Welcome

The Programme is aimed at supporting early year’s settings in ensuring their food and drink provision is nutritious and safe to eat. All nurseries, childminders and pre-schools providing main meals and/or snacks to under 5s are eligible. This booklet is a guide to settings on how to apply for entry onto the Programme.
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Why introduce healthy eating in early years?

To help children develop patterns of healthy eating from an early age, it is important that the food and eating patterns to which they are exposed, are those which promote positive attitudes to good nutrition. Growing children need plenty of energy and nutrients to ensure they grow and develop. A balanced diet, rich in fruit and vegetables can have a positive impact on children's growth, behaviour and long-term development and can reduce their risk of health problems, such as heart disease, certain cancers, diabetes, asthma and obesity.

Positive health messages in early years settings are crucial in shaping children's eating habits and behaviours, not only in childhood but throughout their lives.

How will the Nippers’ Nutrition Programme benefit my business?

- **Gain a competitive advantage over other establishments**
- **Use the evidence towards your next Ofsted inspection with regards to nutritious eating**
- **Supports your progression to achieving the Early Years Foundation Stage**
- **Sharing of recipes and other materials**
- **Enhance your reputation by maintaining good hygiene practices**
- **Assure parents/carers that your meals and other health related activities are of a high standard**
- **Enables you to develop better links with parents/carers by providing them with information to encourage the follow on of healthily behaviours in the home**
- **You will be able to encourage better relationships with parents/carers by encouraging feedback on menus and other health related activities**
Five levels of commitment

There are five levels to the Programme allowing for progression at a pace that suits you, parents/carers and staff. Level 1 is about raising awareness of good nutrition in early year's settings, commitment to improving safety and the nutritional quality of the food provision. Progression can then be made through to Level 5 which supports innovation, excellence in food provision to include local food procurement, as well as very good standards of food safety.

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<th>Criteria</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
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<tr>
<td>Nutritional Criteria - the setting has a food and drink provision that is nutritious</td>
<td>Working towards meeting the nutritional criteria</td>
<td>Minimum of 75 mandatory* points</td>
<td>Minimum of 100 mandatory* points plus not less than 125 total points</td>
<td>All 147 mandatory* points plus not less than 200 total points</td>
<td>All 147 mandatory* points plus not less than 225 total points</td>
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<td>Key member(s) of staff have attended the Council's Eating Well for Under 5s Training</td>
<td></td>
<td></td>
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<tr>
<td>Compliance with Food Hygiene Regulations (Hygiene Score)</td>
<td></td>
<td>10, 10, 10 (Broadly compliant)</td>
<td>10, 10, 10 (Broadly compliant)</td>
<td>10, 10, 10 (Broadly compliant)</td>
<td>5, 5, 5</td>
</tr>
<tr>
<td>Promotion and provision of local food, good dental health and Healthy Start</td>
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*Mandatory criteria are highlighted in the Assessment Form
Compliance with Food Hygiene Regulations

To progress through the Programme, settings must also have a reasonable to very good record of compliance in terms of management/control systems e.g. hazard analysis or HACCP/Safer Food Better Business System.

To help you achieve these standards, the Food Standards Agency has produced a ‘Safer Food, Better Business’ (SFBB) pack for caterers which is free! This pack has been developed to help small businesses such as nurseries or pre-schools, comply with food hygiene regulations.

You can download the Safer Food Better Business Pack for nurseries and Pre-Schools at:
http://www.food.gov.uk/business-industry/caterers/sfbb/sfbbcaterers/

A similar pack is available for Childminders at:
http://www.food.gov.uk/business-industry/caterers/sfbb/sfbbchildminders/

Local Food Procurement

To meet the ‘local food’ criteria settings must show they are sourcing a range of food locally. This includes growing food e.g. herbs and vegetables to use in making meals from scratch, choosing locally grown seasonal food, and using local suppliers (excluding supermarkets chains unless the products being purchased are manufactured or produced locally).

Settings must also demonstrate the promotion of local produce through their promotional literature, such as website, menus, advertising, and newsletters to parents.

What support will I get?

A Nippers’ Nutrition Support Officer will visit your setting and review your menus against the ‘Nutritional Criteria’. You will be provided with advice and support in the form of an action plan, detailing what you need to do to achieve the Programme level you are working towards.

We have developed a Menu Planning Tool, and supporting guidance to enable you to carry out regular independent reviews of your menus, food policies and practices.

The Programme is designed to enable settings to move through the different levels at their own pace. It will take time to develop your menus, policies and practices.

As part of this initiative, ‘Eating Well for Under 5s’ training is provided for a nominal fee.

For more information on courses running in your area please visit the Nippers Nutrition website:
www.nippersnutrition.co.uk
How long is the Programme level award valid for?

The Programme level award is valid for 2 years. However, the award may be reviewed or revoked during this time if, for instance:

- The premises change hands; there is no automatic right of transfer and a new award application must be made
- There is enforcement action pending

An unannounced visit may also be made to the premises during this period in order to ascertain the award conditions are being adhered to.

Join the Change4life campaign

Change4Life is the biggest ever movement against obesity anywhere in the world. It aims to help us all, but especially our children, to eat well, move more and live longer, and is backed by a major communications campaign.

Register today at www.nhs.uk/change4life

If you do not have access to a computer, you can also register via the Change4Life Local Supporter helpline on 0300 123 3434.

Resources

There are many resources available to assist you, please refer to the Nippers’ Nutrition website www.nippersnutrition.co.uk for more information.

First Steps

Register your interest in the Programme by telephoning: 0300 1234 191 or emailing nippersnutrition@cornwall.gov.uk requesting an application form. Alternatively you can access our website at www.nippersnutrition.co.uk and fill in the form on line.

We look forward to hearing from you and working with your setting.
www.nippersnutrition.co.uk
nippersnutrition@cornwall.gov.uk