



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
 - Rationale and evidence
 - Overview of practical resources to help settings
- Eat Better, Start Better programme
- Childhood Obesity Plan - supporting early years settings
- 30 hours free childcare



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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
- ↓ too low fruit and vegetables
- ↓ too little oily 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)



Let's get **cooking**

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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



Key message

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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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](#)



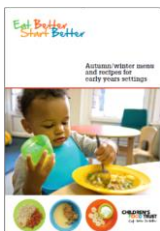
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What's forthcoming?



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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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Thank you – any questions?



Contact us for more information:

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