

## Voluntary Food and Drink Guidelines for in Early Years Settings in England



Healthy Lifestyles – Supporting the childhood obesity plan ChildmindingUK Conference - Northampton 2017

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#### Today's presentation

- Current nutritional status of infants and young children
- Importance of nutrition in early childhood
- Helping children eat better, in childcare
- Voluntary Food and Drink Guidelines for Early Years Settings in England
  - o Rationale and evidence
- o Overview of practical resources to help settings
- Eat Better, Start Better programme
- Childhood Obesity Plan supporting early years settings
- 30 hours free childcare







## **Children's Food Trust**

- On a mission to get every child eating well, wherever they are eating
- Spreading the skills, knowledge and confidence to cook from scratch
- Helping everyone who provides food for children to do a great job
- Encouraging industry to help children and their families make better food choices



We all have a duty of care



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## What are children eating?

National diet and nutrition survey suggests that the diets of young children aged one to five years are:

- ↑ too high in sugar, saturated fat and salt
- lacksquare too low fruit and vegetables
- ◆ too little oilv fish
- ◆ low intakes of fibre
- low intakes of some vitamins and minerals (e.g. vitamin A and iron).

Source: National Diet and Nutrition Survey (2016)







# Current health status of one to five-year-olds

- more than a fifth of children are either **overweight** or **obese** by the time they join reception class (NCMP, 2016)
- poor dental health in many young children
  - 12% of 3-year olds had experienced tooth decay in 2013 (PHE, 2014)
  - 28% of 5-year olds in England had tooth decay in 2012 (PHE, 2013)



RCPCH (2017)

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### Importance of children's early years

- Children's early years influence their health, development, learning, attainment and economic participation
- Eating habits during children's early years, influence growth, development and academic achievement in later life
- Giving every child the best start in life is crucial to reducing health inequalities for life



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The early years of a child's life are critically important:
- in their own right

- as a foundation of success at school and for all adult life

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# Preparation Early years Oliet and micronatrients during preparacy Diet and micronatrients during general Diet and micronatrients during general Preparation Preparation Oyears Joyears Joyears

Range of interventions at different stages of the life

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# Helping children eat better in childcare

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### Our recommendations

#### Our recommendations:

- Guidance: encourage childcare providers to use evidence-based, age appropriate nutrition guidance
- Training: encourage local authorities to increase access to accredited training
- Resources: ensure nurseries, pre-schools, children's centres and childminders delivering free childcare schemes have the resources they need to provide good food.



Children's Food Trust (2015)





#### Childhood Obesity: A Plan for Action Supporting early years setting

Aim: to significantly reduce England's rate of childhood obesity within the next 10 years

- · Early years:
  - Crucial time for children's development.
  - One in five: overweight or obese
  - One in ten: 2-4 olds years meets the UK Chief Medical Officers' physical activity guidelines.
- · Plan of action:
  - Public Health England: commissioned the Trust to develop revised menus for early years settings.
  - Campaign to raise awareness of these guidelines amongst both early years practitioners and parents
  - Update the Early Years Foundation Stage
     Framework (EYFS) to make specific reference to the UK Chief Medical Officers' guidelines for physical activity in the early years (including active play).



HM Government, (August 2016)







# World Health Organisation: recommendations

- Provide clear guidance and support to caregivers to avoid specific categories of foods (e.g. sugarsweetened milks and fruit juices or energy-dense, nutrient-poor foods) for the prevention of excess weight gain.
- Provide clear **guidance** and support to caregivers to encourage the consumption of a **wide variety of healthy foods**.
- Provide guidance to caregivers on appropriate nutrition, diet and portion size for this age group.
- Ensure only healthy foods, beverages and snacks are served in formal child care settings or institutions.
- Ensure food education and understanding are incorporated into the curriculum in formal childcare settings or institutions.



WHO (2016)







# Meeting the welfare requirement for food and drink



Statutory Framework for the Early Years Foundation Stage (EYFS) section 3.47 states 'Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.' (2017)



National guidance Voluntary Food and Drink Guidelines for Early Years Settings in England (2012, updated 2017)

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#### Additional factsheets



Produced to support settings to adopt and demonstrate a whole setting approach to healthy eating



Explains how to meet the 2014 allergen labelling requirements



Outlines the different types of special diets and how to manage them

> Download factsheets from our website





## What's forthcoming?

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# Revised menus for early years settings in England







Public Health England - commissioned the Children's Food Trust to develop revised menus for early years settings in England, to reflect recent changes to government dietary recommendations.

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## Why develop new early years menus?

Menus need updating to reflect current government dietary recommendations:

- · Lower energy intakes
- Reductions in the amount of 'free sugars'\* (added sugars)
- Increases in the amount of dietary fibre



SACN 2011

**SACN 2015** 

Outcome: to help promote appropriate amounts and types of food for young children, thereby helping to support key national priorities including reducing childhood obesity, addressing health inequalities, and ensuring the best start in life for all children.





#### 30 hours free childcare

Extension of free childcare means more children are eating more meals in early years settings

#### Practical steps and support

- Promoting and supporting healthy eating Adopting a 'whole setting approach' Menu planning Food provision meeting the food and drink

- guidelines
  Meeting allergen labelling requirements
  Catering for children with special dietary

- requirements.

   Packed lunch guidance for parents



> Unprecedented opportunity to improve children's eating habits?





### Packed lunch guidance



> Download packed lunch guidance from Trust's website





## Thank you - any questions?







#### Contact us for more information:

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