



How Early Years Settings can build children's health through food

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Early Years chefs are critical to improving children's health



- LEYF established the first **Early Years Chef Academy** to help more children get the nutritious food they need and develop healthy habits for life
- This **CACHE endorsed Level 3 Award** course
 - trains Early Years chefs to be **experts in child nutrition**, including areas such as portion sizes, weaning, menu-planning, managing allergies, and cooking healthy, delicious food
 - teaches chefs drive a **holistic approach to food** in their settings by running **food-related activities** with children, staff and parents, and offering much sought-after **nutritional advice**
- After internal success, the course is **now open to all Early Years settings**
- Designed and taught in-house by our **Chef Trainer and Learning and Development team**
- **To combat inequality**, LEYF is particularly targeting voluntary settings, or those who offer funded-only places, by offering **substantial discounts**

New blended or
online-only cohorts
starting in
November 2022

A vision for food in Early Years settings



All children have access to enough healthy and nutritious food in their settings

- **High quality:** Healthy, balanced, and nutritious meals that builds their health and broadens their palates
- **Broad access:** free or affordable meals to all families regardless of their background

Whole setting approach: offering a rich food education to help children better understand food, where it comes from, cooking and healthy choices

How will we get there?

1. Mandatory food standards that are monitored and enforced
2. Sufficient training, advice and guidance for the sector
3. Adequate funding (for training, capital expenditure and meals)

Represent the voices of providers, parents and children





Thank you!

Please get in touch:

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