7. **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**.
- ✓ **83%** said they would value an independent accreditation of **food quality** and **food education**.
- ✓ 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/eyesurvey16](http://www.foodforlife.org.uk/eyesurvey16)**

## Find out more

**Visit:** [www.foodforlife.org.uk/early-years/packages](http://www.foodforlife.org.uk/early-years/packages)

**Call us on:** 0117 314 5180

**Email:** [ffl@foodforlife.org.uk](mailto:ffl@foodforlife.org.uk)

# Food for Life Early Years Award Package

## What you receive:

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

## Find out more...

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- % Email [ffl@foodforlife.org.uk](mailto:ffl@foodforlife.org.uk)

